

Speaker Sports

WEDNESDAY, APRIL 17, 2019

Bantam OHF

Eberts unable to hold back southern squads

Steven Larocque
Speaker Editor

TEMISKAMING SHORES – The Ebert Welding Bantams put on a well-received OHF Championship on the weekend, but on the ice things didn't turn out as planned.

"Well, the tournament didn't quite go as we were hoping," said coach Don Lajoie.



Nathan Stewart of Ebert Welding looks for a chance against Stratford netminder Russel Sebben after Issac Deline got knocked to the ice in period two of the Puckhounds' opening game of the OHF championship Friday at The Shep. Stratford won this game 8-4 and went on to win the Bantam title Sunday afternoon 5-1 against St. Thomas. (Staff photo by Steven Larocque)

The team won just one of their four round robin games in the Ontario Hockey Federation (OHF) Bantam A Championship hosted April 12-14 at the Don Shephardson Memorial Arena.

That record kept them out of Sunday's playoffs, "even though we worked hard and competed to the best of our capabilities in that moment," he said in an email interview.

Eberts won the Abitibi-Témiscamingue Hyundai Ban-

tam BB League and the Northern Ontario Hockey Association championships this season. The team was confident they could get to a semifinal on Sunday where anything could happen.

But the visitors had other ideas.

"I found the biggest difference with the Southern teams was their overall physicality and aggressiveness on the puck," said Lajoie.

See "Bantam" on 2b

Lions can't shake off the rust at OHF tourney

Steven Larocque
Speaker Editor

WOOLWICH – The New Liskeard Lions weren't the well-oiled machine that won their NOHA when they were in Woolwich last weekend.

The team headed south for the Midget A Ontario Hockey Federation (OHF) Championship April 12-14.

It had been almost three weeks since they last played an Abitibi-Témiscamingue Hyundai Midget BB League game.

And it was March 16 in Kapuskasing when they won the Northern Ontario Hockey Association (NOHA) Midget A Tournament of Champions.

"The difference at the OHF was that we didn't play for a couple of weeks prior and it hurt during the first couple of games," said New Liskeard head coach Dom Fleury.

"We were a little off, turning over pucks, not being hard on pucks and our work ethic just wasn't there the first couple of games," he said in an email interview.

The Lions were winless, but competitive, in their four round robin games. On Friday they were edged 3-2 by



the Stratford Warriors, then blanked 3-0 by Centre Wellington Fusion.

Saturday it was another close game, losing 3-2 to Lorne Park Clarkson, then dropped a 4-1 decision that night to the host Elmira Jr. Sugar Kings.

"It was a disappointing finish to the year, we were hoping going into the OHFs of making it to Sunday but that didn't happen," said Fleury.

The Fusion beat the Kings 4-3 in the gold medal game.

PAST AND FUTURE

The coach said the Lions "had a

great year" in 2018-19 by winning three tournaments including the NOHA.

"We couldn't have asked for a better year," he said.

They had 14 wins and 16 losses in their league where the highlight "was beating Amos and Lasarre, the top two teams in the league giving us a boost of confidence going into the NOHA."

"At the end of the day it's just a game, we couldn't have asked for a better bunch of kids, they made it easy for us to come to the rink everyday, they had a great work ethic and their commitment was awesome," noted Fleury.

See "Lions" on 7b

Wilson Atoms reach OHF semis in Kap

Steven Larocque
Speaker Editor

KAPUSKASING – Three wins and a loss had the Wilson Chevrolet Buick GMC Atom Puckhounds in good shape at the provincial championship.

Playing in Kapuskasing April 12-14 at the Ontario Hockey Federation (OHF) Atom A Championship, the Puckhounds needed a win Sunday morning to advance to the gold medal game.

But the Waterloo Wolves continued to have their number and blanked Wilsons 5-0 en route to the gold medal Sunday afternoon.

"Our team played very well throughout the weekend. All the kids played a huge role in finishing second in the round robin with a 3-1 record," said coach Pierre Rivard.

He said it was "a strong Waterloo team" ranked number one in Atom A in Ontario that handed them their only loss in the opening round, 4-3 in game two.



"We had a tough start down 3-0 after the first period. Our kids showed a lot of character coming back but we fell short with a 4-3 loss."

In game one Friday Wilsons beat the host Kapuskasing Icehawks 8-2.

Saturday the Puckhounds doubled-up on the Toronto Eagles 4-2 and then did the same to the Owen Sound Jr. Attack.

"We had a tough start in the first period (of the semifinal)," said Rivard.

"They were a strong, fast, physical team and led 2-0 after the first. Our boys came out strong in the second period as we put lots of pressure on them,

hitting a few crossbars and had unlucky bounces. We just couldn't get any breaks," he said.

"Waterloo was a well-coached team and very deserving on winning the gold medal," said Rivard.

The Wolves edged Owen Sound 2-1 in the final.

AWARDS

The weekend wasn't without its personal rewards for a couple of Wilson players.

"I would like to congratulate Liam Major on winning the Top Defenceman of the Tournament award on the weekend," said the coach, "also congratulations to Logan Rivard on receiving the Most Valuable Player of the Tournament this past weekend."

He noted defencemen Jake Roy, Ethan Ethier, Major and Samuel Brownlee "all had an amazing weekend along with goaltenders Kael Rivard and Keyan Gauthier. They were a big part of our team in being so successful down the stretch and should be extremely proud of themselves."

See "Wilson Atoms" on 2b



READY SET SHOOT!

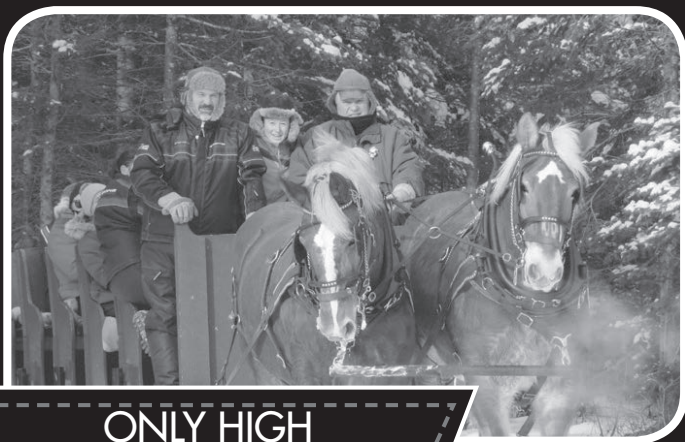
OUR PHOTO CONTEST RETURNS

SEND US YOUR PHOTOS OF OUR AREA

Be the next featured Photographer on the cover or throughout our annual edition of the **Visitor's Guide**, or throughout the Speaker's 2019 calendar

THIS YEAR'S CHALLENGE: FRIENDS & FAMILY

We still want the photos to showcase our beautiful northern community, but let's display the landscape while including some local faces!



ONLY HIGH RESOLUTION PHOTOS ACCEPTED (300ppi)

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Bantam OHF Eberts unable to hold back southern squads

Continued from 1B

"We were expecting it but not to that extent as it forced our defence to react quicker and make mistakes and it didn't allow our forwards the time and space we were accustomed to in league play.

"Our team was very anxious and nervous in front of the big crowds and we certainly didn't play to our full potential.

"Expectations were high and as the coach I take the full responsibility for the outcome of the weekend."

OFF ICE

The tournament began Thursday night with a banquet at Riverside Place for all five teams.

"Overall the event was a success as we had a great banquet Thursday night with guest speaker John Zubycck and the attendance was phenomenal all weekend," said Lajoie.

"The organizing committee received positive comments from all the teams and members of the community who came out to support it."

He thanked the team's sponsor, Ebert Welding, "which has been supporting minor hockey for over 35 years."

ON ICE

WARRIORS 8 EBERTS 4

Friday afternoon's opening game for Eberts was against the Stratford Warriors.

"We came out nervous and fell behind early 3-0 before making it a closer game in the second period."

Scoring for the Puckhounds were Nick Caron, Matthew Hill, Nicolas Milhomme and Alex McDonald.

COLTS 5 EBERTS 2

Friday night after the opening ceremonies the Barrie Jr. Colts provided the opposition.

"(They) played a very aggressive forechecking game which gave us troubles in our own zone," said Lajoie.

McDonald had the only two markers for the Hounds.

STARS 7 EBERTS 4

Saturday afternoon was a "tough 7-4 loss to the St. Thomas Jr. Stars. This was, I think, our best effort and we could not get any puck luck as every time we managed to score St. Thomas found a way to sneak in the next goal taking away the momentum we had just gained."

Scoring for Eberts were Nolan Rosko-Fong, Nathan Stewart, Francis Charland and Hill.

EBERTS 4 EXPRESS 0

The last game was against NOHA rivals Hearst Friday night.

"The team came out wanting to end their season with a win."

Mathieu Geoffroy earned the shutout for Eberts.

William Tysick, Caron, McDonald and Adam Shillinglaw with the team's final goal of the season rounded out the scoring.

Stratford downed St. Thomas 5-1 in the gold medal game.

Wilson Atoms reach OHF semis in Kap

Continued from 1B

Forwards Maverick Hill, Tristan Roy, Kian Wilson, Jesse Penfold, Max Stinkowji, Frank Popkie, Robert Burnett, Layne Morlock and Logan Rivard "all played their hearts out and left everything on the ice all season," he added.

"I'm extremely proud of these boys on their accomplishments this season. They all showed a great amount of dedication, hard work and willingness to learn."

Rivard praised Kap minor hockey and the host committee for "a memorable tournament for our kids and they were very welcoming and gracious hosts. They made our kids' weekend something they will remember for years to come."



CITY BULLETIN



ARENA USER'S MEETING
Wednesday April 17th, 2019
7:00 pm
Haileybury Arena Hall

SCHEDULE OF MEETINGS

TRANSIT COMMITTEE
Wednesday, April 17, 2019 - 2:00 P.M.
 City Hall, 325 Farr Drive, Haileybury

LIBRARY BOARD
Wednesday, April 17, 2019 - 7:00 P.M.
 Temiskaming Shores Public Library,
 Haileybury Branch,
 545 Lakeshore Road, Haileybury

PUBLIC WORKS COMMITTEE
- 8:30 A.M.
BUILDING MAINTENANCE COMMITTEE
- 10:30 A.M.
PROTECTION TO PERSONS AND PROPERTY COMMITTEE
- 1:30 P.M.

Thursday, April 18, 2019
 City Hall, 325 Farr Drive, Haileybury

REGULAR COUNCIL
Tuesday, MAY 7, 2019 - 6:00 P.M.
 City Hall, 325 Farr Drive, Haileybury

NOTICE

Please note that due to the Easter holiday season recycling collection scheduled for Friday, April 19, 2019 will take place on Monday, April 22, 2019.

Regular scheduled garbage collection will take place on Monday, April 22, 2019.

We apologize for any inconvenience this may cause. Should you have any questions please contact City Hall at 705-672-3363.

BUCKE PARK
PRE-SEASON MEETING
Wednesday April 24th, 2019
7:00 pm
Haileybury Arena Hall

BOATER'S ASSOCIATION
PRE-SEASON MEETING
Thursday April 25th, 2019
7:00 pm
Haileybury Arena Hall

BBQ SAFELY

When lighting your propane barbecue, open the lid and strike your match or lighter before turning on the gas. Follow the manufacturer's instructions for the safe use and maintenance of your barbecue.

For more information contact:
 Temiskaming Shores Fire Department
 705-672-3363

Temiskaming Shores Public Library

Spring Session Preschool Storytime at both branches
Wednesdays 11:00 a.m.- 11:30 a.m.
 New Liskeard Branch: May 1 and 15
 Haileybury Branch: April 24, May 8 and 22
 All preschoolers accompanied by an adult are invited to join us for this fun filled, active and exciting introduction to early literacy and the wonders of the library. For more information please contact us at 705-647-4215 or 705-672-3707

TechSocial at the New Liskeard Branch
 The NEOnet TechSocial program aims to reduce social isolation in older adults through the use of technology. Learn to use your Apple and Android devices!
Workshop sessions are as follows:
 Friday, April 26 at 1:00 p.m. - The Basics
 Friday, May 3 at 1:00 p.m. - Safety and Security
 Friday, May 10 at 1:00 p.m. - Default Applications
 Friday, May 17 at 1:00 p.m. - Entertainment
 Friday, May 24 at 1:00 p.m.- Social Media
 Friday, May 31 at 1:00 p.m.- Lifestyle apps
 Call the New Liskeard Branch at 705-647-4215 to register!

