

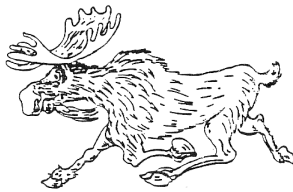
THE BEST LITTLE TOWN  
BY A DAM SITE!

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35 YEARS!!!

Issue Price FREE



THE LATCHFORD AND AREA

MOOSE CALL



# November 2023



### PUBLIC NOTICE

~ **ALL** dogs must have current year tags per By-law 639/04. The cost per dog is: \$20.00

~ Remember to Poop & Scoop ~

Animal complaints can be reported to the Town Office @ 676-2416

**COUNCIL MEETINGS FOR NOVEMBER TO BE HELD ON THE 14th VIA ZOOM @ 6:30PM AND WILL BE POSTED TO THE TOWN'S WEBSITE, AND NOVEMBER 28TH AT 6:30PM AT THE LATCHFORD RECREATION CENTRE, ALL ARE WELCOME AND INCOURAGED TO ATTEND.**

**LEGION MEETINGS WILL BE HELD ON THE SECOND WEDNESDAY OF EACH MONTH AT THE ROYAL CANADIAN LEGION IN LATCHFORD.**

# Mayors Report

Well hoping everyone enjoyed their October and everyone got to enjoy Thanksgiving with their family and friends.

Our Parks and Rec Committee had a Halloween get together for the children. It was nice to see all that came out and enjoyed the festivities. Thanks to all the volunteers that helped out.

I attended the Hwy 11 meeting and have again been pushing for a speed sign that we can put coming into town and they can see their speed and hopefully that will get more people to slow down going thru town.

I attended the TMA meeting and there was lots of talk about the risk management. They also talked about fire trucks and some of the confusion on how old your fire truck can be. There is going to be more information on this subject.

There was a meeting with Cobalt, Coleman and Latchford in regards to the food bank. The food bank has to move out of the old firemen's museum as it isn't fit to be used and they had a discussion about places that could be used instead. It is still in discussion.

We have had our Strategic Planning meeting on Oct. 25 and have started the process. We are going to have a public meeting on Nov. 16th at 7pm at the Rec. Center. We are hoping people will come out and give us things that you would like to see happen in Latchford. Hopefully we will have people come.

Well hope everyone enjoys their November and I am sure that the snow is coming so get ready.

Thanks Sharon



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### NOTICE

The Latchford Recreation Committee would invite residents to consider joining their group, as several members have resigned and some are moving away, so very few members will remain. Should they not be able to recruit more people, this organization could very easily fold and this would be very detrimental to the children and adults of Latchford as they provide many activities for all ages throughout the year. Call Pam @ 705-679-3093 Town Office @705-676-2416 to join up!

# From the kitchen of Diana

Page 3

## HONEY GARLIC CHICKEN BREAST

Total cook Time: 8 minutes, Serves 4

1 lb boneless, skinless chicken breasts (2 pieces)

salt and pepper

1/4 c flour

3-1/2 T unsalted butter (or 2-1/2 T olive oil)

2 garlic cloves (minced)

1-1/2 T apple cider vinegar (or white or other clear vinegar)

1 T soy sauce

1/3 c honey (or maple syrup)

Cut the breasts in half so you have 4 steaks in total and season both sides with salt and pepper. Place the flour in a shallow bowl and coat the chicken; shake off the excess flour. Melt most of the butter in a skillet over high heat - holding

back a tsp for later. Place chicken in the skillet and cook for 3 minutes until a golden colour, then turn pieces over and cook for 1 minute. Turn the heat down to medium. Make a bit of room in the pan and add the garlic, then add the dab of remaining butter on top. Stir the garlic briefly when the butter melts. Add vinegar, soy sauce and honey. Stir/shake pan to combine, then bring sauce to a simmer for 1 minute or until thickened. Turn chicken to coat in sauce. If sauce gets too thick, add a touch of water and stir.

Remove the skillet from the stove immediately and place chicken on a plate and drizzle sauce over the chicken and serve.

Terry Burrows Contracting

17 Main Street

Latchford On

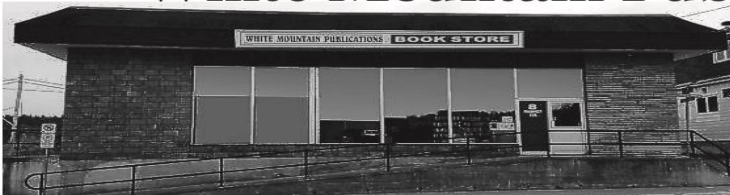
Call or text 705-676-1113

Are you looking to have home or cottage renovations done.

