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CHAPLEAU EXPRESS

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Vol. 13, Issue 22, February 14, 2009

Teen with local connection paralyzed by rare illness



Submitted

Gavin White has a long road of recovery ahead of him.

The 16-year-old from Elora, Ontario is the son of Brenda (nee Roussy) and Tim White and great nephew of Aralia and Ernest Beaudin of Sultan. He has lived a normal, active life up until now. Today, he needs help with everything, after coming down with a severe case of Guillain-Barré syndrome.

Gavin White, 16, has been in hospital for several months now, at McMaster Hospital in Hamilton, suffering from the effects of this autoimmune disorder.

Guillain-Barré

which affects one in 100,000 people, occurs when the body's immune system attacks the nervous system destroying the myelin sheath in the process. Patients with Guillain-Barré can experience muscle weakness, fatigue, or, in the most severe cases, paralysis.

Gavin experienced a severe version of the disease, and was paralyzed, finding it difficult, to even breathe. He was put on a ventilator, and ultimately had a tracheotomy performed to allow him to breathe. On November 28 Gavin had been off the ventilator for 48 hours straight.

If all goes well, Gavin could be at the

Bloorview Rehab Centre in two weeks. Tim White, Gavin's father, said this week has been a happy one for his family.

"We've been getting good news almost every day now" said White. With the good news, however, comes some pain, literally. As Gavin's nervous system heals itself, he has been experiencing a great deal of pain, which is currently being managed by morphine and other drugs.

The Whites hope that Gavin can receive acupuncture, and are currently trying, to find a doctor at McMaster Hospital to perform the procedure. Gavin is doing his best to cope with the pain, knowing it means he is closer to a complete recovery.

White said that his family is "overwhelmed" at the support they have been receiving from the community.

When Gavin first became ill in the summer, White

thought that the help would eventually dwindle away. That hasn't been the case, now, nearly six months later, no day has been without someone taking the time to help them out.

Community fundraisers, including a gift table at PIB Insurance and a bottle drive spearheaded by a local hockey team, have contributed to the sense that there are many out there who care about Gavin, and his family.

And, now that Gavin is once again able to talk and communicate with friends, he has been receiving a steady stream of visitors at his hospital bed. "That really tends, to perk him up" said White.

Even so, White said his son's endurance in the face of this serious illness has been amazing. "Gavin has been very strong," said White.

For the family, they hope to keep seeing these







improvements in Gavin's health, in the days and weeks to come. We're just going to hope for small steps every day, and no setbacks," said White. Those looking to support the White family can do so through branch number 2392, account number 6260180 and called Mary Hunter-Rhodes in Trust. A donation can be made at any TD Canada Trust branch.

Chapleau Figure Skating Club's success unprecedented in club history



The Chapleau Figure Skating Club participated in the James Bay Region Competition in Hearst and brought back 76 medals & ribbons including 31 gold, 21 silver, 10 bronze and 14 4th and 5th place ribbons. Back Row Melanie Dillon, Renay Bernier, Ali MacDonald, Chantal Martel. Middle Row Emily Pilon, Jade Goudreau, Veronique Cloutier, Arlayna Morin, Melissa Lafrance, Tiffany Card, Alicia Canning and The CFSC Head Coach Stephanie Lafleur-Morin. Front Row Nia Gauthier, Madison Bignucolo, Jessica Dionne, Breanna Morin, Sydney Bignucolo, Brittaney Pilon. Way to go girls. Missing from photo is Katrina Keech

Long Term Forecast

Saturday	High -9	Low -20	
Sunday	High -8	Low -19	
Monday	High -10	Low -18	
Tuesday	High -7	Low -16	
Wednesday	High -16	Low -20	
Thursday	High -13	Low -19	

Taste of the North Winter Carnival is February 18th - 22nd



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Moving Forward with Real Fairness for Ontarians

**REPORT
FROM
Queen's Park
BY
Mike Brown,
Provincial Member of Parliament
for Algoma-Manitoulin**



During the last federal election, Dalton McGuinty and the Ontario government sent a strong message to Ottawa: Ontario deserves fairness, and we are willing to fight for fairness at every level for our province. As your MPP, I am pleased to note that this week's federal budget moves us closer to our goal.

The 2009 federal budget makes progress in a number

of areas where fairness for Ontarians has been lacking. And it shows how we can achieve real results for our province by working together as Ontarians.

Changes have been made that deliver fairer, increased funding under the Canada Health Transfer, creating greater security for Ontarians in the delivery of healthcare.

For years, the federal government withheld a significant

portion of the dedicated healthcare monies Ontarians were entitled to receive by any fair standard. This budget moves Ontario a great distance towards equality of treatment with the rest of Canada.

The new federal commitments to investment in infrastructure are welcome. We must, however, ensure that those monies are disbursed promptly and effectively by working with municipalities and the federal government.

Also, we need to be vigilant to ensure Ontarians receive their fair share of infrastructure investments and other new pledges in the budget – especially where allocations are still to be determined.

While improved commitments to increased Employment Insurance benefits for Ontarians represent a small step forward, THANOntario's unemployed workers are still short-changed under the Employment Insurance program.

The average EI regular benefits per unemployed person remain far lower in Ontario than elsewhere in Canada. We need to continue

our work with Ottawa to remedy that inequity.

And Ontario still transfers a disproportionate amount of money to Ottawa. We must work towards fixing that imbalance.

The 2009 federal budget shows what Ontarians can achieve when we stand together to seek fairness for Ontario. We commend the federal government for some laudable first steps towards that goal. Yet we must also acknowledge there is still more to do.

We look forward to working with our federal counterparts to continue to narrow the fairness gap between Ontario and the rest of the country – for a stronger Ontario and a stronger Canada.

For further information, please contact the Constituency Office of Mike Brown, MPP, Algoma-Manitoulin, at 1-800-831-1899 or mbrown.mpp.co@liberal.ola.org

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HAPPY BIRTHDAY

Larry Ribout
will be celebrating his
90th Birthday
on February 17th, 2009
at the Bignucolo Residence.
His family would like to welcome all
friends to stop by with best wishes for
Larry between 2-4 pm.

HAPPY BIRTHDAY DAD! WE LOVE YOU!

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18 Birch Street, Chapleau.
E-mail: ldonivan@brokerlink.ca

OBITUARY GUILLEMETTE

"Bobby" Mr. Joseph Eric Robert

Passed away at St. Joseph's Hospital, Sudbury, on Wednesday, February 4, 2009, at the age of 39 years. Bobby, beloved son of Gilbert and the late Simone Guillemette. Loved brother of Donald (Darlene), Diane (Mike), Albert (Kathy), and Dana (Gaetan). Bobby will also be sadly missed by his grandmother Germaine, his twelve nieces and nephews, extended family, and Colleen Cardin. A Funeral Mass was celebrated at Sacred Heart Church on Tuesday, February 10, 2009, with Ted Castilloux officiating. Spring Interment to follow at St. Jean de Brebeuf Cemetery, Sultan, Ontario. For those who wish donations to the Canadian Cancer Society would be appreciated by the family. For more information please call the Gilmartin Funeral Home, Wawa 1-800-439-4937

THANK YOU

Literally One and a half tons of food was donated this year to the Meals of Hope Food Bank during the Christmas season of 2008. As the food donations started coming in, from all over Chapleau, it was weighed and totaled just shy of 3,000 lbs. The financial donations totaled just over \$3,000.00. Each Monday from 11:30 - 1:00 pm a full-course meal is served at the Chapleau Pentecostal Church. During this time a Food Bank and Clothing Bank are offered to anyone in the Community in need. The program is user friendly and has been a huge help to many since it started on February 7, 2005. The very generous contributions will be a great help for 2009. May God bless you for being a community that looks beyond your own need to meet the need of others.