Superhero Saturday at the New Liskeard Branch
 Saturday May 4th from 10:30 a.m. until noon. Children aged 5 to 8 years old can register for this program. To get into the spirit children may wear superhero costumes, t-shirts or pyjamas if they wish. Call the New Liskeard Branch at 705-647-4215 to register!

Meet the Author at both Branches of the Library
 Author BC Mitchell will be joined by Ojibwa Elder Mary Laronde for a reading and conversation about the issues raised in his book "Obliteration." Set in Northern Ontario in the fictional town of Matamiskamin, the novel explores the ignorance, racism and violence that can occur in rural villages and threaten the most vulnerable.
 Haileybury Branch:
 Saturday, May 4 at 11:00 a.m.
 New Liskeard Branch:
 Saturday, May 11 at 11:00 a.m.

Gadget Helper at Both Branches of the Library
 Need help learning to use your tablet, laptop, cell phone, or other electronic device? Just have a few questions? Book a FREE 45-minute one-on-one session with Gadget Helper! Sessions are on Thursdays at the New Liskeard or Haileybury branch of the library. To make your appointment, call: New Liskeard: 705-647 4215, Haileybury: 705-672-3707

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-Resources 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 resource for kids!

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!

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 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.

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!

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

TRI-TOWN BOWLING RESULTS

FRITO LAY SUNDAY NIGHT MIXED	and Doors	117
Week One of Playoffs	Mario's Appliance Repairs	113
Division A Standings	Pedersen Construction	112
Roi D'La Patate	Go Go Girls	76
Grant Fuels	High Averages	
Misfits	Jackie Morin	210
Polar Portable Sign Rentals	Georgette Lacroix	185
Division B Standings	Joanne Webster	184
Petals	Individual High Single	
J.D. Roofing	Jennifer Girard	276
Gilmour Farms	Gabby Girard	276
Sue's Team	Individual High Triple	
High Single Ladies	Pat Laskowski	741
Danielle DeVisser	Team High Single	
High Triple	Mario's Appliance	1487
Chantal Allaire	Team High Triple	
High Single Men	Mario's Appliance	1487
Hank Rodgers	Bowler of the Week	
High Triple	Pat Laskowski	+ 210
Frank Manton		
	ELUZION WEDNESDAY NIGHT LADIES	
MONDAY NIGHT LADIES	Food basics	120.5
OLD DUTCH	Denis Denomme	
Team Standings	Transportation	114
Rosie's Gardens	Temiskaming Denture Centre	102.5
Beaner's Windows	Socket Electric	89



Silver Café	85
Profile Plus Metal Arts	68
Team High Single	
Temiskaming Denture Centre	1453
Team High Triple	
Temiskaming Denture Centre	3988
High Single	
Katherine Walker	274
High Triple	
Danielle DeVisser	669
High Averages	
Danielle DeVisser	215
Katherine Walker	200
Wanda Bosak	17
Bowler of the Week	
Mitch Christo	+128
WEDNESDAY SENIORS	

Men Top Averages	Company	3485
Gaby Joyal	202.6	Temiskaming Denture Centre
Jacques Lavoie	174.6	3337
Jude Heon	165.4	Team High Single
Denis Loranger	160.1	Temiskaming Denture Center
Ladies Top Averages		1277
Jeanne Mikkola	168.2	Team High Triple
Simone Lavoie	149.6	Whiskeyjack Beer Company
Chantal Jacob	146.2	3485
Jeannine Belanger	143.7	Bowler of the Week
Fernande Fortin	140.7	Tony Crick
Men High Double		+196
Charles Fortin	429	
Men High Single		
Gaby Joyal	245	SEASON RANCH FRIDAY NIGHT LEAGUE
Ladies High Double		Playoffs Week 2
Jeanne Mikkola	393	Division A
Ladies High Single		SMC
Jeanne Mikkola	200	Tench McDiarmid
		Mobility in Motion
THURSDAY NIGHT MEN'S LEAGUE		J.D. Roofing
Season Champions		9
A Division		Division B
Caldwell Construction	3388	Marty's Auto Tech
B & T Parts and Supplies	3235	Eagle Wings Embroidery
B Division		Country Kitchen
Whiskey Jack Beer		Community Living
		Temiskaming
		10



Lifestyle Medicine with **Dr. Michel**



5 Things You Need To Know About The Ketogenic Diet

What's the point of a ketogenic diet?

The ketogenic diet as we know it today involves a dramatic reduction in carbohydrates and a simultaneous increase the amount of fat a person consumes. This dietary combination aims to shift the body's metabolism away from burning sugar and carbohydrates as fuel to actually burning fat in the form of *ketones* that are manufactured in the liver. When the body is using ketones as a fuel source, we say that person is *in ketosis*, and that's the ultimate goal of this diet.

It's painfully apparent that the dietary habits prevalent in society today would entirely prevent someone from entering ketosis. The incredible overabundance of sugar and carbohydrates in our diet coupled with the lack of adequate healthy fat creates a situation in which people are basically either burning sugar or are breaking down their stored carbohydrates to power their cells. But it turns out that the more we rely upon fat as our predominant fuel source, the better off we will be, in so many respects.

And to really engage the ketogenic diet, it is fundamentally important to recognize that in order for this to happen you not only have to increase your consumption of healthy fat, but you must dramatically reduce your consumption of sugar and carbohydrates. The point is, simply adding fats to your diet will not work. Unless the carbs are removed, just adding fat creates a diet that is actually far more dangerous to your health.

Welcoming healthy fats back to the table like extra-virgin olive oil, nuts and seeds, grass-fed beef, and wild fish, while almost eliminating sugar and most other carbohydrates will enhance ketosis. And this can be further enhanced by adding coconut oil or MCT oil to your regimen.

The reason so many health care practitioners are now advocating the ketogenic diet is that it can be absolutely transformative in terms of health, and here are the top five reasons why:

1. The ketogenic diet can increase insulin sensitivity and lower blood sugar.
2. Keto can help treat and prevent neurodegenerative disease.
3. When compared to a low-fat diet, keto helped people lose more weight.
4. Keto reduces inflammation, the culprit behind the world's leading causes of death.
5. The ketogenic diet keeps our genes healthy by reducing free radicals.



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Pedersen Puckhounds fall prey to Wolves

Steven Larocque
Speaker Editor

BURLINGTON – After finishing their OHF round robin with three wins and a loss, the Pedersen Pee Wees were in first place heading into the playoffs.

"Yes, we were confident going into the semifinal," said coach Willie Olsen.

Pedersens were competing April 12-14 at the Ontario Hockey Federation (OHF) five-team Pee Wee A Championship in Burlington.

Pedersens lost to Quinte West Hawks 6-4 in the opener on Friday but bounced back to beat the Burlington Bulldogs 9-1 Friday night and on Saturday blanked the Vaughan Rangers 4-0 and the Waterloo Wolves 4-0.

Sunday's semi was against those same Wolves who turned the tables and won 3-1.

"Waterloo is a solid team and played hard for the entire three periods," said Olsen in an email interview.

"The boys played extremely well and didn't give up until the final buzzer. But the puck just didn't bounce our way. We got a late goal to make it interesting but they scored an empty netter to end our chances."

Quinte went on to beat Waterloo 4-1 in the gold medal game.

Looking back on the season, Olsen said, "the coaches and I could not be more proud of this



team. We had a great year with many successes and I believe they all improved as hockey players."

He noted the Puckhounds played against the best Pee Wee A teams in Ontario at the OHF.

"This doesn't happen without the team's hard work and effort through-

out the entire season. They always represented Temiskaming Shores with class at all tournaments attended."

He said he was "very impressed with the support that we received all year from the parents and family members and they were out in full force in Burlington along with many former (Temiskaming Shores Minor Hockey Association) players and former residents who now live in the south."

Brian Baker, a former resident, "took the time to email me and I think he sums up our team quite well: 'You and your boys, along with the parents should be very proud of the way you represented the north and the (Northern Ontario Hockey Association). Your team plays with a lot of heart and character ... made me proud of my northern roots.'"

Olsen thanked Pedersen Construction "for their continued support of minor hockey."

SPORT SHORTS

IIHF World Championships

In last week's column I talked about the demise of the Canadian Women's Hockey League (CWHL) and mentioned women's professional hockey on the world stage.

I feel if women who work in media don't talk about women's hockey, then who will?

So over the weekend we saw a huge seismic shift in terms of the powerhouse teams, Canada and the United States.

At the 2019 International Ice Hockey Federation (IIHF) Women's World Championship held in Espoo, Finland, our Canadian team went down to the Finns in quarter-final action.

This was a shocker because in the history of the event, our Canadian women's team had not ever been in the championship game.

Canada and the U.S. have

been in all 18 championship games dating back to 1990.

The world of women's hockey is changing and that's a good thing.

I have never seen a more bizarre call in a championship game as what took place between the U.S. and the Finns when the Finns had apparently won the game in overtime, but the goal was called back.

The action then went to a shootout and it came down to the very last shooter to determine the outcome with the Americans winning their fifth straight championship.

I felt bad for the Finns.

That call was wrong and the Finns were robbed of their first world championship.

If I were the Finnish coach I would be contesting the way that call was made, how long it



Sue Nielsen

took and the outcome.

The call to take back the Finn's goal made the referees look bad because they took so long to make the call in the first place.

It placed doubt in the minds of the viewers watching the game and it left us with an uneasy feeling.

I congratulate the U.S. women's team but I believe the Finns won the game, if not for a most bizarre set of circumstances at the end of the overtime period.

As the host team, the Finns played their hearts out and I

think their gutsy performance will only help to boost the women's game in that country.

I hope young girls across Canada were watching this game and are motivated to play at the professional level, despite the demise of the CWHL.

TIGER

Perhaps the biggest news coming out of last weekend's sports scene involved the Masters Golf Tournament in Augusta, Georgia, and golfer Tiger Woods.

He hadn't won a green jacket in 14 years and he did it in front of his adoring fans and his family members.

Some sport writers claim this is the biggest comeback in sports history.

It's been a long, difficult road back for Tiger from the back

and knee surgeries, the marriage indiscretion, the DUI and his self-inflicted fall from grace in the golf world.

I am happy for him and his family.

NORTHERN LOONS

The swimmers with the Northern Loons Swim Club are a dedicated, wonderful group of athletes.

They train in less than ideal conditions in a 25-metre pool against swimmers who train in multi-lane Olympic size pools and they come up with astonishing results.

Bruce Cull is the club's coach. With his quiet, confident, encouraging demeanor he brings out the best in his swimmers.

Congratulations to each and every swimmer in this club for your dedication to the sport of swimming.

THE HOG LINE REPORT

The final event on the ice at the Cobalt-Haileybury Curling Club (CHCC) was a 2-on-2 any combo on Saturday, April 6.



Winners for the day's curling were, from A through E Events:

- A:** J. Landry/B. Terris
- B:** L. Olsen/M. Bonney
- C:** S. McLean/T. Morissette
- D:** S. O'Donnell/T. O'Donnell
- E:** L. Joseph/R. Hearn
- F:** S. Hearn/G. Hearn

A big thanks to the curlers who all pitched in to help put the stones away for the summer.

AGM

The Annual General Meeting is scheduled for Saturday, April 27, with cocktails at 5 p.m. dinner at 6 p.m. and the presentation of the season financials and election of a new executive.

Dinner was part of your membership. If you didn't sign up on the bulletin board, please call or text Shawn Hearn at 705-648-1493, and if you are looking for extra dinner tickets, they are \$25 each but need to be booked through Shawn by Thursday, April 25.

FROM THE ICE GUYS

As always, the end of season is a great time to take stock of your equipment.


Check your gripper for general wear. Most grippers are black, so you don't see the rubber disintegrating and collecting in the bottom. If they are in decent shape, run some warm water through them, and give them a quick brush, inside and out. Air dry. If you can poke your finger through a hole, replace the gripper.

