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# CHAPLEAU EXPRESS

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864-0911



Vol. 13, Issue 24, February 28, 2009

## Chapleau Figure Skating Club continues history making success



From left to right: Alica Canning, XXXXX and Arlayna Morin

**Submitted**  
For their first trip to the Provincial Qualifiers in Sault Ste. Marie, Brittaney Pilon and Breanna Morin were in a group of 31 skaters at the Pre-Preliminary level. They skated to respectfull 13th and

9th place finish. Jessica Dionne and Tiffany Card skated at the Preliminary level with a total of 39 skaters they placed 9th and 7th, respectfully. Melissa Lafrance competed in the Junior Bronze event and was able to capture a 7th place finish in a field of 41 skaters in total. Alicia Canning placed 4th in Junior Silver out of 24 skaters and this allowed her to skate the finals where she finished 6th overall. Arlayna Morin skated an excellent freeskate program and finished 3rd overall in the Senior Silver event

which qualifies her for the Provincial Championships in Waterloo, March 13-15th, 2009. This is the second time Arlayna has qualified for provincials. She will now move on to skate against the best Senior Silver skaters in the province, giving her a Provincial ranking of no less than 12th in the Province.

Arlayna and Alicia also competed in the Silver Triathlon event. There are three disciplines that the girls must compete in and the total score then determines their placing. Arlayna

placed 4th overall and Alicia was able to capture the Gold medal. This now qualifies her for the National Starskate Championships in Fredericton, New Brunswick on April 2-5, 2009. Although we have in the past been fortunate enough to send skaters to Provincials, (Arlayna Morin, Alicia Canning, Veronique

Cloutier) this is the first time ever we have had a skater qualify for Nationals. Not only did she win her event she posted the second highest score across Canada. She will now advance to Fredericton to compete against the first place finisher from each of the provinces and territories. This gives Alicia a National ranking of no less than

12th best in her category from all of Canada. WAY TO GO. We wish you both the best of luck in Waterloo and Fredericton. We would also like to thank you for all your hard work and for the great way you have represented the Community of Chapleau and the Chapleau Figure Skating Club.

### Chapleau delegation visits Minister



A delegation from the Township of Chapleau met with Municipal Affairs and Housing Minister Jim Watson at the combined Ontario Good Roads Association/Rural Ontario Municipal Association conference in Toronto on February 24, 2009. The delegation held discussions with Minister Watson on local matters. In photo, left to right, back row: Deputy Mayor Andre Byham; Councillor Rose Bertrand; Mayor Earl Freeborn; front row: MPP Mike Brown; and, Jim Watson, Minister of Municipal Affairs and Housing. (Photo: Ministry of Municipal Affairs and Housing.)

**Long Term Forecast**

**Saturday**  
High -13  
Low -29


**Sunday**  
High -15  
Low -23


**Monday**  
High -11  
Low -27

**Tuesday**  
High -7  
Low -17

**Wednesday**  
High -13  
Low -20

**Thursday**  
High -7  
Low -21





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**REPORT from  
OTTAWA  
by  
Carol Hughes**



Federal member of Parliament  
Algoma-Manitoulin-Kapusking

Proposed Navigable Waters changes to the Protection Act have

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**OBITUARY  
Lavoie, Émile**

