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# CHAPLEAU EXPRESS

Vol. 15, Issue 47, August 6, 2011

PIZZA HUT & KFC  
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864-0911



## Chapleauite at the helm of the Royal Canadian Legion Ontario Provincial Command

By Staff

André Paquette, a well known Chapleau citizen was elected president of the Royal Canadian Legion Ontario Provincial Command at a meeting in May.

Mr. Paquette has been involved with the Royal Canadian Legion since 1974, holding various chairs locally at Branch #5 in Chapleau, including Sergeant at Arms, 2nd

and 1st Vice President, President and service officer.

At Zone H3 level, Mr. Paquette was the Sick and Visiting chairman from 1995 to 1997. In 1997, he was elected 1st Deputy Zone Commander and L&P chairman and elected Zone H3 Commander in 1999. He also held the Constitution and Laws Chairmanship in 2001.

At the District level Mr. Paquette

held the Poppy chairmanship in 1997, elected 2nd Deputy District Commander in 2001 and held the L&P/ Information and communication chairmanship from 2001 to 2005. He was elected 1st Deputy District Commander in 2003 and elected District Commander in 2005. Mr. Paquette was elected Vice President Ontario Command and was also Provincial Poppy Chairman until 2009.

In 2009 he was elected Vice President Ontario Command.

Mr. Paquette's extensive experience within the Royal Canadian Legion will certainly be an asset as he performs the required duties of his Presidency.

Our community should be proud of these accomplishments and rest assured that Mr. Paquette will be a good ambassador for our small Northern Ontario town.



RCL Ontario Command President André Paquette

**328 DAYS UNTIL THE CHAPLEAU HIGH SCHOOL REUNION**

**Long Term Forecast**

**Friday**  
High 27  
Low 16

**Saturday**  
High 23  
Low 17

**Sunday**  
High 23  
Low 14

**Monday**  
High 22  
Low 12

**Tuesday**  
High 23  
Low 13

**Wednesday**  
High 23  
Low 12

## Legion donates to Chapleau Health Services



On behalf of the Royal Canadian Legion Ontario Branches and Ladies Auxiliaries Charitable Foundation, Andre Paquette and Darryl Brunette presented Gail Bignucolo, Chief Executive Officer, Chapleau Health Services and Chelsea Woods, Chapleau General Hospital Foundation Coordinator with \$15,000 towards the purchase of patient ceiling lifts and a blood gas analysis unit for the Chapleau General Hospital. We are also pleased to announce that the Royal Canadian Legion Ontario Branches and Ladies Auxiliaries Charitable Foundation has reached the Founder Level on the Chapleau General Hospital Foundation Donor Recognition Wall.



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# Surviving summer travel with kids



(NC)—Travelling can be stressful, especially if you are travelling with young children. Playtex Infant offers these suggestions for those must-have items to help families love every moment together while on vacation.

**Travel must haves:**

- Nobody wants to be that mom on the plane so make sure you pack all the essentials such as earplugs and candy. Consider bringing “I’m-so-sorry-my-baby-might-cry-for-four-hours-straight” gifts for all the adults seated

around you.

- Pulling an all-nighter doesn't have the same appeal as it once did. Instead of packing an electric kettle to sterilize bottles in your hotel room sink, consider using bottles with disposable liners and enjoy a few extra precious moments of sleep.

- Pack bite-size snacks and keep baby and toddler well hydrated. Avoid messy spills by using the Playtex Twist 'n Click toddler cup with a lid system which is spill-proof,

leak-proof, break-proof and embarrassment-proof for peace of mind while travelling.

- Little ones often experience earaches caused by the change in cabin pressure while flying. To help alleviate their pain, consider distractions or pack a soother like the Playtex Binky pacifier. This will help soothe everyone on the plane, including you.

- Pack a light diaper bag with only

the essentials: change pad, double the diapers you think you'll need and a change of clothes for your baby and for you.