Check your brush. Ensure the screw holding the head to the shaft is secure. Remove the pad from your brush - they are either secured by round-topped bolts or are compression fitted. Run warm water over the pad and give it a good scrub. Squeeze the excess water from it, then air dry.

Check your curling shoes. Use a damp cloth to clean around the slider and gripper pads on each shoe. And maybe stuff a Bounce sheet in them for the summer. Don't forget to replace frayed laces.

Finally, pop your gear in the wash. Nothing beats pulling on clean curling gear in the fall!

Thanks for a great year! See you in the fall.



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By the numbers: AC15, 2019, \$12,379.92



The AC15 Hockey Tournament organizers recently handed over a cheque for \$12,729.92 to the Alexa Corneil Foundation, almost double the 2018 donation. From the left are organizing committee member Linda St. Cyr, Paule and Glenn Corneil (Alexa Corneil Foundation), organizing committee members Alex Bumstead, Line Bumstead, Lynne Roberge, Claudia Lacroix, Mel Forget and Kelly O'Reilly. (Staff photo by Sue Nielsen)

Sue Nielsen
Speaker Reporter

TEMISKAMING SHORES — The second annual 2019 AC 15 Hockey Tournament was held April 5-7 at the Don Shepherdson and Shelley Herbert-Shea Memorial Arenas.

Through the proceeds of this event the organizing committee made a sizable donation of

\$12,729.92 to the Alexa Corneil Foundation.

Alexa Corneil, 19, was a Temiskaming Shores hockey player and gifted athlete who died in 2017 of a heart arrhythmia.

"We sure felt the love from the community and from the AC15 organizing committee," said Alexa's mother Paule Corneil as she accepted the

donation at The Shep Tuesday, April 9.

In its first year the women's hockey tournament raised \$6,500 for the foundation which is managed by the Corneil family.

They openly share Alexa's story in order to bring attention to her memory but also to raise awareness of heart health. The funds are used for

things Alexa would be interested in. Last year a special dressing room was created at the Herbert-Shea arena specifically for girls and women hockey players.

Money was raised from a number of events held during the 13-team tournament earlier this month. A Glow in the Dark skate on April 5 attracted 355 people to the rink, along with a CPR/AED demonstration upstairs.

Instead of an admission fee people could put money into a donation box at the door, plus a silent auction, a 50/50 draw along with AC15 merchandise sales all raised money for the cause.

"We have to credit the community, anything we asked for, bang, we got it. We called up Ecole catholique St. Michel for help with the Glow in the Dark skate, bang, they didn't hesitate. We asked for the use of the upstairs hall in the arena for the CPR/AED event, we got it. All the fantastic prizes available during the auction came from the community. We felt

the love," said Corneil.


"We are pleased to make this donation. We will hold a debriefing meeting soon and go over what worked and what didn't," said Linda St. Cyr, organizing committee member.

BY THE NUMBERS

St. Cyr provided the following statistics concerning the tournament:

- Alexa would have turned 21 in 2019
- 355 people attended the Glow in the Dark skating event
- 54 attended the CPR/AED event
- 13 teams and 158 players participated
- they played 28 games;
- they scored 128 goals over three days.
- over 45 volunteers lent their time and talents to the event
- and it was backed by the generosity of 51 sponsors

The only thing she could not quantify was the number of smiles witnessed throughout the weekend.



\$2,000 REWARD!

Crime Stoppers, Tri-Town Region Inc.
are seeking the public's assistance regarding any information on the following:

Theft at cottage in Temagami

On April 5, 2019, members of the Temiskaming Detachment of the Ontario Provincial Police (OPP) responded to a call of a theft on Moore Island, on Lake Temagami. The incident would have occurred sometime between April 3 at 12:30 p.m. and April 4, 2019 at 4:30 p.m. The investigation revealed, that an open shed that was on the property, was entered by the suspect(s) and items were stolen. A separate shed that was on the property was also damaged. The suspect(s) is unknown at this time and the investigation is continuing. Police are seeking public's assistance to help locate and identify the suspect(s) and locate the following items:

1. Four – 20 Litres (L) gas cans,
2. Four – 10 L gas cans

The value of this theft and mischief is valued at \$4130.

Police are requesting assistance from the public to recover the outstanding property and locating the suspect(s) involved in this crime.

If you have any information involving this break enter and theft or any other crime, please call Crime Stoppers at this toll free number, 1-800-222-TIPS (8477). The Crime Stoppers Civilian Board of Directors will pay up to \$2000 for any information leading to an arrest in this case or any other serious case.

There are two ways to submit tips to Crime Stoppers, by telephone or webtip. Visit Crime Stoppers online at www.canadiancrimestoppers.org/tips to find an option suitable for you.

Anonymity is assured and you do not have to give your name.

Your information is sent to an investigative unit, who report back to Crime Stoppers if your tip was helpful to them in preventing or solving a crime.

Crime Stoppers is working together to prevent crime.

Anyone with any information about this case or any other, CALL 1-800-222-TIPS

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STRAIGHT FROM THE HIP

As predicted, NHL coaches who didn't make the playoffs are dropping like flies.

Buffalo fired Phil Housley who was their fifth head coach in six years since Lindy Ruff was let go back in the 2012-2013 season.

Willie Desjardins who took over for the fired John Stevens after just 13 games in Los Angeles will not be holding on to his job either.

Bob Boughner in Florida will be replaced by Joel Quenneville who earlier in the year was fired in Chicago. Quenneville wanted to find a team that could be a possible Stanley Cup contender so now joins his buddy, Panthers GM Dale Talon, who also got the boot from the Blackhawks several years ago and to me both will turn this franchise around and get to the playoffs sooner than later.

Edmonton is still looking for a new GM who likely could replace current coach Ken Hitchcock and Ottawa must find a way to bring



Mike McArthur

back some needed credibility for the Senator fans who just witnessed a huge fire sale that wasn't pretty.

Now with Glen Sather stepping down in New York I feel the Rangers will bring in a well-known hockey name to replace him and, not going anywhere is Bruce Boudreau in Minnesota, who will be back thanks to his GM Paul Fenton.

Anaheim also will be shopping around as their GM, who fired coach Randy Carlisle and took over behind the Ducks' bench, is now in search of another experienced name.

Let's not forget about the first round of this year's playoffs where if a team that is expected to move on doesn't, look for coaching changes - for example in Winnipeg, Nashville, San

Jose or even Pittsburgh.

OVERTIME

- if Connor McDavid is frustrated in Edmonton, how about the fans and corporations that pay for season tickets? Yes, it is time to say goodbye to those who used to play for the Oilers (except Wayne Gretzky) and bring in a real hockey person who knows how to put the chemistry back into this franchise. Imagine walking into a beautiful new arena and watching a dysfunctional NHL hockey team? Changes are coming as this organization should be back where it belongs next season as a playoff contender.

- I have never been to a tailgate party, however, if it's done the right way without drunkenness, pot smoking in a public place and rowdy fans looking for trouble, I'm for it. I feel the CFL must compete with the NFL style of providing the fans some fun and excitement before the game and if it works in

a positive manner it could help save the Toronto Argos from distinction as their fan base has been dwindling for a number of years. For those who are against it, just travel over to Quebec and see how that province handles the use of their alcohol rules and laws as it's worked and for those who wish to mistreat the process the courts will handle the abusers.

- the combination of both the Leafs and Raptors making it to their respective playoffs will be very interesting if and when both end up playing at home on the same evening and hey, how about a Blue Jay game added in for good measure? The once negative reality throughout the city when all three clubs were not involved in the playoffs was sure an ugly feeling, so now for a change they will hopefully do their city and fans proud especially if one or both can get to the finals.

- as expected, the young talented Jack Hughes will

be drafted first in June as the top player by the New Jersey Devils who won the first pick last week. The Rangers will be second followed by Chicago. The two losers that were expected to draft higher are Colorado and Los Angeles. Hughes was born in Orlando, Florida, but grew up in Mississauga and is a close friend of Taylor Hall who currently is a key player in the Devils organization.

- and finally, the debate continues with the Canadian Football League and the Players' Association over a new collective contract. I can't remember if there has ever been a CFL strike, but I trust neither side can financially afford to shut down this operation without hurting not only themselves, but the hundreds of thousands of fans in every city who enjoy the CFL over the NFL.

Lions can't shake off the rust at OHF tourney

Continued from 1B

"The coaching staff would like to thank the boys for a great year, for all their hard work and dedication."

He thanked manager Al Roy who he said "makes it

easy for us, all we need to worry about is coaching the boys on the ice, the boys couldn't ask for a better manager."

As for his own plans, he said he "and the rest of the

coaching staff will be coming back. I plan on having a new assistant coach for next year, I will announce that in the fall."



HEALTH YOUR WAY



Talking to your healthcare provider about medical devices and medications

(NC) Medical devices and medications are used by millions of Canadians. The more you know about your treatments and the more you talk to your healthcare professionals, the easier it is to avoid problems.

The term "medical device" covers a wide range of products. More than 100,000 medical devices are licensed for sale in Canada, ranging from everyday items such as bandages to complex technologies like pacemakers.

All medical devices and medications have benefits, but they can also have risks and potentially serious side

effects. It is important to go to all of your medical appointments and to talk to your team of care professionals – including doctors, pharmacists, nurses or physician assistants – about your medical conditions, the medications you take, the medical devices you use and any health concerns you have.

It may help to make a list of comments, questions or concerns before your visit or call. Also, think about having a close friend or relative come to your appointment if you are unsure or would like someone to help you understand or remember answers to your questions.

It's important to report any adverse reactions (also known as side effects) to all health products – including prescription and non-prescription medications, natural health products and vaccines. Adverse reactions reports help identify problems so they can be addressed.

Report any incidents to your healthcare provider and to Health Canada by using form 317 found on the Health Canada website or by calling 1-800-267-9675. Any incidents related to medical devices should also be reported to the device's manufacturer.

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St. Croix chess tourney has all the right moves

Sue Nielsen
Speaker Reporter

TEMISKAMING SHORES — Perhaps Ecole catholique Ste-Croix can be called a chess hub?

With chess aficionado/teacher/coach Luc Boucher promoting the game to his students

and other French-language schools in the region, the game is thriving as evidenced by a tournament recently hosted at the school.

Chess is a game that challenges students to think creatively, problem solve with the benefits of improved concentration and memory, all skills

that can be applied to academics and life.

Ste-Croix hosted 157 students during the Community Chess Tournament on March 20.

Participating schools included St. Patrick's School, Ecole

catholique St-Michel, Ecole catholique Assomption, Ecole Navigateurs and English Catholic Central School.

"This is a manageable number," said Boucher about the tournament.

He is used to managing tour-

naments of 400-500 students at a time.

The following are the tournament results:

U8
Gold: Roch Boucher (Ste-Croix)

Silver: Hendrix Hastings (Ste-Croix), Maverick Holden (Ste-Croix), Calem Vinette (St-Michel)

Bronze: Chace Gosselin (Ste-Croix)

U10
Gold: Noah Juurlink (St-Michel)

Silver: Lexi Éthier (Ste-Croix), Jayden Maurice (St-Michel), Hayden Crake (St-Michel), Wesley Rivard (St-Michel), Kyle Cloutier (Assomption), Vaughn Wittmaack (Assomption)

Bronze: Evan Williams (Assomption), Ethan Éthier (Ste-Croix), Alex Audette (St. Patrick), Lauren Craig (Assomption), Jaxson Bigras (Ste-Croix), Zoé Klapwyk (St-Michel)

U12
Gold: Caitlin Baier (Ste-Croix)

Silver: Anne-Marie Boucher (Ste-Croix), Samuel Boucher (Ste-Croix), Brianna Léveillé (Assomption), Olyvier Lafond (St-Michel), Annabelle Marquis (St-Michel), Abrielle Card (Assomption)

Bronze: Maria Éthier (Ste-Croix), Andrew Cull (ECCS)

U14
Gold: Nicholas Bolger (Ste-Croix), Nicolas Verreault (Assomption)

Silver: Mary-Jaye Éthier (Ste-Croix), Jack Schaffner (Assomption), Ryan Pouliot (St-Michel), Annie Gauthier (Assomption), Zakary Lefebvre (St-Michel)

Bronze: Derek Léonard (Ste-Croix), Jacob Rivard (Assomption)



Ecole catholique Ste-Croix hosted 157 students during a chess tournament held on March 20. Grade 3 student Antoine Ethier is pictured deep in concentration during a game where time (top photo) is always a running concern. (Staff photos by Sue Nielsen)

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Speaker Sports

Bow bending

WEDNESDAY,
MARCH 27, 2019



Youth shooter Calvin Barton takes aim at a target with shooters in the background during the Temiskaming Bullseye Club 3D Archery Tournament held at Northern College on Tuesday, March 19. Barton took first place in the Youth Compound Class. (Staff photo by Sue Nielsen)

TBC hosts 3D archery shoot at Northern College

Sue Nielsen
Speaker Reporter

TEMISKAMING SHORES — Feet shoulder width apart, relaxed, ready, draw, aim, fire!