Meals of Hope Coordinators

Be Wise!
Advertise in
The Chapleau
Express

GOING TO CHURCH

<p>Catholic Church SACRED-HEART OF JESUS PARISH PAROISSE SACRÉ-COEUR DE JÉSUS 26 Lorne Street North OFFICE- 21 Lansdowne St.N. 864-0747 Sunday/dimanche 9:30 a.m. English 11:00 a.m. Français Weekdays Mon-Sat en semaine Lun-Sam Fr. Jacques Fortin</p>	<p>CHAPLEAU PENTECOSTAL CHURCH 9 Elm Street (P.A.O.C.) 864-0828 Sunday School 9:45 a.m. Sunday Services 11 a.m. & 7 p.m. Family Night (ages 1-109) Wednesday 7 - 8:15 p.m. Pastor Dan Lee</p>
<p>ST. JEAN DE BRÉBEUF (Sultan) Liturgy of the Word Liturgie de la parole Every 3rd Saturday 7 p.m. Bilingual Tous les 3e samedis 19h Bilingue Permanent Deacon Ted Castilloux</p>	<p>TRINITY UNITED CHURCH Corner of Beech and Lorne 864-1221 Sunday Service and Sunday School 11:00 a.m. Anna Chikoski Soup Kettle every 2nd Wednesday of the month www.angelfire.com/on/trinityuc</p>
<p>Diocese of Moosonee Anglican Church of Canada ST. JOHN'S CHURCH 4 Pine Street West 864-1604 Sunday Service 10:30 a.m. Rev. Bruce Roberts</p>	<p>OUR LADY OF SEVEN SORROWS PARISH PAROISSE NOTRE-DAME-DES-SEPT-DOULEURS (Foleyet) Liturgy of the World Sundays 11 a.m. Liturgie de la Parole Dimanche 11h Mass every 2nd & 4th Sunday at 4:00 p.m. Messe sux 2e et 4e dimanche à 16h</p>
<p>ST. MARY'S ANGLICAN CATHOLIC CHURCH 78 Devonshire Street 864-0909 Sunday Service 10 a.m. Rev. William P. Ivey</p>	<p>COMMUNITY BIBLE CHAPEL Corner of King and Maple 864-0470 Communion Service 9:30 Family Bible Hour 11 a.m. Including Sunday School Evening Bible Study and Ladies Bible Study during the week Transportation available Al Tremblay</p>

Economic plan : Budget 2009

Canada's Economic Action Plan – comes in the midst of extraordinary times. We are in a synchronized global recession, something we have not seen since the Second World War. Extra-ordinary times require extraordinary responses. And Budget 2009 is, indeed, an extraordinary document.

Canada has entered this recession stronger than most

other countries. Our financial institutions are stable. Our Government has been paying down debt, reducing taxes and balancing budgets. Our task, then, is to ensure we take appropriate steps to build capacity to help not only shield Canada during the downturn but exit it with a stronger economy in the long-term.

With that goal in mind, we started the broadest pre-budget

consultation process in history. This process involved listening to Canadians from across the country and all walks of life. What we heard is reflected in our action plan.

Canada's Economic Action Plan takes action to protect families and businesses from the effects of a volatile synchronized global recession. At the same time, we are building for the longer term. Measures taken to provide significant stimulus will help protect and create jobs, support families, and prepare Canada for growth in the years ahead with meaningful investments.

Among the important elements of our Action Plan:

- Income and payroll tax reductions to boost income and get the economy working again;
- A home renovation program to spur construction, create jobs, and help Canadians improve their homes;
- Roads, bridges, buildings and other infrastructure to boost the economy, create jobs and make Canada stronger for the long-term;
- Post secondary education funding and broadband expansion to prepare for the jobs of the future.
- Increased support under Employment Insurance for Canadians who lose their jobs;

• Skills training to help people get back into the workforce; and,

• Significant money to help communities hardest hit by the downturn.

We're also addressing the reduced availability of financing in Canada that has resulted from the global credit crisis with measures to help individuals and businesses get the financing they need, including car loans and mortgages. We're making up to \$200 billion in financing available to credit worthy borrowers. This Extraordinary Financing Framework will provide tremendous support to small and medium sized businesses that drive our economy, so they can invest in their

operations, grow, and create jobs.

To support these important objectives, we're making a deliberate choice to run deficits for the next few years. As a fiscal conservative, that gives me no pleasure – but the reality is this is what our country needs now. Many Canadians, recalling the legacies of deficits past, will have reservations and concerns.

They should. And that's why we have initiated a five-year plan to move back into surplus as the economy recovers. As the economy returns to growth, every surplus dollar will be used first of all to pay off the deficits incurred during the recession.


Canada's Economic Action Plan will help us weather the storm. Far too many have predicted the worst in what is undeniably a dark time not just for Canada but for all countries. Far too few have recognized the hard work and quiet sacrifice of Canadians as they have worked their way toward a world leading economy with a high standard of living and quality of life.

We as a country have faced challenges before, and we will face them again. But we are a strong people. We are the responsible ones. We work together when times get tough, and we grow stronger. We are what the world needs more of – we are Canadians!

2009 Chapleau Winter Carnival Woodsman Competition



Teams of 2 persons, must be over the age of 18!
Admission is your Carnival Badge!
Sign up your team by registering before **February 20th** at:
The Innovation Center at 12 Birch Street in Chapleau
or contact: **Lisi Crichton** at 864-2031 X 223
or **Kevin Morris** at 864-0154.
This year's event will take place at the Moore Arena in Chapleau, in the parking lot next to the baseball field!
Pulp Toss, Dot Split, Buck Saw, Water Boil and Log Roll
Lots of Prizes including a **CHAINSAW** for First Place!
Come out and have some fun!



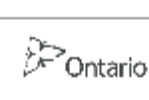
Creating a Web Presence

To provide small business owners with the knowledge necessary to draft an effective informational website.

February 17, 2009
6:00PM - 9:00PM
Aux Trois Moulins

Snacks and refreshments provided

To attend, or for more information, please RSVP to Linda Bouchard-Berzel at chapleau.innovationcentre@gmail.com or 705-864-9434



This seminar is also hosted in partnership with the Chapleau Innovation Centre

On their way to the Sault



The Chapleau Figure Skating Club participates in the Festival of Stars in Sault Ste Marie this weekend. Back Row The CFSC Head Coach Stephanie Lafleur-Morin, Tiffany Card, Arlayna Morin, Melissa Lafrance and Alicia Canning. Front Row: Jessica Dionne, Brittany Pilon and Breanna Morin.