Peacefully at the F. J. Davey Home surrounded by family on Tuesday, February 24, 2009 at the age of 86. Beloved husband of Mélanise (nee Guimond) for 63 years. Loving father of Régina Richards (Wayne), late Elizabeth Lavoie, Rita Lavoie (Jeff Thomas), Tonie Stevens (Jim Hume), René Lavoie (Jody Thorne) and Glenn Lavoie. Fun loving and playful grandfather of Jeff (Jenny), Lance (Julia), Julian, Mike (Trisha), Nathalie (Shane), Tania, Sabrina and René Jr. Special great grandpa of Liam, Lincoln, Corey, Skylar, Taylor, Logan and Kylen. Dear brother of Clement and Yves. Predeceased by his brother Sylvio and sisters Grace and Lucienne. Emile loved the outdoors and worked for the Department of Lands & Forest for 27 years. His extreme joy in life was playing with his grandchildren and being a mischievous tease to all who knew him. Friends called at the Arthur Funeral Home & Cremation Centre (492 Wellington St. E., Sault Ste. Marie, ON 705-759-2522) on Friday, February 27, 2009 from 7 - 9 pm. Memorial service was held in the chapel on Saturday, February 28, 2009 at 1 pm. Rev. Hamish Currie officiated. Interment Holy Sepulchre Cemetery. Memorial contributions to the Alzheimer's Society or Palliative Care at the F. J. Davey Home. The family would like to thank the F. J. Davey Home second floor Birch Lane and Cedar Grove nurses and staff for their care and compassion. This journey would not have been possible without you. For more memories please visit [www.MeM.com](http://www.MeM.com)

**Big changes that will have an effect on those who enjoy our waterways**

been included in the February 6th, Budget Implementation Act. These will have very serious and long-term consequences for Canadian waterways and all those who enjoy them. In Canada, we have a long history that is inseparable from navigable waters and have set about protecting these common spaces against both environmental degradation and access-limiting development.

Arguably, we have done a pretty good job of that. Yet changes to regulations, that will give far too much power to the Minister of Transport, and open the door to unfettered development, severely threaten our heritage and preservation work. Once implemented, these changes will be difficult to reverse, as will much of the work and degradation they will allow.

This same Act was already in parliament before the election took place in October and has been

brought back. In the lead up to the prior legislation, the government was only listening to its friends and not all stakeholders. That tradition continues. There were no consultations with First Nations, paddling organizations, outdoor tourism groups, cottage associations, river advocacy groups, or anglers and hunters. All of these are people who should be consulted when major changes to the way we manage and protect Canadian waters are being debated. Instead, the government is plowing ahead with the amendments their friends want made, and will likely brand all those who oppose them as 'special interest groups'.

The proposed changes to the act will alter the definition of what constitutes a navigable waterway, currently seen as any body of water a canoe can float in, to those waters deemed navigable by the Minister of Transport.

**The Chapleau Express**  
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The Chapleau Express is delivered free of charge to every household each Saturday. If you have any comments, please feel free to contact us. Subscriptions: **\$70.00 per year (Canada) \$150.00 U.S per year (U.S.A)** Canadian Publications Products Sales Agreement #30183799

The remaining waters will no longer fall under the protection of the act. The Minister will also have sole discretion as to whether a project will have an impact on navigation. The act will also remove four named works from the Act, bridges, booms, dams, and causeways, all added in 1983

because of their inherent effect on navigation. This leaves the majority of power and decision making about complex environmental and accessibility issues in the hands of the Minister.

This still might not seem like such a big threat. Most  
**Cont'd on P.10**

**OBITUARY  
Sawyer, Blanche**

It's with regret that the family announces the passing of Blanche Sawyer on February 14, 2009 at the Chapleau General Hospital. She leaves behind her partner Ronald Morita and she is survived by her children Dennis Sawyer (Cathy) of Niagara Falls, Joanne Sawyer (Scott) of Wawa, Anita Sawyer of South Porcupine, Tom Sawyer (Carole) of Chapleau, Darlene Miron (Dan) of Niagara Falls and Danny Sawyer (Karri) of North Bay and her grandchildren Leah, Jakob, Johnathon-Timo, Trevor, Scotty and Katie-Rae. She is also survived by her siblings Ivonne Doyle (sister), Marie-Rose Dumont (sister) of Thunder Bay, Anita Barnes (sister) of Oshawa and Joseph Paquette (brother) of Thunder Bay.

**THANK YOU**

We wish to thank all our friends and family for all their support during our time of loss, for all the donations to the Ontario Heart & Stroke, the Chapleau General Hospital Foundation and the mass cards. Thank you for the food preparation by the Sacred Heart Ladies, family and friends. A special thank you to Father Jacques and the choir for the wonderful mass. Your kindness is much appreciated.