- Purchase and wrap a few inexpensive toys your toddler can unwrap and discover along your trip. Bribery? Yes, sometimes it's necessary. Just make sure you pack a few toys for the return trip too.

More information can be found at [www.playtexbaby.ca](http://www.playtexbaby.ca).

## Good-looking fruit, even better tasting



(NC)—Apples, with their crisp, clean flavour are a lunchbox staple. But the pleasure of eating apples—or many other Canadian-grown fruits—quickly turns to disgust if a bite into the fruit reveals a creepy, crawly insect.

Fruits and vegetables are an excellent and essential source of vitamins and minerals and they are easy to incorporate into school lunches, but no one wants fruits and

vegetables with a side of insects or full of blemishes.

Thankfully, today's farmers have access to safe and effective tools to control insects in their crops. These insecticides help keep insects out of the food you eat and they help ensure farmers don't lose significant portions of their crops to insect damage.

Before insecticides, produce was often sold in less pristine condition—with holes, scars and tunnels created by insects. Thanks to plant science technology, our grocery stores and farmers markets are now full of fresh, blemish-free fruits and vegetables.

## The Chapleau Express

P.O. Box 457  
Chapleau (Ont.) P0M 1K0  
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e-mail : [chaexpress@sympatico.ca](mailto:chaexpress@sympatico.ca)  
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7 nov/09

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Sun/dim 9:30 a.m. (F or E)  
Weekdays/Semaine lun-ven  
9:30 a.m.  
Wed/Mer (Hosp) 11:30 a.m.  
Fr. Sébastien Groleau

ST. JEAN DE BRÉBEUF  
(Sultan)

Liturgy of the Word  
Liturgie de la parole  
Mass 3rd Sunday  
Messe 3e dim 12:00 Noon (B)  
Permanent Deacon  
Diacre Permanent  
Ted Castilloux

Diocese of Moosonee  
Anglican Church of Canada

ST. JOHN'S CHURCH  
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Sunday Service  
10:30 a.m.  
The Rev. Iris Montague

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CATHOLIC CHURCH

78 Devonshire Street  
864-0909  
Sunday Service 10 a.m.

CHAPLEAU PENTECOSTAL  
CHURCH

9 Elm Street (P.A.O.C.)  
864-0828

Sunday 10:30 a.m. & 7 p.m.

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Liturgie de la Parole  
Mass 2nd-4th Sunday/  
Messe 2e-4e dim 12:00  
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Ladies Bible Study  
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## ANIMAL RESCUE CORNER

sponsored by the Chapleau Express

### PET OF THE WEEK



A beautiful, friendly orange and white male kitten is available for adoption. This kitten is currently in the care of the Township of Chapleau and is looking for a loving home as soon as possible. To adopt this kitten please call Lisi at 705 864-1330 and leave a message or call 705 471-2544.

If you are interested in fostering or adopting pets in the future please call Lisi at the above numbers to arrange a visit to save animals that may come into the care of the Township. Adoption of these animals helps prevent unnecessary euthanasia and assists in pet population control. Remember, have your pets spayed or neutered.

Anthony Pucci, Hons. B. Comm.,  
FMA Vice President



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# Button "flew off" Gene Bernier's vest as he wheeled baby carriage down Chapleau main street, according to the Chapleau Post in 1947

## Chapleau Moments

by Michael J. Morris



When I was just beginning my career as a daily newspaper reporter 47 years ago this month with The Daily Press in Timmins, it didn't take me long to learn that the social, or women's editor, played a very important role in the life of the paper.

Although I would never have admitted it at that time, being all caught up in reporting the hard news of the day, it is quite likely that more people read the social news than my stuff -- with the exception of court news where we would report the name, address and penalty of every person convicted of an offense, and woe betide us if we left a name out. The wrath of the editor would descend upon us.

All these years later, I am still not sure if I feared the editor or the social editor more, for the latter's fury would be felt if we ever misspelled a person's name when called upon to make a story out of the handwritten notes, that ended up on our desks for rewriting into a story.