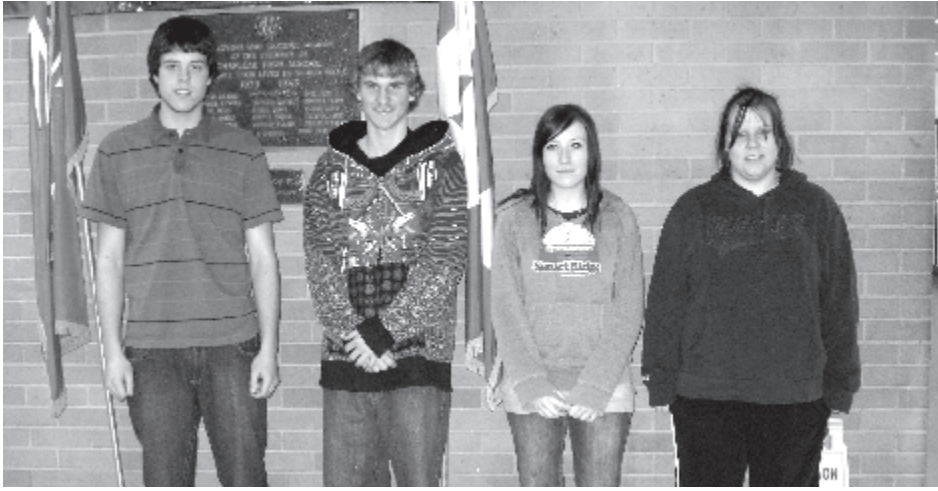
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Honest Students At Chapleau High School! Jump Start The New School Semester!



The Algoma District School Board teaches values in their schools through character education. Each month one of the attributes: cooperation, honesty, integrity, courage, loyalty, respect, responsibility, leadership, citizenship, perse-

verance, fairness, and caring are put into focus. The month of January focused on honesty and integrity. On February 2nd, the staff of Chapleau High School honoured four students who portrayed honesty and integrity by adding to the positive

environment of the school. The recipient for grade 9 was Mariah Clement, for grade 10, Dominick Fortin, for grade 11, Wesley Chambers, and for grade 12 Courtney Keay. The students received a certificate and a pizza lunch from the Raider's Café.



They say that breakfast is the most important meal of the day and the staff at Chapleau High School agree. To jump start the new semester, the staff of Chapleau High

School prepared a pancake breakfast for the entire school.

Before schedules were given out and classes began, the school community gathered in the cafeteria to enjoy

blueberry pancakes and ham with a variety of fruits. It was an opportunity for the staff and students to build rapport as well as start their day of right.

Kids on board. It's a smoke-free zone.

Smoking in motor vehicles with anyone under 16 is illegal and the fine is up to \$250.00.

As of January 21, 2009, the Smoke-Free Ontario Act prohibits smoking or having lighted tobacco in a motor vehicle while a person under 16 years old is present. Second-hand smoke levels in motor vehicles can be up to 27 times greater than in a smoker's home. It's even a risk on short trips and when the windows are rolled down.

Children who breathe second-hand smoke are more likely to suffer health problems such as sudden infant death syndrome, asthma and, later in life, cancer and cardiac disease.

For more information, contact your Public Health Unit or call the INFOLine toll-free at 1-866-396-1760. TTY: 1-800-387-5559. Or visit: www.ontario.ca/smokefree

For help quitting, visit www.smokershelpline.ca or call 1-877-513-5333.

Overlimits of walleye lead to \$4,900 in fines

Three Windsor area men have been fined a total of \$4,900 for a variety of illegal fishing related offences.

Andrew Kirsch, 47, of Maidstone, pleaded guilty and was fined \$900 for having six walleye over his legal limit and \$500 for making a false statement to a conservation officer.

Kevin Douglas, 43, of Windsor, pleaded guilty and was fined \$750 for having five walleye over his legal limit and \$500 for making a false statement to a

conservation officer.

Robert Bellemore, 50, of Tilbury, pleaded guilty and was fined \$750 for having five walleye over his legal limit, \$500 for making a false statement to a conservation officer and an additional \$1,000 for obstructing a conservation officer.

The court heard that on September 2, 2008, while at a hunt camp on Borden Lake in Gallagher Township, Chapleau district conservation officers checked all three men. When asked if they

had taken part in any fishing related activities or if they were in possession of any fish, the three men answered in the negative. However, a cooler that was visible on the camp deck was inspected and was found to contain two Ziploc bags with walleye fillets – a total of 24 walleye.

Court also heard that Bellemore had thrown an additional eight walleye on a stringer into Borden Lake in order to obstruct conservation officers and destroy evidence.

Justice of the Peace Alex Spence heard the case in the Ontario Court of Justice, Chapleau, on January 14, 2009.

To report a

natural resource violation, call 1-877-TIPS-MNR (847-7667) toll-free any time or contact your ministry office during

regular business hours. You can also call Crime Stoppers anonymously at 1-800-222-TIPS (8477).

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Deadline for nominations:
March 16, 2009

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The Honourable David C. Onley
Lieutenant Governor of Ontario
Chancellor of the Order of Ontario



Le jour de la Famille

Une randonnée en raquettes

Sentier Michael Levesque

Le lundi 16 février 2009

13 h 30

Rencontre à l'entrée principale de l'école Our Lady of Fatima. Réchauffez-vous près du feu de camp. On servira du chocolat chaud et du thé.

Âges : 8 ans et plus. Les enfants de 10 ans et moins doivent être accompagnés d'un adulte. Des raquettes seront mises à la disposition des enfants. Les adultes doivent apporter leurs propres raquettes.

Pour de l'information, appelez le Service de santé publique de Sudbury et du district, au 864-1610.

Make it a **Healthy Day!** Visez **Santé dès aujourd'hui!**


Sudbury & District Health Unit Service de santé publique de Sudbury et du district

Chapleau Northwood Heart Health
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This program is supported by the Government of Ontario. Ce programme bénéficie de l'appui du gouvernement de l'Ontario.

ATTENTION! Parents & Guardians of ALL Grade 8 Students



CHAPLEAU HIGH SCHOOL
Parent Information Evening
Monday, February 23, 2009
7:00 p.m.
High School Cafetorium



Information on Grade 9 courses, levels, pathways, activities and school policy.

Following the presentation in the Cafetorium classrooms will be open and staff available for conversation.

Le Centre De Garde De Chapleau

veux vous assister à prendre soins de vos enfants pendant que vous êtes au travail, à l'école ou simplement pour prendre une petite pause.

Nous offrons une variété de programme d'apprentissage et de garde pour les enfants de 18 mois jusqu'à 12 ans.