**Thérèse Desbois and family**

**THANK YOU**

A heartfelt thank you goes out to the staff of the Chapleau General Hospital for the care given to our mother and dear friend Blanche Sawyer during her illness.

Also thank you to family and friends for the flowers, food and support.

A special thank you to Pastor Dan Lee for your comfort and guidance. She will be greatly missed.

**The Sawyer - Paquette Family**

**GOING TO CHURCH**

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11:00 a.m. Français  
Weekdays Mon-Sat  
en semaine Lun-Sam  
**Fr. Jacques Fortin**

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(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

**Diocese of Moosonee  
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ST. JOHN'S CHURCH**  
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Sunday Service  
10:30 a.m.  
Rev. Bruce Roberts

**ST. MARY'S ANGLICAN  
CATHOLIC CHURCH**  
78 Devonshire Street  
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Sunday Service 10 a.m.  
Rev. William P. Ivey

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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

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Liturgie de la Parole  
Dimanche 11h  
Mass every 2nd & 4th Sunday  
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Messe sux 2e et 4e dimanche  
à 16h

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Family Bible Hour 11 a.m.  
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Evening Bible Study and  
Ladies Bible Study  
during the week  
Transportation available  
Al Tremblay

# Chapleaus' Ross Hryhorchuk receives 2009 Ontario Coaching Excellence Award

**Submitted**

The Coaches Association of Ontario this past weekend honoured nine outstanding coaches from all levels of sport at the 2009 Coaching Excellence Awards Ceremony in Richmond Hill. Over 230 coaches and sport administrators from a variety of sports including recreation, high performance, developmental, volunteer, and high school sports (OFSAA) gathered at the annual conference.

The awards ceremony was the crown jewel of the conference, and an opportunity for top coaches to be

honoured by their peers for their ongoing and significant contributions they make to both their sports and athletes.

Local principal and former teacher, Chapleaus' own Ross Hryhorchuk, was honoured at this conference and received the Ontario Coaching Excellence Award for the year 2008 in the High School Sport Category. This is a provincial award given to one male and one female recipient. As quoted from the OFSAA committee during the selection period....."you truly are a leader in all

aspects of high school sports and someone who is a role model for all coaches in the province. The committee's vote was unanimous, and on behalf of OFSAA, I congratulate you for this award and thank you for your contribution to the young people of Ontario."


Ross has been instrumental in organizing sports, policies and procedures for our NSSSAA league which extends from Chapleau to Thunder Bay. He has also been involved in coaching for over 41 years in a variety of sports such as gymnastics, wrestling, cross-country running, badminton, volleyball, basketball, and soccer. Ross has spent countless hours coaching many generations of students in our community. It's an honour to have in our community a recipient of this award and special thanks are extended for your many years of mentoring, refereeing, and coaching. Ross has touched so many lives in the community of Chapleau and across the north.

"We're so proud of all our award recipients and the positive impact they have on the Ontario sport community and their respective communities," says Susan Kitchen,



**Mr. Ross Hryhorchuk, Chapleau High School principal is the 2009 Ontario Coaching Excellence recipient.**

Coaches Association                      Congratulations, community of  
of Ontario's Executive                      Ross, from your                      Chapleau.  
Director.    school and the




**NEWS RELEASES**

**MOTOR VEHICLE COLLISION**

On Sunday, February 22, 2009 at approximately 8 a.m. Chapleau OPP investigated a single motor vehicle rollover on Martel road, Panet Twp. resulting in a charge against Keith McAdam age 53 of Chapleau of "Fail to Report". No injuries were reported as a result of this collision/

On February 23, 2009 at 2:28 pm Chapleau OPP investigated a minor motor vehicle collision on Highway 129 in which a tractor trailer unit rear-ended a pickup truck causing minor damage and no injuries. No charges were laid in this incident.

R.I.D.E. – Six (6) RIDE checks were done at various locations within Superior East patrol area resulting in 102 vehicles being checked with 2 Highway Traffic warning being issued. No other infractions were noted.