Such was the case at all the newspapers I

worked. Hard news reporters were recruited to assist the social editors who had their own office adjacent to the newsroom. Not even the sports writers had their own private space.

I had learned to mind my spelling much earlier in life before I met newspaper editors though. I once got the strap while in Grade Four (I think), at Chapleau Public School, for having more than three mistakes in spelling. I swore it would never happen again, so was pretty well prepared for my years in the newspaper business.

During these dog days of summer which have finally arrived in southeastern British Columbia where I live, I have been going through scrapbooks of newspaper clippings kept by my aunt, Marion (Morris) Kennedy, which I inherited after she died. Aunt Marion's files have been the source for many articles.

Anyway, I discovered that the Chapleau Post was also big on social news and I decided to share a bit of it from the late 1940s.

Let me start with a piece from 1947, where the Post reporter tells a story, with tongue in cheek, about Gene Bernier, who was working at Smith and Chapple Ltd, and later became its president.

The Post reported that it was the store's custom to give as a gift to any member of their staff the first baby carriage required in the family.

"As is also the custom the new Daddy must personally wheel it home at the noon hour to the accompanying humour of the staff and the townspeople."

Gene qualified, and the Post story continued that he was taking the new carriage home "with much back slapping and cigar passing and razzing..."

Apparently, so the story goes, Gene got to the drug store and one of the buttons "flew off his vest" and struck a good lady "right in the eye" adding that "Gene is still trying to find out if his public liability insurance covers damages done from a swelled chest".

Well, not exactly the way most social news was reported, but in small town Chapleau in 1947, all in good fun I am sure.

In the same issue of the Post, the Ladies Aid to the Canadian Legion installed its officers for the next year, which was much more typical of the stories in this section of a newspaper. The officers were president Mrs. Chas. Collings, past president Mrs J. Robinson, first vice president Mrs. Geo. Desson, second vice president Miss Josephine Way-White, secretary Mrs. E. Chambers, treasurer Mrs. Geo. Hunt, sgt at arms Miss Lois Holding.



The Town Hall, Chapleau Public School, By-Law Office (in later years), Doig home and Fire Hall on Pine street. (Rene Hackstetter collection)

Readers will note that in those days, married women were referred to by their husband's name, not their own first name.

For example, my grandmother, Edith Hunt, played bridge every Tuesday night for years with the same ladies, and to this day I could not tell you the first name of any of them. In fact, they did not even call each other by their first names even at their weekly social gathering.

On the other hand, my mother, Muriel (Hunt) Morris, also played bridge with her

friends and I knew their first names but certainly never called any of them by it. Mom and friends did call each other by their first names.

Team Number One of the Thursday Night Bowling Club held its Christmas Party at the YMCA and the members of the team served the turkey banquet to 40 members. Serving were Mrs. Evans, Mrs. Broomhead, Mrs. Sauve, Mrs. Richardson, Mrs. Futhey, Mrs. Ethier, Mrs. Collins, Mrs. Burns and Mrs. Shannon. No first names provided in this one, but "the table was

tastefully decorated for the season. After the banquet a sing-song, quizz and games were enjoyed with a ukulele solo by Mrs. J. Futhey".

Of course I knew all these people who were mentioned in the Chapleau Post articles from 1947. They made for a good read and memories of life in Chapleau when I was growing up there as well as my years in the daily newspaper business. I hope you are enjoying the summer. My email is [mj.morris@live.ca](mailto:mj.morris@live.ca)



The Chapleau Beach in 1948 developed by Dr. G.E. Young



Engine 2330 1940 Photograph of a Pacific type, Class G3D engine. It worked passenger service on No. 7 and No. 8 trains between Chapleau and Fort William in 1944.



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# Thank You, Chapleau!