That's the *modus operandi* of an archer shooting at a target.

Members of the Temiskaming Bullseye Club (TBC) Archery Club took aim at various targets during the club's 3D indoor archery shoot at the Haileybury Northern College gym on March 19.

"We run archery at the Haileybury Campus of Northern College on Tuesday evenings from January to mid-April and then take a break until the weather is nice enough for the archers to move out to the club property at Twin Lakes for the summer," said TBC archery director Clayton Seymour in an email interview.

Eighteen shooters arranged in groups of four and ranging in age from eight to their 60s with all skill levels took their best shots at 12 designated targets set up around the gym.

The archers were divided into four teams and were given three arrows to shoot at each target.

"Wait until I call all clear and then you can begin," said TBC archer Gary Pittman.

Archers were allowed a ten-minute warm up in which they shot arrows at a box target.

Then the competition began. There were two types of bows used.

Recurve archers use a bow with a single bowstring to release their arrows and compound archers use a bow and bowstring with a cable-pull system.

Seymour said the club offers instruction and guidance "from the basics to advanced precision and technique."

The TBC archery club offers people the opportunity to try the sport before purchasing the equipment.

"The sessions are informal and we have plenty of experienced archers that are always eager and willing to work with newbies or help someone improve their form or accuracy."

He said archery requires skills such as patience, determination, hard work and a positive attitude, which are skills that can be put to good use in everyday life.

The TBC welcomes new members each season, and for a nominal fee, people can learn the fun and challenging aspect of archery from seasoned veterans like Gary and Susan Pittman, Peter McNaughton and Joanna Hopkins.

He said children benefit from learning the sport of archery because it teaches them skills they can transfer to everyday life.

Continued on 5b

Big sweep

Curling's best, times two, at the Horne Granite in 2020



Steven Larocque
Speaker Editor

TEMISKAMING SHORES — The curling season is coming to a close for another year, but big plans are in the works for 2020.

The Horne Granite Curling Club (HGCC) and the Northern Ontario Curling Association have announced the HGCC will host two major events next season.

Both the Northern Ontario Men's and the Scotties Provincial Curling Championships will be hosted by the New Liskeard club at the Don Shepherdson Memorial Arena.

Having both events in one location is "a very recent development and a great one," said championship chair Steve Amyot.

"Nipigon was first to host the dual event (in 2019). Crowning both Northern Ontario champions makes great sense," said Amyot in an email interview.

"By combining the event it makes it more viable for communities to host. By putting the championships on arena ice it also gives the teams more experience curling on arena ice. This is very important as it tends to be very fast and have more curl than curling club ice. So when the teams go on to national

championships they are more prepared to represent us."

He said the Northern association sent out requests for formal applications from clubs in December "so we had to move fast."

He said the decision to make a bid "began at the successful conclusion of our U18 provincials held last season. Bid criteria was formalized and revamped in December."

The City of Temiskaming Shores "helped a lot with confirming the criteria even with the Christmas break interfering with a tight timeline."

Continued on 9b

Mixed Provincial playdowns this week at HGCC

Steven Larocque
Speaker Editor

TEMISKAMING SHORES — Provincial playdowns are sweeping through the Horne Granite Curling Club this weekend.

The club is hosting the Northern Ontario Curling Association (NOCA) Mixed Provincial Championships March 28-31.

"Eleven teams will be competing, battling it out for a chance at the semifinal and

final games at 1 p.m. and 5 p.m. on Sunday, March 31," said organizer Brendan Godreau.

The winning team represents the Northern association at the Nationals November 4-9 at a site yet to be named.

"Some well-known names will be in attendance, such as reigning Northern Ontario mixed champion Trevor Bonot, former Men's, Ladies' and Mixed champions Amanda Gates and Mike Assad, as well as Tanner, Jacob, Jennifer, and Tracy Fleury,"

said Godreau in an email interview.

"Tracy currently reigns as the Manitoba Ladies champion and is a three-time Ontario and Northern Ontario champion," he noted.

"We also have some of our local teams in the running, skipped by Ryan Sayer, Josh Landry and Mark Fawcett."

He invited fans to "cheer our local curlers on" all weekend.

"All spectators are welcome."

SPORT SHORTS

Time to move



Sue Nielsen

It's spring and the snow is finally melting.

That means people will be moving about running, walking, riding bikes, kayaking, canoeing and skateboarding.

I know I have been sloth-like this past winter preferring to stay indoors where it was warm.

Now is the time to move, particularly when canoeing season is hopefully right around the corner.

Last year I was on the water mid-April, but I don't believe it will happen the same way this year, unless we get a major warm spell and some wind gusts.

It is a moment of celebration when a paddler can get out on open water away from the winter blahs.

Will we set a new record for the ice going out on Lake Temiskaming?

The temperatures continue to dip below the freezing mark at night making ice, so who knows when the big lake will be free of ice.

So, I have begun a walking program. I normally walk around Sass Lake and eventually will build up to walking around both Cobalt and Sass Lakes.

I measured the distance and it is eight kilometres in total.

I plan to begin weight training to increase my upper body strength for paddling and will

mix that with a bit of time spent on the mat.

But once I hit the water it won't be long before the paddle power returns.

Canoeing solo in a 16-foot heavy fiberglass boat when the wind whips up requires a good deal of upper body strength to keep the boat from being swept towards the shore.

Of course this time of year can be extremely dangerous for anyone on area lakes in terms of open water.

The surrounding waters will be cold until at least May or June and travel on open water requires a fair bit of knowledge about what you are doing and the risks involved.

Always wear a life jacket and think about what you would do if you do end up in the water.

Never paddle alone, carry a throw bag and tell someone where you are going.

I might just have to brush up on my throw bag technique. It was a valuable lesson learned when I took a Paddle Canada tandem canoe course with Becky Mason at Bon Echo Provincial Park a few years back.

She instructed us in the fine art of the throw bag rescue technique but also emphasized safety in the canoe as a top priority.

When a couple of paddlers tipped over their canoe, she freaked out sending us all back to shore for additional lessons

on water safety.

I respect the power and magnificence of water.

ANOTHER WIN

The Resource Tech Management Inc. Girls Midget hockey team won another tournament on the weekend.

They brought home gold medals from last weekend's Skaters North Source for Sports Nipissing District Hockey League (NDHL) Midget B Girls Play-Off Tournament played at the Warren arena.

This season they played in the Midget Boys league against Kirkland Lake and Cochrane as well as playing exhibition games against other Midget Girls teams from North Bay, Sudbury, Kapuskasing and Hearst.

And they took in tournaments in Fergus, Sudbury, Durham and Toronto.

This team seems to be peaking just in time for their Ontario Women's Hockey Association provincial championships April 5-7 in the Greater Toronto Area.

John Herd is the head coach of this team. He's got a great group of girls playing for him and supportive parents I am sure.

Congratulations RTMI.

Saints and Apollos collect wins at OFSAA curling

Steven Larocque
Speaker Editor

NORTH BAY – The provincial curling playdowns for high school teams wrapped up March 23 at the Granite Curling Club in North Bay.

The Girls team from Timiskaming District Secondary School (TDSS) was looking to improve on their 2018 showing when they brought home bronze from the Ontario Federation of School Athletic Associations (OFSAA) championship.

Despite one of the top records in the round robin this year, the Saints were unable to advance.

"The girls did end their pool (with three wins and one loss), which put them in a three-way tie for first in their pool," said coach Dale Warring.

"The top two teams moved on to the quarter-finals, however, the (Saints') draws to the button score was slightly less than the other two teams" which ended their '19 season.

"The girls played amazing in the three games they won. The competition was high, but the girls proved that they belonged at OFSAA," said the coach in an email interview.

"The girls ended their entire season with one loss and they put it all out on the table. They not only play at such a competitive level, but they exemplify true sportsmanship."

The team was skip Jessica

Amyot and teammates Callista Laffrenier, Makayla Godmaire, Abbygale Lennox and Mackenzie Hepworth.

ESCSM

The Boys from Ecole secondaire catholique Ste-Marie made their first appearance at OFSAA curling.

The Apollos were competitive and did manage to win once – 5-4 against King City Secondary School – but lost their other four games and did not make the playoff round.

"Although it wasn't the result they anticipated, the boys played very well during the week," said coach Jules Bonin-Ducharme.

"Being one of the youngest teams in our pool, the team held their own against more seasoned teams. They learned a lot and really bonded as a team. After four losses, they gave it their all and finished with a victory on their final game," he said in an email interview.

"The goal is now set for next year – get back to OFSAA and reach the playoffs."

The team was made up of skip Olivier Bonin-Ducharme, vice Jackson Manners, second Marc-André Breton and lead Louis Churman plus assistant coach Aiden Manners and community coach Sylvie Bonin-Ducharme.

The gold medal winner on the Boys side was Eastview Secondary School and for the Girls it was W.C. Eaket Secondary.



HEALTH YOUR WAY



Let's help feed our neighbours

(NC) Hunger isn't always easy to see. According to Food Banks Canada's HungerCount 2018 report, there were 1.1 million visits to food banks in March 2018. And 35 per cent of those who visited last year were children.

During the winter, donations to the local food bank peak around the holiday season, but are often at their lowest in the spring and summer. This spring, as we gather around our dinner tables with our family and friends, let's think of our neighbours and share what we can with others.

When grocery shopping, pick up an extra can of beans, fruits, and/or vegetables to add to the donation bin at the front of your local store. If you are hosting friends and family for dinner, ask them to bring a non-perishable donation for the local food bank.

You can also get competitive with your colleagues and challenge them to collect food or monetary donations to help make a difference in your local community.

While non-perishable food items are always put to good use, monetary donations are also very useful to, as they allow food banks to purchase fresh items such as produce, bread and milk.

Locations across Canada can make donating to your local area food bank easy. For a select time this April, you can drop off non-perishable goods and donate funds at the register and help support your community.

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CITY BULLETIN



Attention Residents of Temiskaming Shores

The City of Temiskaming Shores has received reports of frozen water services within our distribution system due to the recent extreme cold temperatures.

If you have had a frozen water service issue in the past there is a potential risk for freezing at this time. As a result, the Public Works Dept. is requesting that you run your cold water, until further notice, with the flow being the approximate diameter of a pencil.

We thank you for your cooperation. Should you have any questions contact the Public Works Department at 705-647-6220.

SCHEDULE OF MEETINGS

EMERGENCY MANAGEMENT PROGRAM COMMITTEE

Thursday, March 28, 2019 - 10:00 A.M.

Dymond Hall (upstairs),
181 Drive-In Theatre Road, New Liskeard

REGULAR COUNCIL

Tuesday, April 2, 2019 - 6:00 P.M.

City Hall, 325 Farr Drive, Haileybury

RECREATION DEPARTMENT

SEASONAL CONCESSION

HAILEYBURY BEACH

Individuals interested in operating a Seasonal Concession may obtain an Application form from:

Temiskaming Shores City Hall
325 Farr Drive
Haileybury, Ontario
P0J 1K0

Or Contact Superintendent of Parks and Facilities – Paul Allair

pallair@temiskamingshores.ca

705-647-5728

Application Deadline:

2:00 pm Tuesday April 9, 2019

Temiskaming Shores Public Library

Spring Session Preschool Storytime at both branches Wednesdays 11:00 a.m. - 11:30 a.m.