Les services sont disponible en français de 7h 30 à 17h 30 du lundi au vendredi.

Nous offrons différents options d'utilisateur, des tarifs de famille et des subventions.

Passez nous visiter au 28 rue golf ou composez le 864-1886 pour plus d'information. Laissez nous faire parti de l'expérience d'apprentissage de votre enfant!






Special to the Ontario Federation of Snowmobile Clubs: Many snowmobilers don't realize how much OFSC snowmobile trails have improved in the past eight years, since the turn of the century. Mostly, we head out to ride without much thought about the trails... unless, of course, there's an unanticipated problem. Really, we just expect trails to be there and to be good, everywhere, every

time. That's certainly the goal for the OFSC and its clubs, too, and they prefer to leave as little to chance as possible. So grooming operations are becoming more organized, coordinated and sophisticated, with improvements like better equipment, grooming plans, more regular schedules, and cooperative grooming among groups of clubs. But that's not

Utilisez les messages « je » pour DIRE ce que vous voulez dire, de manière claire et amicale.

DIRE quoi?

1. DIRE ce que vous ressentez.
2. DIRE comment le problème vous touche.
3. DIRE ce dont vous avez besoin ou ce que vous voulez.

Je perds patience lorsque je ne trouve pas les clés. Je te demande de les remettre sur la tablette après t'en avoir servi.

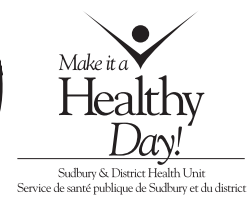


Use "I" messages to SAY what you mean in a clear and friendly way.

SAY what?

1. SAY what you feel.
2. SAY how the issue affects you.
3. SAY what you need or want.

I get upset when I can't find the keys. I need you to put them back on the shelf when you're done with them.



all...

Signs: Several years ago, the OFSC introduced a new provincial signage system for greater uniformity and consistency. This move also simplified and clarified trail signs. Many OFSC districts have also made significant enhancements to such important factors as intersection signage and map boards. As a result, riders can get around more easily and conveniently today in many parts of the province.

Brushing: Last year, the OFSC provided funding for brusher bar attachments for grooming drags. Now, as groomers roll, they can simultaneously cut back new growth along the trail edges more frequently. As a result, riders are experiencing clearer sightlines on corners and more trails where you can keep fully to the right without ducking branches. What no more nasty visor hits? What a concept!

Funding: Each year, the OFSC also provides selected clubs (chosen through a formal application process) with Trail Development Fund grants to upgrade grooming equipment or to support trail improvement projects such as bridge or culvert repair replacement. OFSC districts also get regular payments from the OFSC to enhance trail operations within their own boundaries.

All of these improvements and this funding occurs behind the scenes, escaping the notice of most riders. But if you could do a back-to-back comparison of a trail ride in 2000 to one in 2009, you would be amazed at the progress that's been made!

\$3 Million Investment: But the

OFSC isn't done yet! Another major trail improvement project is underway for the 2009 season. Over last summer, the McGuinty Government invested \$3 million with the OFSC to support our tourism trails. These are new dollars to make significant and measurable trail infrastructure or capital enhancements; ongoing trail operational dollars must still come primarily from the trail permits snowmobilers buy each winter.

The OFSC goal is to get the Government of Ontario investment on the snow this winter as quickly and effectively as possible. To achieve this goal, the OFSC began preparations more than a year ago, by developing what's now called the Trails Management Strategic Plan. That's a fancy name for a blueprint that defines the priorities for OFSC trail development and operations based on several key success factors, including:

providing a consistently good product; meeting customers' needs; focusing on "quality rather than quantity"; and operating as a good business.

Bottom Line: Any snowmobiler concerned about having good trails to ride should be very encouraged by these words...and by the actions that are resulting. Snowmobilers can rest assured that the OFSC, its clubs and districts are working together on a comprehensive, long range plan to consistently improve OFSC snowmobile trails. Best of all, that \$3 million will be on the snow this winter, so you will be able to experience the difference, especially in improvements to destination and service signage.

You can help by purchasing a snowmobile trail permit, which will continue to provide the core funding to open and operate our improved snowmobile trails each winter. You can also help by contacting

your local snowmobile club and offering to lend a hand for a few hours this fall (to volunteer, email volunteer@ofsc.on.ca). And when you do hit the trails this winter, let's see how many improvements you can spot...then say thanks to a club volunteer!

Until next time, the Ontario Federation of Snowmobile Clubs invites you to Go Snowmobiling this winter. Get started at ofsc.on.ca

Craig Nicholson is the author of "Canada's Best Snowmobiling: Your Ultimate Ride Guide" (order at: www.snowgoercanada.com) and the National Tour Editor for Snow Goer Canada Magazine. As "The Intrepid Snowmobiler" and "The Intrepid Cottager", Craig also pens syndicated newspaper columns and hosts radio programs, while appearing regularly on Snowmobiler Television. The opinions expressed are solely those of the author. For more info, click on www.intrepid-snowmobiler.com

OPPORTUNITY BULLETIN THE FOUR DISTRICT SCHOOL AREA BOARDS:

Asquith & Garvey D.S.A.
Foley D.S.A.
Gogama D.S.A.
Missarenda D.S.A.

OF THE AFGM SCHOOL BOARDS CO-OPERATIVE SERVICES PROGRAM

Require for May 1, 2009

One Computer Consultant

To provide technical support and training to board and school staffs. The position requires both on-site and remote administrative services. Applications including a Curriculum Vitae will be received by mail or fax until 12:00 noon, February 27, 2009 by

Jody Charette, Secretary-Treasurer
AFGM School Boards' Cooperative
869 Denise Street
Timmins ON P4N 7M5

Telephone: (705) 268-6217 Fax: (705) 268-6217

The successful applicant will provide a copy of a current 'Nil' Criminal Check prior commencing duties.

Further detailed information concerning this position is available from:

Jody Charette
Secretary-Treasurer
705-268-6217

Charles Searle
Chief Executive Officer
705-522-9639

Survive tough financial times

It seems that the whole world has money trouble these days. The economy is moving backwards, shrinking instead of expanding. The stock market is up-and-down, jobs are going south – literally – and, just when we need them most, our savings are dwindling instead of growing.

It's no surprise to anyone that now is a particularly bad time to be in debt. A quarter of Canadians owe between \$10,000 and \$40,000, not counting mortgage debt, and

more than one-third of us are just making minimum payments on our credit cards.

“People in many smaller towns have experience with economic downturns,” says Chartered Accountant, Denis Hébert, a partner with Collins Barrow – Gagné Gagnon Bisson Hébert in Hearst. For more than 25 years, he's advised small business and individual clients to prepare for the unexpected.

“Many communities in north-central Ontario are built around a single industry or one major employer – usually either a mining or lumber business,” Denis explains. “Lumber has been a mainstay in Northern Ontario for generations, but the market has been in a recession for a couple of years already.”

“But whether it's lean times in a specific industry, or a general downturn in

the global economy, there are certain basic guidelines that apply,” Denis says. “Businesses will have a better chance of staying open, and individuals will be able to sleep a little better if they remember these things.