Give me a call, I can do it all from new kitchens, baths, decks, docks, windows just to mention a few.

I have space on my calendar this winter if you would like an idea of cost we can come have a look and work out an estimate for you.

## White Mountain Publications



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Turkey dinner was held on October 14th and a huge success, thank you to all who supported the event and enjoyed dinner. The Ladies Auxiliary is very proud to host and prepare community suppers in Latchford.

The Poppy Campaign is in full swing. Please get your poppy from the Town Office, Post Office. The Dam Depot, the Legion or from a Legion member at the Dam Depot Friday through Sunday from 11 am to 5 pm rain or shine. We appreciate your support.

Please join us in the 2023 Remembrance Day Ceremony. The events of the day are as follows: Remembrance Day Ceremony at the Legion begins at 11:00 am on November 11th Wreaths will be laid at the cenotaph following the ceremony. A community lunch will be served following the Ceremony.1 There will be a Legion Bus this year starting in Haileybury, travelling to Cobalt for a visit, then travelling to Latchford for a visit, then travelling back to Haileybury, Cobalt and back to Latchford. We are pleased that the Haileybury Pipe Band will be on the bus and visiting all the branches. There will also be a candlelight vigil at the Veterans Cemetery in Cobalt. Time to be announced on November 11th. Effective November 1st, Legion hours have changed. We will be closed on Friday nights until the warmer weather returns. Saturday hours are 2:00 pm to 8:00 pm. As a reminder, Branch meetings are 2nd Wednesday of the month at 7:00 pm while Ladies Auxiliary meetings are second Wednesday of the month at 6:00 pm.

**Francine Blowe**  
**President Ladies Auxiliary**  
**Doug Waddell**  
**Vice President, Branch 629**

**Biography of a Fallen Soldier**

**By Vicky Gray-Wilks**

**Private Jess Randall Larochelle**

Born September 1, 1983 Born and lived in Commanda Lake, ON (Southwest of North Bay) Son of Randall and Anna Larochelle Brother to Andrew. Enlisted 2006

Allegiance Canada Service Canadian Army Rank Private Unit 9 Platoon, Charles Company, Royal Canadian Regiment Battle/Wars Afghanistan Awards Star of Military Valour-March 14,2007 General (retired) Ricky Hillier, former Chief of Defense and many veterans are trying to get Private Larochelle the Canadian Victoria Cross. On October 14, 2006, Private Larochelle (age 23) volunteered to be part of a small contingent dispatched to an Observation Point on his rifle company's flank as they stood down from offensive operations to bivouac for the night. Private Larochelle was manning the Observation Point's General-Purpose-Machine-Gun when a superior Taliban force attacked with a salvo of Rocket Propelled Grenades. The General-Purpose-Machine-Gun sustained a direct hit. The blast flung Private Larochelle to the ground. He blacked out momentarily. Awakening to discover he had sustained serious spinal injuries, deafened by the blast and his vision was impaired due to a detached retina. Two of his fellow Royal Canadian Regiment comrades were dead and three others unconscious and in dire need of medical attention. The enemy advanced with a hail of rifles, light machine gun and Rocket Propelled Grenades. Private Larochelle fought back with weapons that was available and firing 15 M-72 rocket launchers. This disrupted the Taliban attack and eventually drove the superior Afghan force to withdraw. Without a doubt, Private Larochelle saved the lives of his three injured comrades. Private Larochelle has been living for 17 years in pain with a broken back, impaired vision and hearing loss.

**Continued on page 5.....**

## Private Jess Randall Laroche

On August 30, 2023, Private Laroche was called to a higher place. He was 40 years old.

Rest in Peace Soldier!

Thank you for serving!



## *In Flanders Fields*

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

# Rhonda's Garden Tip

Page 6

## Natural Sleep Aids

There are several plants and herbs that may help improve sleep quality without causing addictive tendencies. These natural remedies can be used as supplements or in the form of herbal teas. Individual responses may be different, and if you have any medical conditions or are taking medication, you should ask your doctor before consuming. Here listed below are some plants and herbs that are commonly used to promote better sleep:

**Lavender:** Lavender is well-known for its calming and soothing properties. You can use lavender essential oil in a diffuser or as a pillow spray, or you can drink lavender tea before bedtime.