New Liskeard Branch: April 3 and 17, May 1 and 15
Haileybury Branch: March 27, April 10 and 24, May 8 and 22
All preschoolers accompanied by an adult are invited to join us for this fun filled, active and exciting introduction to early literacy and the wonders of the library. For more information please contact us at 705-647-4215 or 705-672-3707

Les Liseuses à la succursale de New Liskeard

Le premier mardi du mois de 10 h 15 à 11 h 15 à la succursale de New Liskeard.

Le 2 avril

Pour plus de renseignements composez le 705-647-4215

Easter Egg Hunt at both branches of the Library

The Temiskaming Shores Public Library annual Easter Egg Hunt will be on Saturday, April 20 this year. Doors open at 10:00 a.m. at both the New Liskeard and the Haileybury Branch Libraries, and the hunt ends when all the eggs are found! No baskets, please, we supply everything you need! For more information call Haileybury 705-672-3707 or New Liskeard 705-647-4215

TechSocial at the New Liskeard Branch

The NEOnet TechSocial program aims to reduce social isolation in older adults through the use of technology. Learn to use your Apple and Android devices!

Workshop sessions are as follows:

Friday April 26 at 1:00 p.m. - The Basics
Friday May 3 at 1:00 p.m. - Safety and Security
Friday May 10 at 1:00 p.m. - Default Applications
Friday May 17 at 1:00 p.m. - Entertainment
Friday May 24 at 1:00 p.m. - Social Media
Friday, May 31 at 1:00 p.m. - Lifestyle apps
Call the New Liskeard Branch at 705-647-4215 to register!

Gadget Helper at Both Branches of the Library

Need help learning to use your tablet, laptop, cell phone, or other electronic device? Just have a few questions? Book a FREE 45-minute one-on-one session with Gadget Helper! Sessions are on Thursdays at the New Liskeard or Haileybury branch of the library. To make your appointment, call: New Liskeard: 705-647-4215, Haileybury: 705-672-3707

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-Resources 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 resource for kids!

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STRAIGHT FROM THE HIP

The NHL playoffs begin on April 10 as Leaf fans are wondering just what they'll expect to see as the majority think this club is good.

With a few unanswered questions, especially over the last month, I ask why is John Tavares not the day-to-day captain? With his leadership skills and experience it should have been a no brainer when he signed his new contract.

A major mistake by GM Dubas was getting rid of Curtis McElhinney who today is one of the best backup goaltenders in the entire league - just ask Carolina. Is Frederik Andersen the real deal? Why didn't Dubas also bring in some veteran playoff depth players to help his young guns? What about coach Mike Babcock not being able to motivate this hockey team after giving up say three or more goals? To me this entire organization's main goal was to give Auston Matthews an eight-year deal for over \$58 million and now seem worried about signing other key guys look-



Mike McArthur

ing at next year's salary cap. Is Dubas running his job alone or is Brendan Shanahan and maybe even Babcock pulling some of the strings?

Yes they have injuries, but so do many other Stanley Cup contenders - for example Boston who many feel will face Toronto in the first round have been missing many of their best players on and off for almost the whole year.

I still think the franchise was not expecting to win a Stanley Cup until next season or beyond. All in all if Toronto beats out Boston and gets to the third round or Cup final, folks like me are just full of you know what, so I will now rest my case, sit back and wait for the long and winding road to start next month.

OVERTIME

• for those of you who love watching curling, I don't feel that the upset of Chelsea Carey's Calgary-based team at the World Curling Championships (which didn't even make it to the playoff rounds for the first time in 20 years) is a big shock! Let's face the facts, if we're going to send our best to teach different countries how to play the sport, why do we think we're always going to dominate the game and come home with a medal? That also goes for the men as well and how about the many great Canadian figure skaters that coach young men and woman from all around the world? A good number of Americans and Europeans are in the NHL after being taught how to play hockey and just look at the number of players from outside the United States that are playing on a Major League Baseball team right today. So if you're going to sell your sport abroad, let's call a spade a spade and stop complaining about us not always winning and the decrease of hometown athletes now playing

in most pro sporting events.

• Rory McIlroy finally shut up his critics, mainly the American golf media, after coming from behind and winning the Player's Championship after being a runner-up in the top five for several weeks. The guy that looked to be the possible contender Jon Rahm seemed to choke shooting a 76.

• the Montreal Canadiens weren't expected to make the playoffs and surprised even themselves up to the end of February, but the real shocker has to be the Arizona Coyotes even getting close to a playoff position so I give most of the credit to coach Rick Tocchet who taught these castoffs to believe in themselves, sat out or got rid of those who didn't want to listen. Another surprise club is the St. Louis Blues after cleaning up their coaching problems.

• and finally, from time to time I do hear some ridiculous comments from folks who truly believe what they say will actually happen. Can you imagine that the reason the NHL is taking

out fighting, head shots, dirty stick work and hitting plus illegal elbows etc. is to make the league safer so they can allow the best women hockey players to compete in the league? Really? Sorry folks it will never happen, but I do believe a professional ladies' hockey league to the degree of the NHL will be a factor as there are currently many leagues in North America promoting very skilled women's hockey so take that to the bank very shortly after watching their skills in skating and puck handling etc.

RTMI Midgets win NDHL title

WARREN (Special) - On March 23 the Resource Tech Management Inc. (RTMI) Temiskaming Shores Midget B Girls travelled to Warren to compete in the Nipissing District Hockey League (NDHL) Midget Girls Northern Loop Championship.

RTMI competed against the North Bay Ice Boltz, Sudbury Lady Wolves and the Sault Ste. Marie Wildcats.

RTMI 5 WILDCATS 1

On Saturday morning the RTMI Puckhounds began the championship round robin against the Sault Ste. Marie Wildcats.

The Puckhounds dominated play from the first puck drop.

Kirsten Murphy opened the scoring, late in the first, when she jumped off the bench, snagged a loose puck, skated into the Wildcats' zone and wired a low wrist shot past the Sault goalie. The Puckhounds kept pressing and with only 55 seconds left in the first period, Anna Walker kept the puck in at the Sault blue line, where she quickly wristed a shot at the net that Shannon O'Reilly tipped past the stunned Sault goalie.

RTMI continued to dominate in the second period when only a few minutes into the frame, O'Reilly and Samantha Breault worked the puck down low, Breault passed to O'Reilly from behind the net and O'Reilly made no mistake, slamming the pass home to give RTMI the 3-0 lead.

The Puckhounds kept up their relentless onslaught of the Sault defenders, resulting in Elizabeth Herd intercepting a Sault pass. Herd snapped a quick wrist shot that deflected past the shocked Sault netminder.

Feeling confident in their 4-0 lead, the Puckhounds became lackadaisical in their defensive coverage, allowing a Sault player an unchallenged opportunity, and the Sault forward made no mistake, netting the Wildcats' their only goal of the game.

The Puckhounds put their nos-

Snowmo "BILL"ing *with Bill*

We have been having some lovely sunshine over the last week. I actually had to get out my sunglasses which I barely used all of January and February. I hope the chilly nights with the warm days are going to reduce flooding when the spring melt finally gets into full swing.

Because of the rain last week and all of this sunny weather there is now a firm crust on the snow. A snowmobile can go anywhere in the bush (almost) without getting stuck which is a nice change from a few weeks ago when you couldn't go anywhere without getting stuck in either deep snow or slush. The downside to the crust is that there is no snow being thrown around by the snowmobile to cool it off or lubricate the sliders. There are two solutions to this problem. One is to stay home and pout - not my choice. The other is to get some scratchers for the snowmobile.

Scratchers drag in the harder snow and throw up little pieces of ice onto the sliders and up into the heat exchangers. I've seen 3 different types. One mounts on the skis and shoots snow back at everything - the rider usually also gets covered in snow dust too. The second type are a heavy cable with a sharp point that attach to

the sliders - these work well and are easy to install but they often fall down when you don't want them. The 3rd type look kind of like an old snowmobile spring and either attach to the sliders or the running boards and the metal tip drags in the snow flinging ice and snow up where it needs to go.

I believe that all of the new ones allow the snowmobile to back up without having to lift the scratchers because you will forget to do so and you don't want to damage your precious sled.

We're running out of winter - it is officially spring after all. We have stopped grooming and we are getting ready to store the equipment for the winter. Because there are warm temps in the forecast we won't likely start up again even if we get a little snow. We might need some volunteers to help pick up stakes - we'll put it on the radio and Facebook.

Thursday night there will be a Club Echo meeting in Earlton at the Grand Boulevard at 7 - we want to decide if the clubs will merge or continue as separate entities. Come on out - there will be pizza.



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TRI-TOWN BOWLING RESULTS

SPECIAL OLYMPIC OLD DUTCH/FORTIER BOWLING Averages

Aaron Paraskevopoulos	154
Kevin Bond	153
Nico Oulette	137
Allan Perron	137
David Goodwin	135
Ladies High Single	
Vivian Gauvreau	178
Ladies High Double	
Mary Monaco	310
Men High Single	
Aaron Paraskevopoulos	178
Men High Double	
Kevin Bond	322
Bowler of the Week	
Carol Robinson	+67
FRITO LAY SUNDAY NIGHT MIXED	
Polar Portable	
Sign Rentals	116
Grant Fuels	109
The Misfits	101
Roi de La Patate	96
Petals	82
Sue's Team	76
JD Roofing	63

Gilmour Farms	55
High Single	
Misfits	1401
High Triple	
Misfits	4106
Men High Single	
Frank Manton	271
High Triple	
Frank Manton	667
Ladies High Single	
Jackie Morin	240
High Triple	
Frank Manton	651
Men High Averages	
Harold Briscoe	206
Frank Manton	196
Hank Rodgers	191
Ladies High Averages	
Danielle DeVisser	215
Chantal Allaire	203
Jackie Morin	200
Bowler of the Week	
Jack Fiset	+103
MONDAY NIGHT LADIES OLD DUTCH	
Rosie's Gardens	104
Beaner's Windows and Doors	103



Mario's Appliance Repairs	97
Pedersen Construction	95
Go Go Girls	76
High Averages	
Jackie Morin	210
Georgette Lacroix	184
Joanne Webster	182
High Single	
Linda Oulette	255
Individual High Triple	
Georgette Lacroix	693
Team High Single	
Mario's Appliance	1405
Team High Triple	
Rosie's Garden	4068
Bowler of the Week	
Georgette Lacroix	+147
TUESDAY NIGHT MEN	
Breault's Heating	134
Leis Landscaping	128
NOP	90.5
RC Electric	85
E-clips Hair Studio	77
King George Tavern	52.5
High Averages	
Lionel Dinel	237
Emile Murray	236
Jeff Seed	224
High Triple	
Dave Hack	733
High Single	
Zack Eckensviller	303
Team High Triple	
Leis Landscaping	4010
Team High Single	
Leis Landscaping	1413
Bowler of the Week	
Dave Hack	+169
ELUZION WEDNESDAY LADIES	
Food Basics	110.5

Denis Denomme Transportation	100
Temiskaming Denture Centre	92.5
Socket Electric	82
Silver Café	72
Profile Plus Metal Arts	59
Team High Single	
Silver Café	1443
Team High Triple	
Silver Café	4119
High Single	
Lisa Morin	323
High Triple	
Lisa Morin	773
High Averages	
Danielle DeVisser	215
Katherine Walker	198
Wanda Bosak	188
Bowler of the Week	
Lisa Morin	+293
WEDNESDAY SENIORS	
Men Top Averages	
Gaby Joyal	198.3
Jacques Lavoie	175.6
Jude Heon	166.1
Charles Fortin	159.9
Denis Loranger	158.8
Ladies Top Averages	
Jeanne Mikkola	166.3
Simone Lavoie	152.6
Chantal Jacob	143.5
Jeannine Belanger	142.8
Fernande Fortin	141.3
Men High Double	
Denis Loranger	337
Men High Single	
Gaby Joyal	186
Ladies High Double	
Jeanne Mikkola	463
Ladies High Single	
Jeanne Mikkola	315
THURSDAY NIGHT MEN'S LEAGUE	
B & T Parts & Supplies	105
Caldwell Sand & Gravel	98
Whiskey Jack Beer Company	83

Temiskaming Denture Centre	78
Team High Single	
Caldwell Construction	1188
Team High Triple	
Caldwell Construction	3491
Individual High Triple	
Paul Van Vliet	804
Individual High Single	
Gabe Joyal	278
Individual Standings	
Paul Van Vliet	225
Stéphane Bedard	200
Gabe Joyal	196
Mark Maguire	182
Tony Crick	178
Bowler of the Week	
Isaac Walker-Dupont	159
SEASON RANCH FRIDAY NIGHT	
SMC	141
Tench MacDiarmid	119
J.D. Roofing	113
Country Kitchen	89
Mobility in Motion	89
Eagle Wings Embroidery	88
Marty's Auto Tech	69
Community Living	
Temiskaming	48
Team High Single	
J.D. Roofing	1498
Team High Triple	
J.D. Roofing	4183
Men High Single	
Allen Allaire	316
Men High Triple	
Allen Allaire	751
Women High Single	
Jessie Labonte	270
Women High Triple	
Tammy Legault	667
Bowler of the Week	
Brian Murray	+156
Bowler of the Week Women	
Tammy Legault	+118

TBC hosts 3D archery shoot at Northern College

Continued from B Front

Members of the archery club also compete in out-of-town tournaments.