**Congratulations to the Chapleau Child Care Centre for reaching the Benefactor Level on the Chapleau General Hospital Foundation's Donor Recognition Wall! Accepting this honour is Ginger Forget, Executive Director of the Chapleau Child Care Centre. Also in photo: Gail Bignucolo, Chief Executive Officer of Chapleau Health Services and Chelsea Woods, Chapleau General Hospital Foundation Coordinator.**

We would like to take this time to thank all the generous Chapleau General Hospital Foundation contributors over the years. Chapleau General Hospital is honoured to announce generous accumulative donation updates to our donor recognition wall. On February

16, 2010, the Chapleau General Hospital Foundation hosted their first Donor Recognition evening to unveil its new donor wall. The wall is located in the Hospital's main lobby to honour the contributions made to the foundation since February 1999. This wall is a lasting tribute to the Foundation's many major supporters in accordance with the following categories:

Donor Recognition Wall Levels

- Associate: \$1,000 to \$2,499
- Patron: \$2,500 to \$4,999
- Benefactor: \$5,000 to \$9,999

- Founder: \$10,000 to \$24,999
- Partner: \$25,000 to \$49,999
- Leader: \$50,000 and over

The wall is updated annually and donors will be moved to new levels as their cumulative giving increases. All monetary donations directly support the "Together We Will Grow!" campaign to purchase essential medical and hospital equipment needed at Services de Santé de Chapleau Health Services.

If you would like to be recognized on the donor wall or you would like to reach another level, please feel free to

contact the Hospital Foundation by mail or at 705-864-3090, and/or by visiting [www.sschs.ca](http://www.sschs.ca) and donating online. It's never been easier!

Again, we would like to thank everyone who has contributed, especially the community of Chapleau for their everlasting support!

## Make healthy lunches and snacks all school year long

By Stephanie Lawrence (NC)—Healthy eating is key to success at school. Beginning the day with a nutritious breakfast helps kids concentrate better, be more alert and creative, and more physically active.

This great start should not stall once they get to school. Carol Dombrow, Heart and Stroke Foundation registered dietitian, stresses the importance of packing healthy lunches and snacks to give kids the energy they need to get through the rest of the day.

"Start with Canada's Food Guide, it outlines the number of servings children should eat from each food group each day. And focus on the food groups they are not getting enough of—for most kids this is vegetables and fruit and milk and alternatives," says Carol.

Carol provides the following tips to help you and your children pack healthy and delicious snacks and lunches:

- Encourage kids to help plan and pack their own

lunches—this will increase their chances of eating them.

- Teach them that a healthy snack should cover two food groups and a healthy lunch should include foods from four food groups.

- Encourage fruit for snacks and a vegetable and fruit with their lunch.

- Plan ahead and prepare and freeze lunch items such as low fat muffins, breads, and soups. Portion them out and wrap them separately before freezing.

- Include milk, yogurt or cheese as part of the lunch or snacks. Check to see if your school has a school milk program.

- Read food labels and choose snack foods that are lower in fat, salt and sugar. Check for the Heart and Stroke Foundation's Health Check symbol.

- Mix it up. Provide a good variety of snacks and lunches throughout the year so kids don't get bored.

More tips and healthy recipes are available online at [healthcheck.org](http://healthcheck.org).

**Help KEEP OUR TOWN CLEAN**



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## The Chapleau Child Care Centre

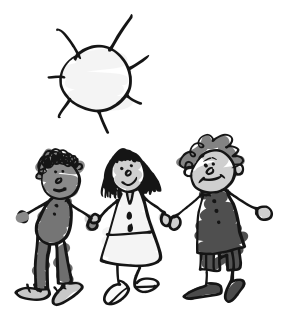
would like to assist you

**to take care of your children while you work, attend school or enjoy that much-needed break.**

We offer a variety of early learning and care programs for children from birth to twelve years of age. Services are available in French and English from 7:30 a.m. to 5:30 p.m. Monday to Friday each week. We also offer different user options, family rates and subsidy.