**Chamomile:** Chamomile is mild sedative that is often used to promote relaxation and improve sleep. Chamomile tea is a popular choice for bedtime.

**Valerian Root:** Valerian root is a herbal supplement that may help with insomnia and sleep disturbances. It is available in various forms, including capsules and teas.

**Passionflower:** Passionflower has been used traditionally to treat anxiety and insomnia. It can be consumed as a tea or in a supplement form.

**Lemon Balm:** Lemon balm is a calming herb that can help reduce anxiety and promote relaxation. It can be consumed as a tea or taken in supplement form.

**Ashwagandha:** Ashwagandha is an adaptogenic herb that may help reduce stress and anxiety, which can contribute to sleep problems. It can be taken as a supplement.

**Magnolia Bark:** Magnolia bark has been used in traditional Chinese medicine to improve sleep and reduce anxiety. It is available as a supplement.

**Hops:** Hops, the same plant used in brewing beer, can have a calming effect and may help with sleep when consumed as a tea or in supplement form.

**Holy Basil (Tulsi):** Holy Basil tea is known for its adaptogenic properties, helping the body adapt to stress. It can be calming and stress-relieving.

**L-theanine:** Although not a plant, L-theanine is an amino acid found in tea leaves, particularly in green tea. It can promote relaxation and improve sleep quality. You can consume it by drinking green tea.

Remember that these natural remedies may help with sleep, but it is important to ask your healthcare professionals.

**Bye for now, Rhonda**

rhonda's Cards



rhondas\_artstudio



## Subscribers News

October wasn't as clement as I like to experience that month but with the advent of Moose hunting season, any hunter fortunate to bag one would get it out of the bush without it spoiling. While I don't hunt, I did get to see a massive bull moose in my travels! I was on my way to Sturgeon Falls, after dark of course, and just by the Crystal Falls turnoff on Hwy 64, a massive bull moose decided to cross the road in front of me! Both of us finished the encounter with nary a hair out of place but I definitely would have come out the loser.

Another light month for renewals but we did get two! Norma Knight of New Liskeard renewed for another year so thanks for staying with the "Call", Norma! The other renewal came from a fellow that holds a special place in the history of the Moose Call, Bert Jones of North Cobalt. When we started in 1988, it was meant to only publish it for two months each summer as a tourism handout and promotion for local businesses. Bert lobbied extensively for its continuance as he was a Latchford lad living in the Burlington area, as I recall, and he wanted to subscribe to it so as to have a continual source of home town news. He was joined in his efforts by Connie Howe of Haileybury who had done a tremendous amount of volunteering in Latchford and also enjoyed the Moose Call.

The original volunteers and creators of the 'Call included Edna Quenneville, Georgina Garreau, Edith Rabillard, Rita McDermid, Sharon Lefebvre and myself with support from Lynn Godden and Joanne Dufresne in the Town Office and i apologize if I have missed anyone because it has been 35 years! In the ensuing years we had have numerous other contributors and I would be remiss if I didn't mention the late Diane Remillard who toiled for at least 20 years on the 'Call including at least a decade as editor.

If Bert and Connie hadn't been successful in their lobby efforts, the idea could have died on the vine at the end of August, 1988. I know, I know, some of you probably wish it had! Incidentally, at our peak, we even had a subscriber in Moscow and, no, it wasn't Vladimir Putin! So, a vote of thanks has to go out to Bert and the late Connie for believing in the worth of a small community newsletter and Bert has stayed with us for all 35 years!

It was during this period, in about 1990, that we applied to Canada Post for publication rates to mail out the Moose Call to reduce our postage costs. To acquire this we were requested to send two issues of the 'Call to determine if we qualified for this greatly reduced mailing rate. I well recall the phone call that the Town Office received from this individual which was above the written authorization that we received. He stated that prior to our request he had never heard of Latchford but after reading the two issues of the Moose Call, he looked forward to visiting here! The volunteers involved knew we had a winner!

On the health and fitness front, I am unaware of any additions and as I do visit a friend there every day, I am sure I would be aware of anyone from Latchford in the hospital.

Until next month, stay well!

**George L.**

**Advertising**

Contact: Sharon Lefebvre @ 676-2129

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1 year - \$100.00  
6 months - \$50.00  
3 months - \$25.00  
1 month - \$10.00

**Classifieds**

Announcements, Want Ads, Employment, etc..... 2.00

**Submission Deadline**

All ads must be in by the 23rd of each month to be published in the following month's newsletter. Articles may be edited for space

**Circulation**

Sharon Lefebvre 676-2129 or write to Circulation Manager at P.O. Box 10, Latchford, ON P0J 1N0.