**Lorne Lodge 622, A.F. and A. M. GRC**

The proud sponsor of the  
Chapleau High School Masonic Bursary is pleased to  
host:

***The Algoma East District Lodge of Instruction,  
March 14, 2009.***

Light lunch 11.45 a.m. Start at 1p.m. – 4 p.m.  
Breakout sessions  
Full course prime rib dinner at Honger's, 5:00 - 6.30 p.m.

Bus loads will be coming from the Sault, Wawa, Blind River,  
Thessalon Elliot Lake and Timmins.

Open to all Masons. A well prepared program to enhance the interest  
at our meetings, to add enjoyment, review protocol, improve our  
degree work, and cross pollinate some great ideas, administration  
tips, and emphasize items often overlooked.

No aprons or titles for this meeting. **CASUAL DRESS.**  
Our regular meeting will take place March 4-2009 at 7 p.m.



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# Carnival Curling Spiel



From left to right President Claude Noel presenting the 1st prize to the Keech rink, third Ron Morin, second Terry Legge, lead Jennifer Langelier and skip Chris Keech.

Another year's Carnival successful Taste of the North Carnival spiel was organized to the satisfaction of every participant and onlooker alike! A total of 15 teams were signed up for this

year's Carnival curling event. Volunteers who helped throughout the weekend were truly appreciated by the Club and it's members. People's appetites were

satisfied with the tasty treats which were again compliments of donations and everyone certainly appreciated it. The success of any organization especially in a small town truly rests

## Chapleau and area trappers meet

The Chapleau and Area Trappers Council, held a meeting on February 21st, 2009 at Pit's Place thanks to Elizabeth Michaud. We had an informative meeting, with many topics covered.

Guests included Larry Reeve OFMF representative and Biologist Kris Viscotto. We greatly appreciated their time and wealth of knowledge. Dates were set for future meetings. The next

meeting with the Ministry of Natural Resources will be held at the Legion on May 2nd, 2009. Aside from executive meetings, the next Council meeting is to be held Sept 12th, 2009.



Pictured above, from left to right is Secretary-Treasurer Christine Reid, Vice-President Rick McCord and President Tina Lindsay.

on the willingness of volunteers to come forth and do their part. Godfroy Pilote stepped in to draw out the schedule, which as a rule is not an easy task. Second place winners were skip Phil Martel, third Adam Gionet, second

Vincent Carrière and lead Clayton Bernier. Unfortunately the photo was not available.

The closing Bonspiel will be held on March 13-14. A minimum of twelve teams is needed to run the tournament so

please register before March the 12th as we may have to cancel if we don't have a definite amount of teams by then. If interested call Godfroy Pilote at 864-1448 or Claude Noel 864-0383.



From left to right Club President Claude Noel presents 3rd place to the Pilote rink. Second Chantal Servant, skip Godfroy Pilote, lead Lucie Hazen and third Kelly Hazen



Club President Claude Noel presents 4th place lead Jennifer Turcotte, Skip Kim Jean, Second Danny Bouchard with their prize. Missing from Photo Derick Turcotte

## Pimii Kamik Gas Bar & Gift Shop

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We also carry road trip snacks, which includes Subs, Chips, Pop, plus a whole lot more.

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# Fuelling Fitness

## Common Myths Busted!

Dietitians of Canada's National Nutrition Month® 2009 focuses on nutrition and healthy eating for active lifestyles. Check out these myths and our fact busting answers! Dietitians are your trusted source for nutrition and healthy eating advice.