**Stop by the Centre at 28 Golf Road or call 864-1886 for more information!!**

**Let us be a part of your child's learning experience!**



**REPORT from  
OTTAWA  
by  
Carol Hughes**

Federal member of Parliament  
Algoma-Manitoulin-Kapuskasing



One of the things I heard a great deal during the Canada Post lockout was that most people would love to have the kind of pension that postal workers have. I cannot argue with that. I often hear from people struggling to get by on inadequate pensions and statisticians tell us this phenomenon is only increasing, which is bad news for Canada. Pensions were a centerpiece of the New Democrat platform in the past election for this very reason. Having seen the devastation that can occur when a company like Nortel collapses only solidifies the belief that Canada would be better served by a public pension scheme that is more foolproof than private ones have shown

themselves to be. The Conservatives disagree.

While they seem to recognize the problem, they cannot separate themselves from their belief in market solutions to see that there are better options for Canadians. What the government has proposed is little more than a publicly sanctioned gamble that amounts to defined contribution pensions at a public level – for Canadians who care to contribute.

What they are ignoring is that there are 11 million Canadians who do not have workplace pensions. These people need to be protected by a truly secure plan and many will require more than government encouragement to contribute. The obvious solution to this is to beef up the

**Need for a rock-solid pension plan only growing**

Canada Pension Plan. It is the one pension that any working Canadian is already contributing to. It can be improved with the least amount of difficulty and there are 11 million reasons to make these improvements immediately.

The alternative approach that the government prefers amounts to wishful thinking. While there will be some individuals who will be able to put aside money for a privately invested, public pension like the Conservatives are proposing, it likely won't attract a critical mass of the working Canadians who are not covered by additional pension plans. Again, the fact that the CPP is the only plan that all working Canadians invest in clarifies the question further.

While this idea will require incremental increases in the deductions for CPP, it is the only way of ensuring the most Canadians possible will be prepared for retirement and will not become dependent on social assistance. Either way working people will pay the freight, but under the New Democrat plan it will be done up front as a form of insurance. It is a plan that goes beyond the short timelines favoured by

most government initiatives and represents the kind of long-term thinking we would be well-served in pursuing.

It is possible to reverse the trend of downloading responsibilities to other levels of government that has resulted in provincial

and municipal budgets being stretched thinner and thinner. In contrast to the Conservative plan which only supplies the banks with more tax-payer money to play with – the New Democrat proposal goes about preparing Canada for the future in a realistic way.

Our government needs to focus a little more on the needs of our citizens in balance with those of the 'economy' which they trumpet so often.

There is no way that a population struggling to get by in retirement will be good for any economy.

**INSPECTION**

**Notice of Aerial Herbicide Spraying  
Algoma Forest**

The Ontario Ministry of Natural Resources (MNR) invites you to inspect the MNR-approved aerial herbicide spray project(s). As part of our ongoing efforts to regenerate and protect Ontario's forests, selected stands on the Algoma Forest (see map) will be sprayed with herbicide to control competing vegetation, starting on or about August 15, 2011. The herbicide Vantage, registration PCP #26884 or Vision, registration PCP #19899 will be used.

The approved description and plan for the aerial herbicide project is available for public inspection at the Clergue Forest Management Inc. office and on the MNR public website at [ontario.ca/forestplans](http://ontario.ca/forestplans) beginning July 13, 2011 until March 31, 2012, when the annual work schedule expires.

Ontario Government Information Centres in Sault Ste. Marie, Wawa, Chapleau District, and Blind River Area offices provide access to the Internet.

Interested and affected persons and organizations can arrange an appointment with MNR staff at the MNR District or Area office to discuss the aerial herbicide project.

For more information or to arrange an appointment with MNR and/or company staff, please contact:

**Patrick Rosebrook, RPF**  
Clergue Forest Management Inc.  
85 Great Northern Road  
Sault Ste. Marie, ON P6B 4Y8  
tel: 705-942-7706 ext. 6

**Gary Raines, RPF**  
Ministry of Natural Resources  
64 Church Street  
Sault Ste. Marie, ON P6A 3H3  
tel: 705-941-5122

Or call toll free at 1-800-667-1940 and ask to be forwarded to one of the contacts above.