1. Don't take big risks. This is not the time to make major changes or put large amounts of money into unsure investments, either as a business owner or an individual. If you're looking to salt away some cash right now, consider more reliable GICs and bonds.

2. If you're already invested, don't panic. Sit tight and wait – at least until the markets have recovered enough that things seem likely to turn around again.

3. Sharpen your pencil. Reel in your spending and start saving. If you don't have a written, itemized household budget, make one.

Revisit your company's business plan, and see what spending can be put on hold. If you've managed to accumulate some extra cash over the years, you can use it if necessary.

4. Put off making major decisions. Unless you're on very solid financial footing and absolutely need it, this is not a good time to buy a new vehicle, open that second office in a neighbouring town or even sell your home. Many seniors in smaller communities tend to own their homes outright, and may be well advised to sell if there are good personal reasons – like moving closer to care facilities, friends or family members in larger centres.

5. Don't hesitate to renegotiate. When the chips are really down, the bills are stacking up, and sleep is harder to come by, talk to a Chartered Accountant. Call your suppliers. Schedule a meeting with your banker to renegotiate the terms of loans, and extend the repayment periods, if possible. You can always make

up the difference and accelerate payback when the economy improves,” advises Hébert.

Brought to you by The Institute of Chartered Accountants of Ontario.

CRIME STOPPERS
1-800-222-TIPS

SUPPORT TROOPS

Freethrow competition: Timmins Edition

Quatre élèves de Chapleau se sont rendu à Timmins le 7 février 2009 pour une compétition de lancer

libre au niveau du district. Félicitations aux gagnants.

Four Chapleau students went to a Free

Throw competition in Timmins on February 7th, 2009.

Congratulations to all winners.



Back row: Jean-Pierre Coté and Louis Dubé, Judges. Middle row : Colt Meyer, Silver medal – Billy Jean Larocque, Gold medal – Ashley Leach, Gold medal. Front row: Keiko Larocque, Bronze medal

L'hiver est longue et on n'a besoin de motivation alors venez vous joindre à mon cours de

MÉDITATION AVEC YOGA
Les mercredi soir de 7h00 à 9h00 jusqu'au 1er avril 2009
Lieu: 30 Rue Richard:
Coût: \$10.00 Session
Enseignante: Rose-Annie St-Pierre

To relieve you of the long winter doldrums and get motivated come and join my

MEDITATION and YOGA SESSIONS
Wednesday evenings from 7:00 to 9:00 until April 1st, 2009
Location: 30 Richard St.
Cost: \$10.00 Session
Teacher: Rose-Annie St-Pierre

Appelez/Call 705-864-1795

P.O. Box 400 ♦ Fox Lake Reserve ♦ Chapleau, Ontario ♦ P0M 1K0
Ph (705) 864-0784 ♦ Fax (705) 864-1760
mukesofn@bellnet.ca

Anticipatory Staffing Action
REGIONAL COORDINATOR CONTRACT POSITION

Chapleau Cree First Nation (CCFN), as administrative agent for the Northeast Superior Regional Chiefs' Forum (NSRCF), is seeking a highly motivated person to fill the position of Regional Coordinator. Reporting to the CCFN Band Administrator, the Regional Coordinator will provide administrative and project coordination support to the NSRCF. Related duties will include, but will not be limited to, strategic planning, financial forecasting and secretariat support. The successful candidate will be expected to perform complex administrative duties in a time sensitive environment. They must also demonstrate excellent skills in Word, Excel and Simply Accounting (or other accounting skills). A sensitivity and understanding of First Nation resource concerns or experience working with First Nations is considered an asset.

Qualifications

- University or College degree in resource management or related field
- 3 years minimum experience as a project coordinator
- Strong organizational skills and sense of priorities
- Proven ability to recognize, initiate and manage change
- Strong writing skills and ability to synthesize complex issues

Other Details

- Salary negotiable based on experience
- Work located in Chapleau, with extensive travel
- Term is a one year contract with possibility of long-term employment

Please provide a covering letter with résumé on or before February 27th, 2009 to:

Brian Edwards, Band Administrator
Chapleau Cree First Nation
P.O. Box 400, 828 Fox Lake Road
Fox Lake Reserve
Chapleau, ON P0M 1K0

We thank all applicants in advance. Only those selected for an interview will be contacted.

Ontario Weather Review

January 2009

“Boy, it’s cold outside...” has been heard a lot in conversations in snowy Ontario during January.

January was under the influence of very cold air masses that kept the average temperature running between three to four degrees below normal in some areas in Southern Ontario. Almost the same was true in Central and Northern Ontario, where temperatures were generally two to three degrees below typical values. The province hasn’t experienced these widespread cold conditions in most areas since 2004.

Not only were there extreme cold temperatures, but snow was also newsworthy this past month. The accumulation of snow so far this winter has started to climb, and in some areas the amount has already matched or even surpassed the entire season’s average tally. To date, these locations are: London, Muskoka, North Bay, Sault Ste

Marie, Toronto Pearson, Trenton, Waterloo Wellington and Windsor. As the Great Lakes have been slow to freeze, the snow belt regions have had more than their fair share of snow this month. As a result, the traditional ski areas were not required to make much snow in January.

Severe Weather

This month will be remembered as “The Big Chill” for most locations in the province. As was mentioned earlier, average temperatures ran significantly below normal, with a notable cold snap that occurred in the middle of the month. During that four-day cold snap, some locations in Northern Ontario struggled to get to daytime high temperatures of -25 degrees Celsius. Normal daytime highs in the north for that time of year are somewhere between -10 and -15 degrees Celsius. One of the coldest temperatures recorded was in Fort Frances on the

morning of January 14, where the temperature bottomed out at almost -43 degrees Celsius. Combining that temperature with the steady breeze that was blowing at the time resulted in a wind chill near -50.

Southern Ontario did not escape the frigid temperatures either, with many locations running a number of degrees below seasonal values during the mid-month, four-day cold snap. While the temperatures in portions of Southwestern and South Central Ontario were moderated somewhat by the Great Lakes, areas around Peterborough and eastwards into the Ottawa Valley endured temperatures similar to what was being experienced in Northern Ontario.