"Archery also opens up many opportunities outside of our club. Eight-year-old Audi Seymour has competed in tournaments in North Bay proudly representing the TBC and brought home two first place wins. Three-D Archery Tournaments are held all over

the province and it is wildly growing in popularity," noted Seymour.

WINNERS

The four winners from each class are as follows:

Youth Traditional:	Noah Juurlink
Adult Traditional:	Calvin Barton
Adult Traditional:	Joanna Hopkins
Adult Compound:	Peter McNaughton

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Defibrillators ready to save lives year-round

Darlene Wroe
Speaker Reporter

SOUTH TEMISKAMING - The Alexa Corneil Foundation, through the Temiskaming Foundation, has donated two automated external defibrillators (AEDs) for use at active outdoor sports locations throughout the year.

The two AEDs will be shared. In the winter months one of the AEDs will be located at the Tri-Town Ski and Snowboard Village, and in the summer months that same AED will be located at the New Liskeard Golf Course, said Alexa's father Dr. Glenn Corneil.

The second AED will be located at the Temiskaming Nordic Ski Club during the winter months, and will be relocated to the Haileybury Golf Club during the summer months, he continued, outlining the arrangement.

"The more we can get AEDs into the community, the better," Corneil stated, prior to the official presentation of the AED at the Tri-Town Ski and Snowboard Village on Saturday, March 23.

"We're also hoping to piggyback onto the Alexa Corneil 15 hockey tournament" which runs April 5-7 at the Haileybury and New Liskeard rinks.

"On Friday we're working on having a free CPR/AED demonstration at The Shep from 6:30 - 8 p.m. so that people can drop in and become familiar not only with CPR but how to use an AED because both are very important lifesaving ventures," he continued.

People can still donate to Alexa's Foundation, he said.

"There are ongoing projects that we're supporting."



A new defibrillator has been donated to the Tri-Town Ski and Snowboard Village, one of two which is being used locally. The second is located at the Temiskaming Nordic Ski Club. The two defibrillators will be shared with local golf clubs during the summer months. Pictured from left to right are Dr. Glenn Corneil, Ski Village board member Jody Currie, Nordic Ski Club and Haileybury Golf Club board member Russell Walker, and New Liskeard Golf Club board member Monique Chartrand. (Staff photo by Darlene Wroe)

He noted that the AC15 hockey tournament also raises funds for Alexa's Foundation for projects such as the recent renovation of the dressing

room at the Haileybury arena.

"There are ongoing ventures under that umbrella," he said.

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THE HOG LINE REPORT

Congratulations to all participants in the 75th Annual Blarney Mixed Spiel this past weekend at the Cobalt-Haileybury Curling Club (CHCC). A full rundown of results will be posted next week in the Hog Line Report.

AN EXTRA WEEK

The CHCC executive has decided to run the plant an extra week to make up for the shutdowns experienced this year.

Games that were scheduled for February 27 and 28 will be played April 3 and 4 (men's and mixed draws). In addition, a 2-on-2 any combo will be held Saturday, April 6, to close off the season. To sign up, call Shawn Hearn at 705-648-1493. It's one day only - easy to squeeze into a busy schedule.

THE CHAMPIONSHIP TRAIL

It's been a tough week for Team Canada at the LGT World Curling Championships in Denmark. Chelsea Carey and her team struggled to find their groove and missed qualifying for the playoffs. Curling fans always expect gold at any curling level, but sometimes the stars don't align. This was one of those times, and fans need to give Team Canada a pat on the back for carrying our nation on their backs. And remember, other nations continue to improve



Gwenn Hearn and son Brad Hearn were among the participants in the 75th annual Blarney Mixed Spiel at the Cobalt-Haileybury Curling Club March 22 to 24. (Staff photo by Darlene Wroe)

their game and Canada always has a target on their back in any schedule.

The Men's worlds begin next weekend. Good luck to Kevin Koe and Team Canada.

Noted this week that Mark Kennedy will be joining the Brad Jacobs rink for what will likely be the Olympic run. The addition of Kennedy will bring a different perspective to the game for Team Jacobs.

A NOTE OF THANKS

As the curling season winds down, CHCC members would like to extend their appreciation to The Temiskaming Speaker and CJBB 103.1 FM The Train for their support of our club through the year. As a volunteer-based not for profit group, the support provided through the print and on-air media isn't taken for granted.



Continued on 7b

Eberts finish regular season at the top

TEMISKAMING SHORES (Special) - The Temiskaming Shores Ebert Welding Puckhounds have concluded their regular season with a 23 wins, three losses two overtime loss record going wire-to-wire finishing on top of the Abitibi-Témiscamingue Hyundai Bantam BB League.

EBERTS 5 EXPRESS 1

This weekend's games were against the Kapuskasing-Hearst Regional Express who will also be attending the Bantam A All-Ontario in Temiskaming Shores on the April 12 weekend.

Game one on March 23 at the Don Shepherdson Memorial Arena was a dominating effort as the Puckhounds scored three first period markers en route to a 5-1 victory.

Goal scorers were Nolan Rosko-Fong, Nicolas Milhomme, Nick Caron, Matthew Hill and Nathan Stewart.

EBERTS 3 EXPRESS 1

Game two although closer on the scoreboard was much of the same story as the Hounds continued their fine play notching a 3-1 win with Caron, Stewart and Milhomme once again finding the back of the net.

Throughout the day the coaching staff's message to the boys was a reminder to not to take their opponent lightly and give the Express any thoughts that by winning a game would give them hope at the All-Ontario.

The team now will compete in league playoffs March 30-31 in Amos, Quebec.

THE HOG LINE REPORT CONTINUED

Continued from 6b MEN'S DRAW

A reminder that the Men's Draw is extended one week to April 3, with all teams except Gordon (Bye) playing.

March 20: P. Gordon eclipsed D. Willett, L. Olsen in a last rock win over S. Hearn, T. Eckensviller bashed B. McMullan.

MIXED DRAW

The Mixed Draw teams are reminded that one more date has been added to the schedule, with April 4 games being those from the cancelled February 28 draw, where Team Gordon had the bye.

March 21: T. Morissette bested S. Hearn, P. Gordon bettered M. Rice, T.

Hall finagled T. Eckensviller, A. MacLeod on a last rock draw to top C. Camsell, S. Taylor outfoxed K. Campbell.

AFTERNOON OPEN

As with other draws, members and guests are reminded that an extra week has been added. Afternoon Open Curling will run at 1:30 p.m. April 2 and 4. Teams will be made at 1:20 each day.

March 19: "Wrong-Handle" Heon does it again this time to L. Camsell, L. Olsen squeezes by B. Gordon. Curler of the Day: Ninja Betty.

March 21: B. Gordon blasts L. Olsen to smithereens, L. Camsell squeaks past J. Heon. Curler of the Day: B. Park.

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The ribbon-cutting ceremony for the Tri-Town Ski and Snowboard Village new chalet took place Saturday, March 23. From left to right are: Darlene Bowen, Jason Boyce, Natasha Dittmann, Shelley Harrison, Jody Currie, Mark Howey, Lorna Desmarais, Rheo Hacquard, Gilles Lefebvre, Jeff Thompson, Mark Conlin, Pat Rivard and his son, Sean Rivard, Hollie McNair, Julie Rivard, Nat Forget and Glenn Corneil. (Staff photo by Darlene Wroe)

Ten-year dream now a reality

Darlene Wroe
Speaker Reporter

LORRAIN VALLEY - The ribbon-cutting ceremony for the new chalet at the Tri-Town Ski and Snowboard Village took place Saturday, March 23.

It was a perfect day for enjoying the downhill ski area in Lorrain Township and many people were out to do that, along with dignitaries and well wishers who came to mark the grand opening for the chalet.

President Mark Howey commented that the accomplishment is the result of ten years of work which has included fundraising and perseverance.

“This is a huge deal for all of us involved in the

Tri-Town Ski Village,” he told the large gathering inside the new chalet.

“This has been a wish for a long time. We’ve been at it for ten years.”

Howey said the Ski Village has been very lucky over the years to have had the many people on board who have worked hard for the goal of a new chalet.

“It’s very humbling to be part of a group like this,” he said. “This goes to show how much our executive and our group of volunteers really love this place.”

He drew attention to the sponsor wall at the chalet which names the groups and companies who have contributed to helping to make the new chalet a reality.



Lifestyle Medicine with Dr. Michel



5 Things You Need To Know About The Ketogenic Diet

What’s the point of a ketogenic diet?

The ketogenic diet as we know it today involves a dramatic reduction in carbohydrates and a simultaneous increase the amount of fat a person consumes. This dietary combination aims to shift the body’s metabolism away from burning sugar and carbohydrates as fuel to actually burning fat in the form of *ketones* that are manufactured in the liver. When the body is using ketones as a fuel source, we say that person is *in ketosis*, and that’s the ultimate goal of this diet.

It’s painfully apparent that the dietary habits prevalent in society today would entirely prevent someone from entering ketosis. The incredible overabundance of sugar and carbohydrates in our diet coupled with the lack of adequate healthy fat creates a situation in which people are basically either burning sugar or are breaking down their stored carbohydrates to power their cells. But it turns out that the more we rely upon fat as our predominant fuel source, the better off we will be, in so many respects.

And to really engage the ketogenic diet, it is fundamentally important to recognize that in order for this to happen you not only have to increase your consumption of healthy fat, but you must dramatically reduce your consumption of sugar and carbohydrates. The point is, simply adding fats to your diet will not work. Unless the carbs are removed, just adding fat creates a diet that is actually far more dangerous to your health.

Welcoming healthy fats back to the table like extra-virgin olive oil, nuts and seeds, grass-fed beef, and wild fish, while almost eliminating sugar and most other carbohydrates will enhance ketosis. And this can be further enhanced by adding coconut oil or MCT oil to your regimen.

The reason so many health care practitioners are now advocating the ketogenic diet is that it can be absolutely transformative in terms of health, and here are the top five reasons why:

1. The ketogenic diet can increase insulin sensitivity and lower blood sugar.
2. Keto can help treat and prevent neurodegenerative disease.
3. When compared to a low-fat diet, keto helped people lose more weight.
4. Keto reduces inflammation, the culprit behind the world’s leading causes of death.
5. The ketogenic diet keeps our genes healthy by reducing free radicals.



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For more information contact New Life Integrative Health Center at 705 647 6070.



FEED THE NEED

The Panda Brazilian Jui Jitsu Club, located at the Yogart Studio in New Liskeard, recently collected several bags of food to donate to the New Liskeard Salvation Army Food Bank. Panda instructor Jason Drainville said this food drive reflects an awareness of club members to help out their community and those less fortunate. In the back row on February 8, from the left, are Roch Martel, Ryan Grise, Mikey Bouley, Kevin Utas, Jake Grise, Scott McNalty, Chad Labonte and Paul Williams. From the left in the front row are Justin Drainville, Jeremiah Miron, Ava Miron, Isaac Davis and Kail Dutt. (Staff photo by Sue Nielsen)

Curling's best, times two, at the Horne Granite in 2020

Continued from B Front

THE SHEP

Taking the playdowns to an arena like The Shep offers several obstacles to overcome.