**Myth:** I need a special diet and sports supplements now that I'm exercising regularly.  
**BUSTED!** For your active lifestyle, focus on tasty and healthy food. Follow Eating Well with Canada's Food Guide (at [www.myfoodguide.ca](http://www.myfoodguide.ca)) to get the energy and vitamins & minerals needed for your active lifestyle!  
 • Vegetables & Fruit, Grain Products and

Milk & Alternatives provide carbohydrates to fuel active muscles. Milk & Alternatives and Meat & Alternatives provide high quality protein to build and repair muscles. • Foods from all four food groups provide vitamins and minerals which help turn food into energy your body can use, build strong bones and muscles, and ward off infection. If you are very active you may need to eat more servings from each of the food groups. (Competitive athletes should see a Registered Dietitian as they may have special nutrient needs).  
 • Products like stimulants, muscle building or weight loss supplements are not needed to get the most out of your activity or to gain muscle or lose weight.  
**Myth:** You need to drink as much water as you possibly can

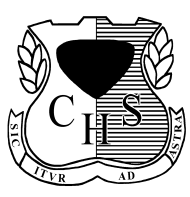
before, during and after exercise to perform your best. **BUSTED!** Think gulps not gallons! We all need water, but don't overdo it. While dehydration (not enough water) during exercise is more common than drinking too much, occasionally some people have developed a serious condition known as hyponatremia (low blood sodium) from drinking way too much. A safe game plan is:  
 • Stay hydrated day to day. Water, milk, soy beverages, 100% juice, and even tea, coffee, and some foods all count.  
 • During exercise, drink to help replace water lost in sweat. How much? There's no 'one size fits all' answer as we all sweat at different rates. Keep water handy and sip it during your workout. When you're sweating heavily or it is hot, drink more.

• After exercise, regular meals, snacks and beverages will help replace what you have lost in sweat. Enjoy a glass of water or chocolate milk after your workout. Have an apple with some cheese for a snack. If it is meal time try a recipe from Dietitians of Canada's Simply Great Food cookbook such as Jerk Chicken Salad served up with a Mango Lassi to drink. Check out [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) for the recipes!  
**Myth:** It is cold outside. I don't need to worry about hydration during winter activities or sports.  
**BUSTED!** Sure it is cold but you can still sweat up a storm under all that warm hockey equipment and piles of winter clothing. Sweat needs to evaporate to help cool the body. When it can't (because of clothes or sports gear) the body heats up making us sweat more. So remember, even in cold conditions keep fluids handy so they are easy to grab and sip before, during and after activity.  
**Myth:** Downing an "energy drink" on the way to the gym is the best way to keep your energy levels up for a workout.  
**BUSTED!** Healthy eating and enough sleep are the real keys to long-lasting energy to get you through your day and your workout!  
 • If you are running out

of energy, consider how long it has been since you've had something to eat or drink. A glass of water with a small meal or healthy snack a couple of hours before your workout can give you a real boost. Try a peanut butter sandwich on whole grain bread and a banana.  
 • Energy drinks are not sports drinks. Sports drinks are designed for rapid rehydration and refuelling during exercise. However, the high sugar levels and fizz (carbonation) in energy drinks can make it hard to drink enough to stay well hydrated during a workout.  
 • The caffeine in energy drinks is usually more than double that in soft drinks. Caffeine makes you alert for a short time but tends to be followed by feelings of low energy. Too much caffeine can also get in the way of a good

night's sleep.  
 • The safety of energy drinks is also in question. It is not known if ingredients like taurine and glucuronolactone are safe, especially when mixed with caffeine. Fact: The best source for nutrition information is a Registered Dietitian.  
**FACT!** True indeed! This is no myth at all! The best source for nutrition information is a Registered Dietitian. It is best to consult a dietitian who can provide advice for your specific nutrition needs.  
 Some dietitians are specialists in sports nutrition. To find a dietitian: visit [www.dietitians.ca/find](http://www.dietitians.ca/find), ask your doctor for a referral, or call Dietitians of Canada Consulting Dietitians Network at 1-888-901-7776.





Chapleau High School

Parents' Night

Tuesday, March 10, 2009  
from 7:00 p.m. to 9:00 p.m.

Contact the school at 864-1452 to make appointments.

Your daughter/son's progress as of February 2nd will be available at this time.

All parents are welcome!  
Support your child by attending this important event.



## Le Centre De Garde De Chapleau

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

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**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!**





Imagine a day when snowmobilers can't ride Canada's major trail systems from one destination to another. Or at least, not without packing a lunch, carrying a sleeping bag and towing a toboggan loaded with fuel. Yes, we could be camping out because so many existing hospitality services may be closed.