Aside from a few somewhat significant snowfalls during the month, it was more a case – in Southern Ontario at least – of “death by a thousand flurries.” There were numerous weather systems which moved through, each depositing noticeable accumulations as they went. Southern

Unusual temperature readings:

Location	Mean Temp	Normal	Difference	Coldest since
Waterloo Wellington	-10.8	-7.1	-3.7	1994
Muskoka	-14.1	-10.4	-3.7	2004
Sarnia	-9.0	-5.4	-3.6	1994
Hamilton	-9.6	-6.0	-3.6	2004
Windsor	-7.8	-4.5	-3.3	1994
Petawawa	-16.1	-12.9	-3.2	2004
London	-9.4	-6.3	-3.1	2004
Peterborough	-12.0	-8.9	-3.1	2004
Earlton	-19.4	-16.4	-3.0	2004
North Bay	-15.8	-13.0	-2.8	2004
Ottawa	-13.6	-10.8	-2.8	2004
Sault Ste. Marie	-13.3	-10.5	-2.8	2004
Toronto City	-7.0	-4.2	-2.8	2004
Elliot Lake	-13.7	-11.1	-2.6	2004
Toronto Pearson	-8.8	-6.3	-2.5	2004
Warton	-9.3	-6.8	-2.5	2004
Trenton	-9.9	-7.5	-2.4	2004
Dryden	-19.8	-17.5	-2.3	2004
Thunder Bay	-17.0	-14.8	-2.2	2004
Sudbury	-15.7	-13.6	-2.1	2004
Timmins	-19.6	-17.5	-2.1	2004

Unusual precipitation readings (in millimetres):

Location	Precipitation	Normal	Difference	Driest since
Sault Ste. Marie	37.2	71.3	-34.1	1981
Kapuskasing	24.6	54.6	-30.0	2003
Chapleau	27.6	55.9	-28.3	2005
Warton	79.6	105.3	-25.7	2002
Sudbury	43.6	68.6	-25.0	2006

Unusual snowfall readings (in centimetres):

Location	Snowfall	Normal	Difference	Least since
Kapuskasing	25.2	60.8	-35.6	1963
Warton	98.0	125.2	-27.2	2007
Moosonee	15.2	40.8	-25.6	1958

Location	Snowfall	Normal	Difference	Most since
Muskoka	141.2	90.5	50.7	1999
Trenton	94.4	46.7	47.7	1999
Windsor	75.0	35.0	40.0	2005
Ottawa	80.6	55.2	25.4	1997

Ontario usually experiences a fair amount of temperature variation during January that results in weather systems bringing snow, ice pellets,

freezing rain and rain. However, since we stayed on the cold side of the series of weather systems that rolled through from the Prairies and the American Southwest, pretty much all of the precipitation fell as snow. An added complication of the

colder-than-normal weather in Southern Ontario was that the snow just kept piling up, with little in the way of melting occurring. This resulted in impressive snow banks in communities not used to seeing so much snow lying around.

Chantale's Aromatherapy & Tanning Salon

Winners of the month are:

Lindcey Beliveau
Melanie Groulx
Dommie Thibeault
Andrew Schvoeclev

NEW BUSINESS HOURS

Monday to Friday 9:30 a.m. to 8:00 p.m.
Saturday 12:00 a.m. to 8:00 p.m.
Closed on Sundays

I have just completed my course at the Academy of Nail Design and I need 35 people to train on.



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CARNIVAL SUPPER

Trinity United Church

Friday, Feb. 20th
from 5 to 7 p.m.



Ham, scalloped potatoes,
homemade beans, salads and dessert

Adults \$8.00, Seniors \$6.00
Children(4-6) \$6.00. Under 3 free

La francophonie en folie

SOUPER « MARDI GRAS »

L'AFEC organise un souper le mardi 24 février à 17h à l'École secondaire catholique Trillium. Au menu: crêpes, œufs, saucisses, bacon, jambon, fèves au lard, fruits... Le coût d'entrée varie selon le groupe d'âge (0\$ à 7\$ l'assiette).

Il y aura plusieurs petites surprises durant le souper dont quelques lancements ainsi que de la musique et de la danse. Profitez de l'occasion pour venir voir l'exposition itinérante « La francophonie ontarienne : d'hier à aujourd'hui! ».

Pour plus de renseignements ou pour réserver des billets, veuillez appeler Diane au 864.1126 ou Lilianne au 864.2763.

Fait intéressant :

« Mardi Gras »... C'est la religion catholique qui a donné son nom définitif au carnaval. Le mot "carnaval" vient d'enlever la chair. En effet, dans la religion catholique, la période qui suit le Mardi gras est une période où l'on fait un régime sévère pour se purifier avant Pâques, le carême. Mardi gras, veille du carême, c'est le dernier jour où l'on peut bien manger.

Comme on ne consomme pas de gras pendant le Carême, le Mardi gras, les gens utilisaient ce qui leur restait de graisse et en profitaient pour faire des beignets. On faisait aussi des crêpes pour utiliser les derniers œufs.

LE LOUP... LA VOIX DU NORD!

CHYC-FM fait peau neuve... Avec l'arrivée du nouveau propriétaire Paul Lefebvre, vient un nouveau nom pour la chaîne de radio. M. Lefebvre voulait trouver quelque chose de représentatif des cinq communautés qui diffusent sa chaîne de radio soit Sudbury, Timmins, Kapuskasing, Hearst et Chapleau. C'est alors qu'est né « Le Loup, la voix du Nord ». Comme vous l'avez sûrement constaté, il y a des nouveautés dans la programmation entre autres des sections d'humour, de musique folklore et country. Selon Sylvie Beaulieu, le changement est positif : « ... depuis le changement de nom de la chaîne, la cote d'écoute a doublé ».

Présentement sur les ondes du loup, il y a un concours de hockey! Surveillez la capsule sonore et lorsque vous l'entendez, téléphonez à la station pour vous inscrire en composant le 705.222.5687! Une fois par semaine une personne chanceuse recevra notre appel (entre 7 h et 9 h) et devra répondre « le loup » pour devenir finaliste. Gardez vos oreilles bien ouvertes!

À gagner : deux billets pour un match de la LNH le 19 mars - Canadien contre Sénateur à Ottawa (essence et hébergement inclus). Le tirage aura lieu le 9 mars!

Donc, n'oubliez pas d'écouter « Le Loup - la voix du Nord! » au 95,9 FM.

Passez une belle Saint-Valentin et amusez-vous bien au Carnaval!

LE FILET, UN HUIS CLOS EXPLOSIF!



Le Centre culturel Louis-Hémon vous recommande de voir la pièce de théâtre «Le filet» qui sera présenté le dimanche 8 mars. Le filet, une production du Théâtre populaire d'Acadie, est un drame explosif qui fait écho aux récents conflits dans le secteur de la pêche au crabe.

Synopsis:

Trois personnages: Anthime, le patriarche, propriétaire d'un crabier, tente de convaincre son petit-fils Étienne de prendre sa succession. Le jeune Étienne, qui vient de terminer ses études à Montréal et qui a l'intention de s'y installer, ne veut pas de l'affaire, d'autant plus qu'il connaît peu le métier de pêcheur. C'est tout le contraire de son oncle Léo, capitaine du crabier familial,

qui lorgne la succession et tentera par tous les moyens d'y parvenir, notamment pour protéger son implication dans un trafic de drogues.

Malgré cette description, la pièce comprend une bonne dose d'humour au début, humour qui découle des relations entre les trois personnages. Au fil de la pièce, la tension s'installe entre les trois personnages qui cherchent à défendre chacun leur point de vue. Les différends entre les personnages sont exacerbés par le contexte familial.