"The challenges are dealing with a new building and managing conditions on the ice given the undetermined crowd sizes, etc." said Amyot.

"But that is why we have an NOCA experienced icemaker leading the team. They have lots of experience in dealing with arenas and managing air flows, etc."

Organizers are "still in the process of confirming our nationally recognized icemaker, we won't be doing it on our own but we are fortunate to have a solid ice team of volunteers at the

Horne Granite this year, so we can expect to see great conditions for the teams."

VOLUNTEERS

Hosting two championships at the same time will require much more support than a traditional bonspiel.

"We currently have a 40-member committee from within the Horne Granite and the Youth Steering Committee. We still estimate we will need another 60-75 people to comfortably bring this event forward.

"We will need to train people to assist with officiating, ticket sales, venue cleaning and maintenance, security, team and officials shuttling," noted the chair.

BIG NAMES

The Men's Northern provincial was last hosted locally in 2005 by the Cobalt-Haileybury Curling Club, before that it was held in the early 1990s in New Liskeard but this is believed to be the first time for the Scotties to make a local appearance.

"I guess the big news so far will be seeing the new Team (Brad) Jacobs in person at our event. They have recently added Mark Kennedy who has gone to the Olympics with both Kevin Martin and Kevin Koe. We also expect to see Al Hackner make yet another run, he doesn't throw skip stones

anymore but regularly has a playoff run at provincials.

"Also we will get to watch Krista McCarville defend her title, she will be the clear favourite unless a new team emerges with some imports. But there are more strong ladies teams that should give her a run including some Junior teams that are working very hard to compete.

"Also locally we hope to see local favourites including Ryan Sayer playdown and possibly a homecoming for Robbie Gordon who competed last year with his son Shane in Nipigon."

Organizers are expecting

strong support from fans both near and far.

"Two years ago Little Current on Manitoulin Island saw their local arena filled to capacity daily with lineups to buy tickets," said Amyot.

"We would expect no less with the buzz curling is generating these days. We only have to look at the success of the Women's world championships last year in North Bay to know that we will be able to generate interest from around Northeastern Ontario and Quebec to come see some world class curling in Temiskaming Shores."

TEMISKAMING WOMEN'S HOCKEY LEAGUE

Regular season final standings:

	W	L	T	GF	GA	PTS.
Miller Farms	14	1	0	79	25	28
Go 2 Jo Mobility	11	3	1	63	38	23
Physio Solutions	4	11	1	41	49	9
Active 1 Source for Sports	1	15	0	13	84	2

RECENT SCORES:

Championship Game: Miller Farms 5-1 over Go 2 Jo Mobility

Consolation Final: Physio Solutions 3-0 over Active 1 Source for Sports

Week of March 18:
(PPD=Points Per Dart this week; HCO=High Checkout; YTD= Year to Date Points Per Dart Average):

	PPD	180s 171s	140 133+	95+	HCO	Pts.	YTD
Dave Hack	21.79	1/4	1/40	7/185	130	131	21.91
Bob Livingston	19.87	-/1	4/37	7/135	120	109	20.25
Steve Peckover	19.16	-/5	1/20	9/134	99	88	20.10
Ken Snarr	21.43	-/-	3/17	8/106	104	73	18.95
Mike Mackfall	15.57	-/-	-/25	3/80	106	63	18.48
Bill Gagne	15.12	-/-	-/12	2/79	104	57	17.35
Robert Venne	16.55	-/1	-/11	3/78	120	61	16.88

High Score

Dave Hack 171x1, 133x1
Bob Livingston 140x1, 138x1, 136x1, 135x1
Ken Snarr 140x2, 134x1

High Checkout

Bob Livingston 95

Most Improved

Ken Snarr 2.69

ACTIVE 1 SOURCE FOR SPORTS LADIES' BASKETBALL LEAGUE

Standings as of March 25:

	W	T	L	PTS.
Brownlee Equipment	16	1	1	33
Three-H Furniture Systems	13	1	4	27
Pedersen Concrete	10	2	6	22
Assante	7	0	11	14
Packard Plumbing and Heating	4	2	12	10
Fountain Tire	2	0	16	4

RECENT SCORES:

Brownlee 54 Assante 27
Three H 36 Packard Plumbing 31
Pedersen Concrete 45 Fountain Tire 21

ZANTE'S MEN'S BASKETBALL LEAGUE

Regular Season Final Standings:


	W	L	PTS	+/-
Active 1 Source for Sports	13	3	26	+139
Chiropractic Health KL	10	6	20	+111
Maga's Men	8	8	16	-20
Three-H Furniture Systems	6	8	12	+23
Ransacked	2	14	4	-262

RECENT SCORES:

Active 1 Source for Sports 53 Maga's Men 37
Three H 53 Ransacked 37

Upcoming games March 28:

Three H vs. Ransacked 7 p.m.
(winner advances to 9 p.m. game)
Chiropractic Health vs. Maga's Men
(game one of best of three series) 8 p.m.
Active 1 Source for Sports vs. winner of 7 p.m. game
(game one of best of three series)



\$2,000 REWARD!

Crime Stoppers, Tri-Town Region Inc.
are seeking the public's assistance regarding any information on the following:

THEFT FROM TRUCK

On February 19th, 2019, the members of the Temiskaming Detachment of the Ontario Provincial Police (OPP) were contacted in regards to a theft from a vehicle parked on Cosman Crescent in Temiskaming Shores, Ontario.

The suspect(s) involved in the incident, entered the truck, between February 6 and February 7, and then proceeded to steal the following items:

- A black TSC 12 volt battery tester,
- A black Lithium Ion MOTOMASTER battery booster
- A Pair of grey fingerless wool fold-over mittens

The suspect(s) is unknown at this time and the investigation is continuing. Police are seeking public's assistance to help locate and identify the suspect(s) and locate the stolen items.

The total cost of this theft is valued at \$245.


If you have any information involving this theft or any other crime, please call Crime Stoppers at this toll free number, 1-800-222-TIPS (8477). The Crime Stoppers Civilian Board of Directors will pay up to \$2000 for any information leading to an arrest in this case or any other serious case.

There are two ways to submit tips to Crime Stoppers, by telephone or webtip. Visit Crime Stoppers online at www.canadiancrimestoppers.org/tips to find an option suitable for you.

Anonymity is assured and you do not have to give your name. Your information is sent to an investigative unit, who report back to Crime Stoppers if your tip was helpful to them in preventing or solving a crime.

Crime Stoppers is working together to prevent crime. Remember, Crime doesn't pay.... Crime Stoppers does!

Anyone with any information about this case or any other,
CALL 1-800-222-TIPS





The RTMI Midget Puckhounds are seen here after their NDHL win March 24 in Warren. From the left are trainer Anne-Marie Loranger, coach Ed Popkie, Brandy Chief-Mathias, Jenna Popkie, head coach John Herd, Kirsten Murphy, Bailey Phanuef, Felicia Loranger, Shannon O'Reilly, Samantha Breault, Elizabeth Herd, coach Darrel Phanuef and J'Lyne McDonough. In front are Anna Walker and goalie Anna Splettstoesser. (Supplied photo)

RTMI Midgets win NDHL title

Continued from 4b

es back to the grindstone and didn't allow the Wildcats any more room to come back in the game. Breault rounded out the scoring for RTMI late in the third period, converting an O'Reilly pass.

BOLTZ 3 RTMI 1

The Puckhounds' second game was against the North Bay Ice Boltz.

The Puckhounds' already small bench was shortened by one forward when Jenna Popkie was unable to play due to an injury incurred in the earlier game.

The first period was a chippy affair that remained scoreless only due to Anna Splettstoesser's many key saves.

North Bay upped their physical play in the second period causing the Puckhounds to become uncharacteristically agitated and undisciplined. Penalties afforded the Ice Boltz numerous glorious scoring chances and they finally connected three minutes into the second period. The Boltz quickly capitalized on yet another power play, only a few minutes later, to put the Puckhounds behind the eight ball.

Penalties continued to be the Puckhounds' downfall as the Ice Boltz added a third goal to finish the second period 3-0.

A much needed break between the second and third period allowed the Puckhounds to regroup and refocus, allowing them to play a strong third period.

Only seconds into the third, Felicia Loranger kept the puck in the North Bay zone and dumped it behind the net, where Herd, filling in at forward for a shift, retrieved it. Herd came out with a hard wrap-around and deposited the puck under the bar to narrow the North Bay lead to 3-1.

Despite renewed determination, the Puckhounds were un-

able to score again.

RTMI 2 WOLVES 0

RTMI had to dig deep in their game against the Sudbury Lady Wolves. It had been a long day for the Puckhounds, playing three games in one day, and two of those games with only nine skaters. RTMI entered the game knowing they needed the win to advance to the gold medal game on Sunday.

It took a period for the Puckhounds to get their legs, but early in the second period, Breault jammed in a rebound in close to give them a 1-0 lead.

The rest of the game was a tense, scoreless affair, with both teams battling hard. Splettstoesser played big in net, while her defence of Loranger, Herd, Walker and Murphy stayed strong in front of her, all the while rotating through the forward position, to fill in for the injured winger.

O'Reilly sealed the win late in the third with an empty net goal.

RTMI 2 BOLTZ 1

Seeking revenge against the top team of the tournament, the North Bay Ice Boltz, the Puckhounds came out ready to play for gold, bolstered by the return of Popkie.

In the middle of the first period, Bailey Phaneuf whipped the puck into North Bay's corner, J'Lyne McDonough raced in, battled the North Bay player for the puck, centered it to Brandy Chief-Mathias who, despite being harassed by a North Bay defender, managed to direct the puck into the cage, giving the Puckhounds the lead.

RTMI struggled to find their game in the second period. The Ice Boltz took the play to them and managed to tie the game late in the second period.

The Puckhounds needed a boost, so Loranger moved up to the forward position in the third

period. This proved to be just the spark the team needed. Despite playing most of the third period in the North Bay end, the Puckhounds were unable to capitalize until the final minute of play when Loranger set-up Walker in front of the North Bay net, and Walker sniped the puck through the wickets of the bewildered

North Bay goalie.

Despite heavy pressure from North Bay who had pulled the goalie for the extra skater, the Puckhounds played perfect defence and shut the Ice Boltz down for the final seconds of the game. The Puckhounds finalized their revenge, winning the NDHL Midget Girls Northern

Loop Championship.

The next challenge for the RTMI Puckhounds Midget B girls will begin when they represent the Temiskaming Shores Puckhounds at the Ontario Women's Hockey Association Provincials in the Greater Toronto Area on Friday, April 5.

HORNE GRANITE REPORT

Good day, curling fans!

If you haven't heard already, the Horne Granite will be hosting the Northern Ontario Curling Association (NOCA) Mixed Provincials!

Whether you're a fan or want to cheer our local curlers on, be sure to join us Thursday through Sunday, March 28-31.

All spectators are welcome!

The league games went off without a hitch, as they say, at the Horne Granite.

On Tuesday, March 19, we had eight teams in attendance in the Afternoon League. Marlene and team Fournier trounced Daniel and team Touzin. Allan and team Moonie won their game against John and team Lachapelle. J. L. and team Plante were triumphant in their match against John and team Reinhardt. And finally, it was Brian and team Flaxey for the win over Peter and team Muraska.

As the evening hour came upon us, six new teams replaced the previous eight. Gary and team Wadge bore the mantle of Green Tractors, winning their game. Dan and team Simard took on the name of one of our sponsors, What A Water Company, facing off against and thwarting Patti and team McKnight. In an exciting turn of events, teams

Carleton and Flaxey locked each other down in a tie!

Wednesday, March 20, produced eight more teams for our Mixed League. Team Ménard grabbed a win from team Leveille. Team Flaxey defeated team Plante. Team Moonie made it onto the boards, winning against team McNaughton. And team Reinhardt won their game against team Breton.

Thursday, March 21, was an action-packed event! First, ten teams came out to play in our Afternoon League. Team Ménard won out over team Muraska. Team Hurtubise earned a win against team Gravelin. Team Moonie came out on top against team Bowman. Team Foley emerged victorious over team Flaxey and it was team Plante for the win against team De-Grâce.