Our trail systems were laid out so snowmobilers could access services and amenities en route. In many rural and northern areas, these stops are isolated communities and few-and-far-between outfitters.

But if these operations can't stay open, critical service gaps would appear in our trail systems. With spotty fuel, food and lodging availability, snowmobilers would have difficulty getting from here to there. As fewer tried, even more services would shut down.

Such closures are already happening. I'm aware of some already in Northern Ontario and others seem likely. If they continue, snowmobiling will only be possible in our relatively populated areas, where services tend to be more prolific. Ironically, many of these areas tend to suffer increasingly marginal snow conditions. So our next quandary may be not having enough snow where services exist, and not having enough services where there's good snow.

Why this predicament? Unpredictable weather continues to play a role. But Mother Nature has always been capricious since the birth of snowmobiling, we've had exceptional winters and been skunked too. Higher fuel prices also have an impact in limiting distances travelled.

But today, other factors are putting services catering to snowmobilers in even greater jeopardy... One culprit is the decline of resource industries in many small towns that are the links holding together our chain of snow-mobile trails. Many mines, mills and forestry operations have amalgamated, cut back, moved or closed down, hurting these one-industry communities. Frequently, the most affluent local snowmobilers were the ones now laid off or leaving town for other jobs. As a result, many local service businesses have become less viable.

What's more, in their interim report, Understanding Freefall: The Challenge of the Rural Poor, a Standing (Canadian) Senate Committee finds that "rural food banks are growing faster than those in the cities; seniors and children are going without food so bills get paid; 90% of farmers are relying on non-farm income; and villages are losing youth due to lack of jobs, high paying or otherwise." Although the report is only half complete and may not end up being quite as

bleak sounding, these identified trends will doubtless make the survival of mom and pop services more difficult.

Another factor contributing to fewer services for snowmobilers is more fuel-efficient sleds. Snowmobiles capable of travelling extended distances on one tank are changing our travel patterns. We don't have to stop as often or in the same places. This can mean less business for some services, often ones most remote or already suffering from weakened economies. And what about the dramatic decrease in Americans?

According to recent tourism data, American visitation to Canada is down 34% the past five years. One indication that Yankee riders are also staying home is a continuing decline in the sale of "visitor permits" in Ontario. This U.S. absence is especially hard on businesses that service touring snowmobilers.

But there may be some hope this winter. Newfoundland post election optimism, lower fuel costs and a more attractive exchange rate may lure more riders north, despite economic concerns. After all, snowmobiling has proved to be a relatively recession-proof recreation...in previous downturns, both permit sales and ridership have remained comparatively strong and affluent American riders will still want to go riding somewhere.

Meanwhile, both the Ontario Federation of Snowmobile Clubs and Ontario tourism are actively encouraging Ontarians to do more snowmobiling...and do it in Ontario. What's more, we have

a predisposition to winter and a well-developed snowmobiling product. We have tens of thousands of people looking for new outdoor family recreation activities and soft adventures. All they need is a little information and incentive to go snowmobiling.

Then maybe we can help keep those mom and pop hospitality services stay open each winter. Snowmobilers already spend an estimated \$1.2 Billion annually in Ontario. We should be able to increase that figure by persuading even more of us to go ride. After all, who really wants to go winter camping?

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](http://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](http://www.intrepid-snowmobiler.com)

**CRIME STOPPERS**  
1-800-222-TIPS

**Anthony Pucci, Hons. B. Comm.**  
Investment Advisor  
1-800-557-2396  
Next regular visit to the Chapleau Branch of the Royal Bank will be on

**TUESDAY  
March 10th, 2009**

ANTHONY WILL BE PLEASED TO ADVISE YOU ON A WIDE VARIETY OF INVESTMENT SERVICES

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RBC Dominion Securities and Royal Bank are separate corporate entities which are affiliated