Le filet sera présenté au cafétorium de l'École secondaire Trillium à 20 heures. Les billets sont maintenant disponibles au Centre culturel au coût de 15 \$ et 13 \$ pour les membres. Vous pouvez réserver votre billet au comptoir de réservation au site internet www.francochapeau.ca

Il est à noter qu'il y aura une rencontre animée par Joël Ducharme et les comédiens après la représentation. La rencontre aura lieu dans le foyer de l'école où un léger goûter sera servi.

UN DÉGEL HIVERNAL... PAS TROP BIEN REÇU!



Le dimanche 11 janvier dernier, une petite inondation a lieu à Trillium. Un gicleur du système anti-feu aurait accidentellement gelé la nuit précédente alors qu'un échangeur d'air automatique est resté ouvert. Ainsi, suite au dégel, le gicleur s'est brisé et de l'eau en abondance sous pression coulait de la salle de ventilation, située au deuxième étage. Des chutes d'eau dévalaient les escaliers, et des flaques ont rempli le couloir, la bibliothèque, des salles de classe, des entrepôts ainsi que le grand gymnase en peu de temps. Comme une enseignante arrivait sur les lieux cet après-midi là, quelques appels ont été faits, les soupapes d'eau ont été fermées, puis en peu de temps une équipe d'une douzaine de personnes, armée d'aspirateurs pour l'eau et de « squeegees » ont fait un nettoyage des plus étonnants. Le tout

semblait être revenu à la normale.. cependant, une équipe spécialisée dans ce domaine est arrivée de Timmins quelques heures plus tard, et avec leurs gadgets confirmait qu'il y avait de l'humidité dans les murs. Les plinthes ont été enlevées tout de suite et le bas des murs plâtrés a été

coupé afin de permettre d'assécher le tout. Et voilà, que les classes ont été annulées le lundi 12 janvier, afin de permettre aux travailleurs d'entamer le plus de travail que possible. Pendant les semaines suivantes, les murs ont été refaits, replâtrés et repeints, certains endroits toujours interdits. Les salles de rechange du gymnase ont subi le pire du dommage. Il reste encore des petites réparations à faire, soit les plinthes à poser lorsqu'elles seront livrées. Heureusement, très peu de contenu a été endommagé, quelques livres et des étagères. Merci au personnel et aux élèves pour leur patience, leur flexibilité et leur collaboration lors de ces rénovations. Dans cette malchance, nous avons été quand bien même très chanceux.

COEUR ACADÉMIE

L'École Sacré-Cœur lance un concours genre « Star Académie » afin de promouvoir la chanson francophone et les talents de ses élèves.

Tous les jeunes sont invités à se présenter pour les auditions qui auront lieu dans leur classe. Lors des auditions, trois finalistes par classe

seront sélectionnés pour participer à la finale de « Cœur Académie ». À ce moment-là, des juges couronneront une gagnante ou un gagnant par classe. Cette finale aura lieu durant la semaine de l'éducation au mois de mai. Les gagnantes et les gagnants présenteront leur chanson au Gala des Étoiles.

ACTIVITÉS À VENIR...

Février

- 14: La fête de la St-Valentin
- 15: Journée nationale du drapeau canadien
- 16: Journée de la famille - congé (CCLH, ESCT, SC, FPLUS)
- 17: Service Canada de 10h30 à 16h (Centre d'innovation de Chapleau)
- 18-19: Finales NSSSAA - ballon-panier gars-jr (Trillium)
- 19-22: Carnaval de Chapleau
- 20: Patin en pm (Sacré-Coeur)
- 24: Mardi Gras - fête du Patrimoine (Sacré-Coeur et Trillium)
- 24: Carnaval (Sacré-Coeur)
- 24: Souper "Mardi Gras" à 17h à Trillium (AFEC)
- 24: Club de l'humour - présentation à Blind River (Trillium)
- 25: Mercredi des Cendres
- 26-28: États généraux sur l'avenir du patrimoine culturel franco-ontarien à North Bay (Centre culturel Louis-Hémon et FormationPLUS)
- 27: Ralliement-succès (Sacré-Coeur)
- 27: Robotique à Sudbury (7e année) (Trillium)
- 27: Club de l'humour - présentation à Timmins - Thériault (Trillium)

mars

- 6-22: Semaines de la francophonie
- 6: Levée de drapeau au centre civique à 14h15 (AFEC)
- 8: Pièce de théâtre "Le Filet" (Centre culturel Louis-Hémon)
- 9: Soirée "Dieu Merci" à Trillium (AFEC)
- 11: Carnaval de l'école (Trillium)
- 11: Soirée d'Impro à 19h à l'École Sacré-Coeur (AFEC)
- 12: Visite de l'équipe NET (Trillium)
- 11-22: Voyage en Grèce et Italie (Trillium)
- 14-22: Semaine de relâche (Sacré-Coeur, Trillium et FormationPLUS)

Back to basics with finances during tough economic times

In just a few short weeks, the words "global", "crisis", and "economy" have slipped into virtually every conversation, every newspaper headline and every talk show discussion.

For many, it's very personal as jobs are disappearing by

the thousands. Across North America, the biggest, richest and most reliable companies – or so we thought – are lining up for handouts, asking the government to float them enough cash to keep their doors open and pay their people.

"There's been a big increase in the level of concern that people are voicing with regard to their investments and retirement income," says Daniel Longlade, FCA, partner with Collins Barrow, Sudbury-Nipissing LLP in Sturgeon Falls. He notes that many of his clients are retired or planning to retire, and there's no crystal ball to say how serious this recession will be, or how long it will take for things to bounce back.

"It's a time to take stock," says Chartered Accountant Rudy Duschek, CFA in Markham. He sees many worried investors, some of

whom are concerned that their money-management skills won't be sufficient to navigate perilous markets and tough economic times.

"People confuse investing and speculating," Rudy says. "Investors need to do their homework and really check out an investment. They shouldn't chase returns, or speculate in stocks based on inadequate analysis or because their neighbour says he made money on a particular trade. That's always dangerous and particularly so in this environment. Now is the time to get advice from a qualified investment manager."

"Good investment managers," he explains, "lay out a portfolio after providing you with an investment management statement. They'll assess your risk tolerance in detail, and pay special attention to your expectations and time horizons, given the conditions in effect at the time."

Before you can launch an investment strategy, you need to have money to invest. Experts agree that it's never been more important to be serious about managing our money. That starts with first principles. Like saving.

To start, sit down and put together a budget. Add up the money coming in and the money going out. Where can you cut expenses?

Use any extra dollars you find to pay down debt. The worst debt is the one with the

highest interest rate, probably credit card debt. Pay down that one first followed by the next most expensive, and so on. Also, research whether the interest is deductible or not for tax purposes.

Figure out where you can save money, or earn more, or both. Banks are nervous, and loans for things like cars and mortgages will be harder to get, even for those with sterling credit histories. You'll have to be able to demonstrate your ability to pay.

Lower that tax bill. Pay yourself first and put it into safe (relatively) secure, government-guaranteed investments.