Renseignements en français : MaryAnn Kendrick 705-941-5100



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20110903

# What To Do If You Find A Sick, Injured Or Orphaned Wild Animal

If you see what you think may be sick, injured or orphaned wildlife, don't remove it from its natural habitat. The bird or animal may not need assistance and you could actually do more harm in your attempt to help.

Where an animal is in need of help, it requires specialized care to recover and return to the wild.

You cannot keep wildlife in captivity without approval from the Ministry of Natural Resources. However, a person may possess

a wild animal for up to 24 hours to transport it to a wildlife custodian or a veterinarian.

**Determining if Wildlife is Orphaned** Some species leave their offspring alone temporarily, especially during the day. For example, deer and cottontail rabbits spend much of the day away from their well-camouflaged offspring to minimize the chance of predators finding them.

**To determine if young wildlife is truly orphaned:**

-Check the animal periodically for 24 to

48 hours to see if it is still around, but keep your distance.

-Keep cats and dogs away from the area inhabited by the young animal; the adult will not return if it is noisy or if predators or people are close by.

**Signs of injury or illness**

-Blood, wounds or swelling on the body  
 -Body covered in fleas  
 -Unusual or uneven loss of fur or feathers  
 -Difficult or raspy breathing or sneezing  
 -A dangling leg or wing  
 -Closed eyes; head tucked under wing

**Care Necessary To Help The Animal**

-Contact a wildlife custodian who can help you assess the situation and provide advice on what action to take.

-If specialized and immediate care is necessary to help the animal, take it to a wildlife custodian or a veterinarian within 24 hours of capture.

-If you must handle the animal, follow the instructions provided by the wildlife custodian on how to minimize risk of injury to yourself and to the animal.

-Wear protective clothing and equipment, such as leather gloves, to avoid bites or scratches, and wash hands well after handling the animal.

It is important to recognize that many of the volunteer-operated organizations have limited capacity to accept animals, especially during the spring.

Potential resources for finding a wildlife rehabilitator in your area:

(Southern Region) Ontario Wildlife Rehabilitation and Education Network (OWREN) ([www.owren-online.org](http://www.owren-online.org)) : call 905-735-6885. contact [info@owren-online.org](mailto:info@owren-online.org)

Local Humane Society or local branch of the Ontario Society for the Pre-

vention of Cruelty to Animals (SPCA):- call the Ontario SPCA Wildlife Rehabilitation Centre at 1-888-668-7722. find Wildlife Rehabilitation Centres at [ontariospca.ca/8-branch.shtml](http://ontariospca.ca/8-branch.shtml). Visit [http://ontariospca.ca/Ministry of Natural Resources](http://ontariospca.ca/Ministry%20of%20Natural%20Resources): Call your local district office at [ontario.ca/mnr](http://ontario.ca/mnr). Call 1-800-667-1940 - Monday to Friday 8:30 a.m. to 5:00 p.m. **Diseased or Dead Wildlife:** To report dead animals, birds, or bats contact the Canadian Cooperative Wildlife Health Centre ([www.cc](http://www.cc)

[whc.ca](http://whc.ca)) at 1-866-673-4781.

If you suspect there is a public health risk from a sick wild animal, such as rabies, or you or your pet had contact with a suspected rabid animal, contact your local Public Health Unit immediately.

Rabies is fatal for humans and animals if not treated.

Symptoms of rabies and several other diseases in animals can include tremors, aggressive behaviour, partial paralysis, convulsions, and loss of fear of humans.