**Subscriptions**

1 year - Large Print \$10.00  
1 year - Regular Print 8.00  
U.S Subscriptions \$15.00

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**CONTRIBUTORS:** Sharon Lefebvre, George Lefebvre, Monique O'Shaughnessy, Edith Rabillard, Sheila Belanger, Bill Vandenhooogen, Laurel Gadoury, Jaime Allen, Frances Lefebvre, Rhonda, Sharon Gadoury-East & Francine Blowe

**Editorial Policy**

: We will not print any news, items, letters, or otherwise containing slanderous, defamatory, or injurious information in reference to the character of any person or entity. The writer of all articles must be identified when items are submitted but may request to remain anonymous in print. All such requests will be honoured.



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**PUBLIC NOTICE**

**STORAGE AVAILABLE**

**Winter Storage available for boats, cars, trailers, ATVs etc.  
Fees are \$15.00 per foot**

\* \* \* \* \*

**Diane Armstrong's book *Over the Hill III* -  
\$20 Mud, Muskeg & Mosquitoes  
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74 Powell Avenue South Porcupine, ON  
P0N 1H0 [armstrong.diane6@persona.ca](mailto:armstrong.diane6@persona.ca)

\* \* \* \* \*

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**Bits and Pieces**

My good friend Helen Larose recently gifted me with some notes that she had accumulated over the years about events that occurred in Latchford from the 1950's and '60's. I found them interesting and well worth sharing with the readers so here goes a few of them. These deal primarily with activities of the Women's Association of the United Church, back when we had 3 Churches in Latchford; Anglican, Roman Catholic and United.

“Sept 13, 1955

Moved by Mrs (Freda) MacDonald, seconded by Mrs Mary Johnston that we hold a turkey supper on October 4th, admission to be \$1.00 for adults, 50 cents for children.

Later: the treasurer Mrs Mabel Harrison read the financial report. Proceeds from the turkey supper amounted to \$259.28 with some outstanding cash to come in yet.”

Now, you have to agree that supper had to be really well attended to get that kind of return with the price being so low!

“First oil furnace was installed in the Church, 1956!” Prior to that it was heated with wood.

“The UCW sold cook books in 1957” Helen kindly gave me a copy!

“1958 cleared \$51.30, bake sale and plant sale.”

“1959, Sept. 2 doughnuts and a cup of coffee –

15 cents!”

“1960 proceeds from Tea \$19.57 with \$2 to be paid for rental of Town Hall.”

“1962 moved by Mrs Edith Rabillard, seconded by Helen Larose that a note of thanks be sent to Mrs Clara Bates and Mrs Ruby Wellar for cleaning the Town Hall in readiness for the Sunday School tea and bake sale held on April 18, and for donating the \$10 which they received to the Sunday School.”

Maybe it's just me but I sure enjoy a brief glimpse at when life was much simpler.

**George L.**

**People on the Move**

Visiting Alice Livingston during October were Carol & Paul Wiggins of Meaford; Pat Sancarrier, Thunder Bay; Marion Pacaud, North Bay; T.J. And Danielle Lewis, North Bay and Cindy White and son, C.J. Of Midland, ON.

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**Dad Jokes**

Why couldn't the bad sailor learn the alphabet?  
Because he always got lost at "C."

Why shouldn't you tell secrets in a cornfield?  
Too many ears.

What does a spy do when he is cold?  
He goes undercover.

When do computers overheat?  
When they need to vent.

How did the telephone propose to his girlfriend?  
He gave her a ring.

How did the barber win the race?  
He knew a shortcut!

Did you hear that laughing too loudly is illegal in  
Hawaii? They only permit a-low-ha.

I hate my job — all I do is crush cans all day. It's  
soda pressing.

Mom keeps asking why I have so much candy.  
She doesn't know I always keep a few Twix up  
my sleeve.

I found a wooden shoe in my toilet — it was  
clogged.

**Beach House Chipstand**

I would like to thank everyone for the overwhelming support I received this summer at the chipstand, from Marten River to Kirkland lake, plus the many local tourist, and so many from as far away as Toronto, Barrie and many USA people, who heard about my chipstand or saw it on google maps, not to mention the reviews on google maps were also overwhelming.