"For the average person, it's a case of getting back to basics," says Daniel. "Save, put money away to reduce taxes and debt, and get the help of a professional investment advisor to help you invest prudently."

Brought to you by the Institute of Chartered Accountants of Ontario.

Classified ads WORK

Make sure your advertising ends up on your customers' kitchen table and not in the garbage containers.....

ADVERTISE IN THE CHAPLEAU EXPRESS

BIRDING CORNER



The American Tree Sparrow comes to feeders for sunflower seeds scattered on the ground. Most often seen in this area in the early spring gathered in small flocks as they feed.(Submitted by Bill Groves)

The Vault: Youth Drop-In

would like to say thank you to the community of Chapleau for their support during the Bantam Hockey Tournament last weekend. We were able to make a profit that will help to purchase new equipment and games for the Drop-In centre. I would like to personally thank, on behalf of the youth, Tammy Rousseau and her team of hockey moms who made the Spaghetti Dinner a hit!

The Vault has officially been opened for a month now and it is a huge success. The young people are very excited to have a place to call their own and we look forward to having this place filled every night with rambunctious teenagers.

Keep an eye out for a calendar of fun-filled energy and activities coming your way!

THANK YOU CHAPLEAU!



SUPERIOR EAST/SUPÉRIEUR EST
Community Futures Development Corporation
Société d'aide au développement des collectivités

Attention: Small Business Owners and Potential Business Owners

The staff of the Superior East Community Futures Development Corporation will be in Chapleau on February 19, 2009. Please call 1-800-387-5776, x21 to arrange for an appointment to discuss your **small business counselling or loan needs.**

Attention: Propriétaires de petites entreprises et propriétaires potentiels d'entreprises

Le personnel de la Société d'aide au développement des collectivités Supérieur Est sera à Chapleau le 19 février, 2009. Appelez au 1-800-387-5776, x21 pour fixer un rendez-vous afin de discuter vos besoins de prêts ou de conseils pour petites entreprises.

THE LOCAL MARKET PLACE

CHADWIC HOME, FAMILY RESOURCE CENTRE

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 Hornepayne 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

ALCOOLIKES 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 Anomymous 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.

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

You need a decent apartment with 1, 2 or 3 bedrooms, fully or semi-furnished, or not, dryer and washer hookups, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075 and leave message. Mar14

1 Bedroom Apartment, close to downtown. Fridge & Stove included, laundry facilities, secured storage, parking & outdoor plug-in included. Available January 1/09. Contact: Bertrand Apartments (705) 864-0230. Feb28

FOR SALE

1992 Yamaha Enticer II, 2 up long track with carrying rack. 7225 km. Very good condition. Runs well. Asking \$1000.00. 864-2560 Sam.

HOUSE FOR SALE

Home for sale on Devon Siding road 3 bdrm, 2 baths, eat-in kitchen, pantry, dining room, large living room, sunroom, partially finished basement, new roof 2008, large cedar deck, 24'x44' heated 2 story garage with heated workshop and full loft, wood fired boiler, second garage/ woodshed approx. 24'x24', green house, mature gardens and more. Call 864-9007 for an appointment to view. Feb28

HOUSE FOR RENT

3 bedroom house for rent. Please call Chantale at 864-2725.

OFFICE SPACE FOR RENT
Office space for rent. Available immediately. For more information please call 705-864-1367. cont

PLUMBING

R&B Plumbing & Heating. For all your plumbing needs. Free estimates. Call 864-1866 and leave message. Cell 864-4322. cont

SERVICES

To do list too long? I can help! "Green" house cleaning, house and pet sitting, grocery shopping and more! Call Hilary's Custom "Maid" Services 864-2065. Mar7

Classified ads WORK

WOOD STOVES

For Sale, New Blaze King Wood Stoves, shipped direct to Chapleau. For the best prices on Blaze King wood stoves call Rick Geroux: 705-779-3304. cont

WINNERS

Winners from the Turkey Patti dinner on Feb06/09 are as follows: Mark Mizuguchi #9067, Brianna Gervais #9078, Velma Morin #9059, Eileen McAdam #9039, Judy Imbeault #9127, Pauline Dillon #9106, Danika Larocque #9012, Lise Fortin #9015, Isabel Robinson #9060, Louise Mione #9083, Adyh Duffney #9111, Loma Martel #9080, Frederick Larocque #9029, Eileen McAdam #9040, Lurleen Blais #9095, Lise Fortin #9016, Cole Fortin #9033, Desi Duffney #9133, Lise Fortin #9015, Brianna Gervais #9072, Pauline Dillon #9107, Joyce Vezina #9046, Lynn Charron #9098.



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NEW BOOKS

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Murder Inside the Beltway - Margaret Truman
Divine Justice - David Baldacci
The Hour I First Believed - Wally Lamb
Alice Munro's Best: Selected Stories - Alice Munro
A Mercy - Toni Morrison

VALENTINE'S DAY: On Saturday, February 14, 2009 from 2-3 p.m. we will be making Valentine's Day Cards. Come and join the fun. Make Cards and give them to your friends and family.

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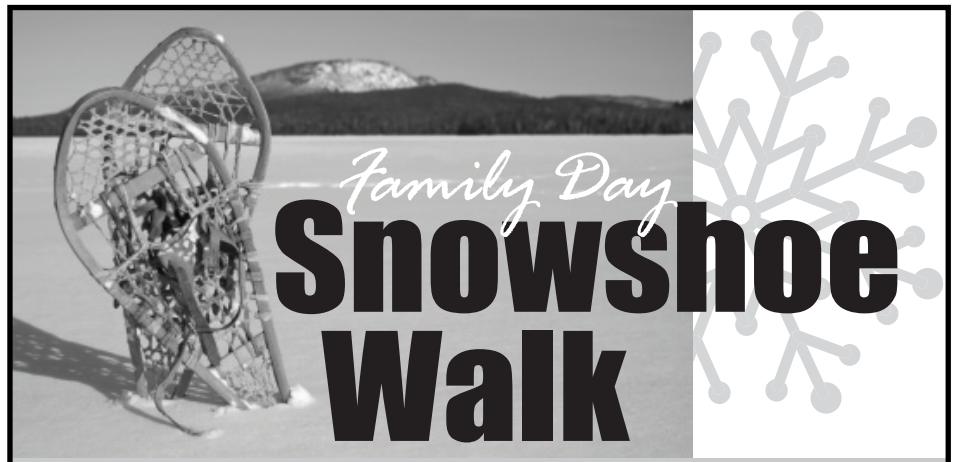
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Family Day Snowshoe Walk
Michael Levesque Trail
Monday, February 16, 2009
1:30 p.m.

Meet at the main entrance of Our Lady of Fatima School.

Join us by the bonfire for some hot chocolate and tea.

Ages 8 and up. Children 10 and under must be accompanied by an adult. Snowshoes available for children. Adults must provide their own snowshoes.

For more information, call the Sudbury & District Health Unit Chapleau branch office at 864-1610.

Make it a **Healthy Day!** **Vissez Santé dès aujourd'hui!**
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