As the final Thursday afternoon of the season came to a close, the last Men's Night was just beginning. This evening was for all the marbles, as the playoffs were wrapping up. Team Pederson defeated team Precision Auto, meaning that the title of D Division champs went to team Pederson!

The C Division has two winners: after a tug-of-war match between teams Landry and Al-



gonquin Variety, the two competitors locked each other down in a tie!

The title of B Division champs was earned by team Muraska, as they won their game against team Lachapelle.

The winners of the Men's Night Playoffs and A Division champions were team Lauzon, while the runners up in the A Division were Dana and team Loach!

Well-played gentlemen, and great job to all of the competitors in the playoffs.

We also had two recreational games at play: team Sayer won their game against team Simard, and it was team Plante for the win over team Flaxey.

And that was the beat at the Horne Granite this past week. Well-played and good curling to all of our athletes, and thank you to our sponsors.

Stay tuned for next week, as the final report of 2018-2019 season comes out, including results from the NOCA Mixed Provincials.

Until then, we'll see you on the ice!



SPECIAL PERFORMANCES

Holding ribbons won at a Special Olympic Bowling Tournament held in Timmins on March 3 from the left in the back row are Arthur Fenton, Sylvie Lacarte, Pam Blain, Alan Perron and Luc Lebrun. In the front row are Erica Corley, Melissa Dekers, Robbie Sullivan and Stéphane Gagne. Three Special Olympic bowlers qualified last year for this year's Provincial Championships being held in Oshawa June 6-7 who are not pictured along with coach Denise Dewar. They are Andrew Price, Liane Nichol and Dan Lavigne. Coach Dewar thanked the sponsors of Special Olympic bowling based out of the Tri-Town Bowling Lanes in Haileybury, Old Dutch and Fortier Beverages. (Supplied photo)

Lions out of league playoffs, await OHF

Steven Larocque
Speaker Editor



GUIGUES, QUEBEC – The New Liskeard Lions are done with one part of their season.

The team competed in the first phase of Abitibi-Témiscamingue Hyundai Midget BB League playoffs March 22-23.

The Lions needed to win two games to advance to the final round but were unable to do so.

Friday they fell 4-1 to the Hearst Lumber Kings in Guigues, Quebec.

Saturday they were blanked 1-0 by Temiskaming Home Hardware in Notre Dame du Nord.

“That’s it for the league for this year,” said manager Al Roy.

But that doesn’t mark the end of the season for New Liskeard.

The Lions won the Northern Ontario Hockey Association (NOHA) Midget A Tournament of Champions March 17 in Kapuskasing.

They will represent the region at the Ontario Hockey Federation (OHF) Midget A All-Ontario April 12-14 in Woolwich (north of Kitchener).

“We will be practicing now until we leave for the OHFs,” said Roy.



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Three H Furniture Systems	Willard Bus Lines	Kings of Nowhere	Koch Farms
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	Pete's Small Engines	Paul Presseault Trucking	

\$350,000

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Rotary Club	\$500.00	Sonia Dallaire	\$100.00
Active 1 Source For Sports	\$1,500.00	Findlay's Drug Store	\$1,000.00
EXP Services	\$1,250.00	Bumstead Trucking	\$8,000.00
Holiday Inn	\$300.00	Rivard Bros. LTD	\$4,000.00
Smith Law Team	\$2,500.00	Investors Group - Jody Currie	\$500.00
Dr. Stacy Desilets	\$1,000.00	St.Cyr & Associates	\$1,000.00
Dr. Steve Sears	\$3,000.00	SMC Canada	\$2,000.00
Dr. Glenn Corneil	\$5,500.00	Wabi Iron & Steel Corp	\$1,250.00
Jody & Nicole Currie	\$2,000.00	Trudy Armstrong & Family	\$1,000.00
Temiskaming Foundation	\$10,950.00	Telus Go2Jo Mobility	\$11,500.00
Dr. Steve Goddard	\$1,000.00	Marc Dessureault	
TIME Ltd	\$1,000.00	(The Speaker Survivor Challenge)	\$200.00
New Liskeard Lions Club	\$14,000.00	New Liskeard Fire Department	\$250.00
Pedersen Construction	\$1,000.00	Trudel Equipment	\$200.00
Frog's Breath Foundation	\$180,000.00	Ontario Sports and Recreation	
Township of Armstrong	\$750.00	Community Fund	\$64,000.00
Dr. Colleen & Don Davies	\$1,000.00	Campsall Plumbing	\$100.00
Rotary Club of Haileybury	\$500.00	In Memoriam Donations	\$70.00
Wilson Chevrolet Buick GMC	\$3,750.00	5th Wheel Training Institute	\$100.00
Century 21	\$2,050.00	Club Lions D'Earlton	\$6,500.00
The Brick	\$1,500.00	Waterfront Inn	\$500.00
Neil Law Office	\$500.00	Temiskaming Shores Lioness Club	\$600.00
Brownlee Equipment	\$1,500.00	Chartrand's Your Independant Grocer	\$250.00
		Yvon Champoux Inc.	\$1,000.00
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		Trillium Mutual Insurance Co.	\$4,650.00
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		Northern College	\$1,350.00
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		Temiskaming Shores and Area	
		Rotary Club	\$5,500.00
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		Caldwell Construction	\$1,500.00
		Demora Construction	\$750.00
		Alexa Corneil Memorial Fund	\$10,000.00
		Township of James	\$100.00
		Les Chevaliers de Columb	\$200.00
		Royal Canadian Legion Br. 44 Cobalt	\$200.00
		Temagami Lions Club	\$200.00
		Timiskaming Health Unit	
		staff Jean Fund	\$225.00
		Claude Thornily	\$5,000.00
		Eckensviller Family	\$1,000.00
		Ontario Power Generation	\$1,000.00
		Ransacked	\$1,000.00
		Kal Tire	\$1,000.00
		Earlton RV	\$500.00
		The Devils Rock	
		Tackle Company	\$300.00
		rivarac Drafting and Design	\$300
		Chico's Fix It All	\$300.00
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		Phippen Signs	\$1,000.00
		James Lathem	\$1,000.00
		Riverfront Chiropractic	\$1,000.00
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		and Heating	\$1,000.00
		Knights of Columbus	\$1,000.00
		Lorna and Ed Rojas	\$250.00
		Al and Vicky Willard	\$100.00
		Yvon & Nicole Lachapelle	\$250.00

\$125,000

TOTAL:
\$574,295.92

Our fundraising efforts include plans for a new chalet and a tubing lift!

For more information or to make a donation online visit www.tritownskivillage.ca

Check us out on facebook for opening, conditions, special events and more! @ facebook.com/tritownskivillage

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Get Active In Temiskaming 2013	\$949.01	Get Active in Temiskaming 2016	\$1,784.00
Family Day Sliding	\$1,734.00	End of Season Banquet /Auction 2016	\$14,362.00
Halloween 2014	\$4,881.00	NYE 2016	\$9,291.00
Little Ceasers Pizza Kits	\$1,010.00	End of Season Banquet/Auction 2017	\$16,269.00
Xmas Bartending Services	\$3,235.00	Elk Lake Civic Dance Bartending	\$3,715.43
NYE Bash 2015	\$9,677.00	Bill Mathews Motors - Ford Test Drive Fundraiser	\$450.00
Swag Sales (t-shirts, toques, stickers)	\$1,540.00	Halloween 2017	\$7,447.00
End of Season Banquet/Auction 2015	\$14,684.00	Get Active in Temiskaming 2017	\$2,223.80
New Liskeard Lions Dragon Boat Event	\$1,230.00	End of the Season Banquet 2018	\$22,754.00
Get Active in Temiskaming 2015	\$1,589.00	Yves Meat Market Grand Opening BBQ	\$1,853.90
Halloween 2015	\$7,457.00	Canada D'Eh Concert	\$26,369.00
ATV Raffle	\$5,078.00	Halloween 2018	\$6,456.02
Halloween 2016	\$6,306.00	Get Active in Temiskaming 2018	\$1,724.76

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AVAILABLE BUILT-IN 4G LTE WI-FI⁴ HOTSPOT (DATA PLAN REQUIRED)⁵

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¹GM Canada may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. ²Offer available to qualified retail customers in Canada for vehicles purchased and delivered between March 1 and April 1, 2019. Lease based on suggested retail price of \$67,675 including \$2,650 Cash Delivery Allowance (tax exclusive) and \$1,700 Dealer to Consumer Credit (tax exclusive) towards the lease of an eligible 2019 Next-Generation Sierra 1500 Crew Cab 4x4 Elevation model. Bi-weekly payment is \$258 for 36 months at 3.9% lease rate (3.9% APR) on approved credit to qualified retail customers by GM Financial. The \$129 weekly payment is calculated by dividing the bi-weekly payments. Payments cannot be made on a weekly basis. Equivalent weekly payments are for informational purposes only. Annual kilometer limit of 20,000 km/20,000 km. \$0.16/\$0.16 per excess kilometer. \$0/\$0 down payment required. Payment may vary depending on down payment trade. Total obligation is \$23,586. Freight (\$1,895) and air conditioning charge (\$100, if applicable) included. Taxes, license, insurance, registration and applicable fees, levies, duties and, except in Quebec, dealer fees (all of which may vary by dealer and region) are extra. Option to purchase at lease end is \$34,545. See dealer for details. Credits vary by model. Dealer may sell for less. Factory order may be required. Limited time offer which may not be combined with certain other offers. Offers may not be redeemed for Cash and may not be combined with certain other consumer incentives. ³To qualify for the Preferred Pricing, you must be a Canadian resident holding a valid driver's license, have been a Costco member since January 4, 2019 or earlier and must: (1) Register with Costco to receive your non-transferable Authorization Number; (2) Present the Authorization Number to the participating dealer; (3) Retail purchase, finance or lease an eligible new in-stock 2019 vehicle between March 1 to April 1, 2019. In addition, to receive a \$500 Costco Cash Card by email, submit a redemption form to Costco within thirty (30) days of vehicle delivery and complete a Costco member satisfaction survey. Please allow three weeks for Costco Cash Card delivery, pending completion of all eligibility requirements, including redemption form submission, purchase verification and survey completion. The purchase or lease of a vehicle does not qualify for the calculation of the Costco Executive Membership 2% reward. Not compatible with some other GM Canada incentives. For full program details and for any applicable exclusions, see a participating dealer or costcoauto.ca/GM. For Costco Cash Card terms and conditions, visit Costco.ca and search "Cash Card". The Winter Sales Event is subject to change without notice. Void where prohibited. Costco and its affiliates do not sell automobiles or negotiate individual transactions. ⁴Registered trademark of Price Costco International, Inc. used under license. Before you buy a vehicle or use it for trailering, carefully review the trailering section of the Owner's Manual. The weight of passengers, cargo and options or accessories may reduce the amount you can tow. ⁵Whichever comes first. Limit of four complimentary Lube-Oil-Filter services in total. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc., are not covered. Conditions and limitations apply. See your dealer for details. ⁶Whichever comes first. Conditions and limitations apply. See your dealer for details. ⁷Visit onstar.ca for vehicle availability, coverage maps, details and system limitations. Services and connectivity vary by model and conditions as well as geographical and technical restrictions. 4G LTE service available in select markets. Requires active connected vehicle services and a data plan to access the vehicle's built-in Wi-Fi hotspot. Accessory Power must be active to use the Wi-Fi hotspot. Data plans provided by AT&T or its local service provider. Credit card is required for purchase. Comparison based on 2018 Large Light-Duty Pickup segment and latest competitive information available at time of printing. Excludes other GM vehicles. ⁸Before you buy a vehicle or use it for trailering, carefully review the trailering section of the Owner's Manual. The weight of passengers, cargo and options or accessories may reduce the amount you can tow. Full functionality requires compatible Bluetooth and smartphone, and USB connectivity for some devices. Data plan rates may apply. ⁹At time of posting, detailed map coverage is available for most major urban areas of the United States and for certain metropolitan areas of Canada (Vancouver, Calgary, Edmonton, Winnipeg, Windsor, London, Toronto, Ottawa, Montreal, Quebec City and Halifax). Coverage is significantly limited outside these areas.