**Part-Time Cashier Student Position**  
 Available for immediate and for after school and week-ends in the fall  
 Must understand store policies and procedure  
 Must have genuine interest and concerns for customer's needs  
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**Chapleau Valu Mart**

**Chapleau Valu Mart**  
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 Maintain selling floor and back room.  
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 Fill counter and display bins regularly  
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Location: Chapleau Civic Centre - Council Chambers

Date: Wednesday, August 10, 2011

Time: 7 - 9 PM

For more information, or to RSVP, please contact Melanie at (705) 856-0713 or at [melanie.pilon@confederationc.on.ca](mailto:melanie.pilon@confederationc.on.ca)


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Offers shelter, emotional support, and information for women and their children who are in crisis situations. We have a Toll Free Crisis Line which is staffed 24 hours a day. We can arrange for free transportation to the Centre for women who live in the Algoma/Chapleau area. We also offer support to women who live in the communities of Chapleau, White River, Dubreuilville, and Horne-payne through our Outreach Program. Our Outreach Worker travels to those communities to meet with women who need emotional support as well as information about their rights and options. If you need to speak with the Outreach Worker when she is in your community, you can call the Centre at any time to set up an appointment. You do not need to be a resident of the Centre in order to use our services. If you need someone to talk to or if you just need someone to listen, call our Toll Free Crisis line at 1-800-461-2242 or you can drop in at the Centre. We are here for you.

**ALCOHOLICS ANONYMOUS** Offers help to anyone who desires to stop drinking. Open discussion meeting on Sundays at 2:00 p.m. Trinity United Church basement. Telephone contacts: 864-2786

**ALCOOLIQUES ANONYMES** Offre de l'aide à celui ou celle qui désire arrêter de boire. Les rencontres ont lieu tous les mercredis soirs à 19h (7:00 p.m.) Au sous-sol de l'église Sacré-Coeur. Téléphonez au 864-2786

**Narcotics Anonymous** offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:30 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

**Alcoholics Anonymous (A.A.)** Open discussion meeting every Monday evening. Brunswick House First Nation Band office lounge 7pm. **Narcotics Anonymous(N.A.)** every Tuesday same place same time. NNADAP Worker @ 864-0174 info.

**Société Alzheimer Society meetings** will be held at the Chapleau Hospital every 1st Monday of each month starting from 7:00 p.m. to 9:00 p.m.

## APARTMENTS FOR RENT

**Large 2 bedroom** apartments, balcony river view, fridge, stove, washer, dryer, partly or fully furnished, including T.V. Satellite. Private car parking and storage garage. Call or leave a message at 705-864-9075. Dec17

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## THANK YOU

I would like to give a great big thank you to my darling Placide for his love, support, patience, my daughter Cheryl, Derek, my son Andrew, Lori, my sweethearts (grandbabies) Mason, Lauryn, Brayden, Cindy and Larry, Chantal and Ron, the girls and Ahmed at the drug store for all your help and support, you guys are angels sent to me. Also to all my family, friends and the good people of Chapleau for your compassion, prayers, flowers, cards, calls, visits at the hospital and at home. Your thoughtfulness, kindness was and is greatly appreciated it will never be forgotten.

**THANK YOU GOD BLESS**

Diane Card

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## NEW AT THE CHAPLEAU PUBLIC LIBRARY ATTENTION

Drift into the Library all next week to celebrate our Aquarium's first anniversary. Come read a tale to the fish.

### NEW BOOKS

Blood Promise Book 4 - Richelle Mead  
What Parents Need to Know about Teens - David A. Wolfe  
Acting Out - David A. Wolfe  
The Power - Rhonda Byrne

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# Bat tests positive for rabies

The Sudbury & District Health Unit is reporting that a bat has tested positive for rabies. The bat was found behaving abnormally at a home in Azilda on July 26, 2011.

While bats are very helpful in keeping insect populations in check, it is important to be aware of a few simple precautions to protect yourself against rabies.

People can become infected with rabies when they are bitten or scratched by a rabid bat or when a rabid bat's saliva

comes into contact with broken skin or moist tissues of the mouth, nose, or eyes.

Rabid bats are rarely aggressive. A bat may be rabid if it is active by day, if it is found in a place where bats are not usually seen, or if it is unable to fly. These bats are often easily approached, but should never be touched.