I can't thank Francine and Willy Blowe enough for all there volunteered help, they would just show up when I was busy and pitch right in like they have been doing this for years.

So many made the journey just to try out the fish and chips and the poutine, the gravy was a hit and this we will keep.

Many items were trial and error to see what would sell and what doesn't, fish, fish and more fish, I will be expanding my menu next summer to bring you more variety in the fisheries.

Unfortunately next summer taxes will have to be added to all menu items the government wants their share.

We are also looking at adding ice cream, of course this means I have to have hired help, which also means a slight increase in prices.

Other foods added to the menu would be our prepared freezer meals ready to go like the lasagan's pot pies, cabbage rolls and hopefully some fresh baking. With hired help I will be able to keep stocked up, great for those rainy days.

I would like to wish everyone a very Merry Christmas and a Happy New Year, can't wait to see you all again come the May long weekend we will be open.

Yours truly,

Debby and Terry Burrows.

## Founding of the Town of Latchford

Latchford began in 1903 as Montreal River Station, a town site and river crossing for the Temiskaming and Northern Ontario Railway, the colonization line designed to open the Little Clay Belt to settlement and provide access to the area's vast timber resources. In 1904, a three span iron bridge was built to carry the railway across the Montreal River and construction of a station house and water tank soon followed. The town was surveyed in 1905 and renamed in honour of Francis Robert Latchford (1856-1938), then Ontario Commissioner of Public Works. A brief boom period ensued when silver was discovered to the northwest in 1906 and Latchford became the provisioning and starting point for prospectors travelling up Bay Lake. Latchford was incorporated as a town in 1907 and by 1911 its population was 429. As area silver deposits were depleted Latchford's prosperous timber and pulp mills assured its longevity, giving the town its nickname of "Sawdust City."

## Ontario Northland Invites You to 'Connect' with the Northlander

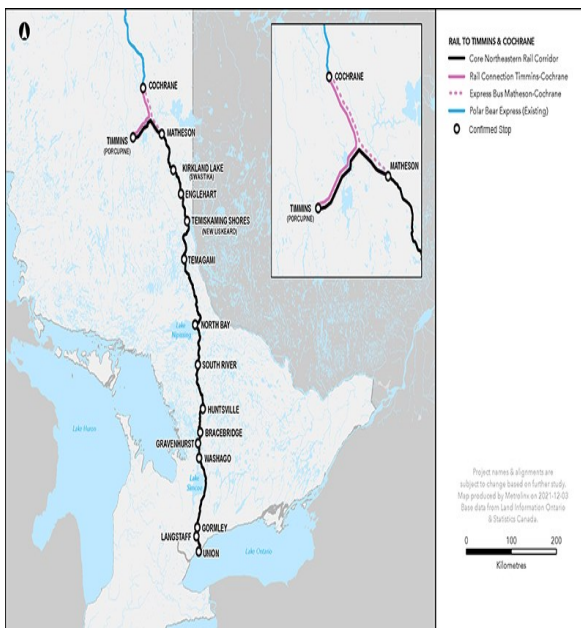
Temiskaming Shores – Friday, November 10 -  
Riverside Place (12 pm to 5pm)

Ontario Northland is proud to be working toward the reinstatement of passenger rail in Northeastern Ontario!

The passenger train service, also known as the Northlander, will fundamentally shift how people move across the province, creating a more connected, integrated transportation network.

This page will keep you up to date on the progress we are making on reinstating this vital transportation service. Please join us in celebrating each milestone as we mark the important steps we are taking to bring back passenger rail service to northeastern Ontario.

<https://www.ontarionorthland.ca/en/northlander-passenger-rail-updates#>



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# WINTER FIRE SAFETY TIPS



## **INSTALL & TEST ALARMS**

Carbon monoxide alarms should be tested at least once a month.



## **PLUG SPACE HEATERS DIRECTLY INTO OUTLETS**

Never use an extension cord or power strip.



## **HEAT YOUR HOME SAFELY**

Keep anything that can burn 3 feet away from a fireplace, wood stove, or space heater.



## **KEEP CHIMNEY & VENTS CLEAN**

Hire a qualified professional to clean and inspect your chimney and vents at least once a year.



## **NEVER USE CANDLES FOR EMERGENCY LIGHTING**

Always use flash lights and stock up on extra batteries.



## **USE FIREPLACE SAFELY**

Always use a metal or heat-tempered glass screen when using your fireplace.