A bat has sharp, needle-like teeth that may cause a relatively painless, unnoticeable bite. If you are bitten or scratched by a bat, or if

saliva from a bat gets into your eyes, nose, mouth, or a wound, wash the affected area thoroughly with soap and water and consult a health care provider.

Allan McDougall, an Environmental Support Officer in the Health Unit's Environmental Health Division, strongly encourages people who are bitten or scratched by animals to consult a health care provider and to report the incident to the Health Unit as soon as possible.

The best way

to prevent coming in contact with bats is to keep them out of your home and cottage. This can be done by covering all outside points of entry. Watch where the bats exit at dusk and keep them from re-entering by hanging loose plastic sheeting or bird netting over these areas. After the bats have left, permanently seal the openings.

The best time to "bat-proof" your home or cottage is in the fall when most bats have left to hibernate. This involves caulking

holes in the building's exterior—even those as small as ¼ to ½ inch in diameter.

Tighten screens, cap the chimney, place draft guards under doors leading to the attic and outside, and fill plumbing fixture holes with steel wool or caulk. For help with "bat-proofing", contact a pest management company.

Do not touch or handle dead or dying animals—particularly bats. If animals must be handled, use puncture resistant

gloves and a shovel to place the animal in a container or plastic bag.

The Sudbury & District Health Unit also encourages you to vaccinate your pets against rabies and re-vaccinate them according to your veterinarian's directions.

For more information on bats and rabies, please call the Sudbury & District Health Unit's Environmental Health Division at 705.522.9200, ext. 398 or visit [www.sdhu.com](http://www.sdhu.com).

## Own the grill with sweet and sour chicken skewers

(NC)—Now that the warm weather has arrived, gardens are in full bloom and many Canadians are eager to celebrate the season with an outdoor barbecue. Though nothing says summer like flame-kissed vegetables paired with juicy barbecued meat, not everyone is a grilling guru. The key to enjoying the enhanced flavours and textures of grilled foods is the right amount of heat, and a mouthwatering marinade.

This summer, forgo the traditional barbecue staples and add a little variety to your outdoor entertaining menu. Marinated in a succulent sweet and sour sauce, these Asian-inspired skewers will add a little spice to any outdoor feast.

### Sweet and Sour Chicken and Green Onion Skewers

1 ½ lb (650g) boneless, skinless chicken breast, cut into thin ½' strips lengthwise  
1 bunch green onions, cut into 1 ½ pieces  
1 red pepper, cut into 1 ½ squares  
1 cup (250mL) VH Sweet and Sour Sauce plus remainder of bottle for grilling

PAM Grilling Spray

Wooden skewers, soaked in hot water for 20 minutes

#### Directions:

1. Marinate chicken strips in 1 cup (250mL) of VH Sweet and Sour Sauce for one hour.
2. Thread each skewer with 2 pieces of chicken, green onion and 2 red pepper squares. Start by piercing 1 end of the chicken strip, slide on a piece of onion, pierce the chicken onto skewer again, then another piece of onion so that the chicken is weaving over the onion. When using the green part of onion use 2 pieces, when using the white use only one piece of onion.
3. When the first piece of chicken is weaved onto the skewer place 2 pieces of red pepper squares on skewer then repeat the chicken and onion procedure until it is fully weaved onto skewer. Continue process until all the chicken is used.
4. Spray grill with PAM Grilling Spray, heat grill on medium-high and grill chicken skewers while generously brushing with remainder of VH Sweet and Sour Sauce. Grill until cooked through, about 10 minutes.

Serves 4

Too busy to whip up dinner? Consider picking up a few VH Steamers, VH's new line of frozen entrees. Jam-packed with crisp vegetables and Asian-inspired flavours, these quick and easy meals can be prepped in less than five minutes.

Additional recipe ideas can be found online at [www.vhsauces.com](http://www.vhsauces.com). Hands-on recipe demonstrations or episodes of VH's webseries Life Unjarred are available at [www.lifeunjarred.com](http://www.lifeunjarred.com).