**MARCH HAPPENINGS AT CHAPLEAU HIGH SCHOOL**  
**CHARACTER ATTRIBUTE: COURAGE**

**National Epilepsy Month**  
**Leukemia & Lymphoma Awareness Month**

Monday, March 2	Leukemia & Lymphoma Fundraiser - Hat Day
Tuesday, March 3	Leukemia & Lymphoma Fundraiser – Messy/Crazy Hair Day
Wednesday, March 4	Leukemia & Lymphoma Fundraiser – Sunglasses Day
Thursday, March 5	Leukemia & Lymphoma Fundraiser – PJ Day
Friday, March 6	Leukemia & Lymphoma Fundraiser – Combination of all Previous days
Tuesday, March 10	Parents' Night → 7:00 to 9:00 p.m. Progress Reports will be distributed to parents Pre Grade 10 Literacy Test → 8:30 to 11:00 a.m.
Monday, March 16 to Friday, March 20	Mid Winter Break
<b>Activities to come</b>	
Thursday, April 2	Grade 10 Literacy Test
Friday, April 10	Good Friday – No School Today
Monday, April 13	Easter Monday – No School Today

**HOUSE FOR RENT**

Geared to Income in Chapleau  
Must be of Aboriginal Descent.  
For more info or  
Application please call  
Cochrane-Temiskaming Native  
Housing Inc.  
1-800-234-6614

**Dr. L. R. Simpson**  
**VETERINARIAN**  
Will be at the Trinity United  
Church  
**Monday, March 9th, 2009**  
FOR APPOINTMENTS CALL  
Nadene McEachren at 864-1055

# Phenomenal Women Time.....



**By Pat Tangie**

Well, here we are again.... time to take a good look within our homes and neighborhoods....time to recognize and honour the everyday, beautiful, women in our lives. Those women who encourage and motivate us as individuals so we can become the best we can be for ourselves and our community.

For the third consecutive year APANO's Community Wellness program and CHADWIC Home is providing you with the opportunity to let your "Phenomenal Women" know how much they mean to you.

Acknowledgement forms are available at most local merchants and public offices throughout town,

including APANO's office at 8 Lorne Street North (next to the Post Office). Take a couple of minutes to fill them out and deposit your form in the boxes next to them by noon March 5, 2009. We will collect all acknowledgement forms and prepare a certificate for your Phenomenal Woman.

Experience has proven to us that she will be thrilled to bits when we call to invite you both to our Phenomenal Women's Social. The Social will be held at the Legion hall on Tuesday, March 10th between

7:00 – 9:00 pm.

This year, we also have an essay contest coinciding with our Social. We are hoping that women of all ages, young and old will write about bridging the Generation Gap from their perspectives. We want to hear their realities – their hopes and dreams, their worries and concerns – what it's like for them to live in the world at this time, at their age – and the creative ways they find to connect with other generations in their lives.

Three gifts of

appreciation for essays of 250 words or less will be awarded from those received. A volunteer panel will determine who the gifts will go to, one in each category ages 11-14, ages 15-19, and ages 19 and over. Writers will be invited to read their works at the

Social or, if they prefer, we can arrange to have them read.

So come on Chapleau....share your wealth....the great women in your lives .... and your talents as writers...we can't do this without you!

**CONGRATULATIONS TO RENAY BERNIER**

On January 30-31st and February 1st, Renay competed at the James Bay Interclub Competition in Hearst, Ontario. She skated to the music from "Emperor's Son" and received a bronze medal. She also received a silver medal for her spin event. She then completed her Junior Bronze skills. She received a fifth place ribbon for her interpretive skate. For the team event Renay, Ali MacDonald, Brianna Morin and Brittany Pilon came home with a gold medal.

*We are so proud of you. Keep up the good work!*

Love

**Nana & Papa Santerre  
Mom, Mike, Danyelle and Johnathen**

**Coming Soon**  
**PHOTO SCANNING SERVICES**

FROM THIS      TO THIS

Boxes of photos, either in the attic or closets just waiting to be enjoyed by children or grandchildren can be saved for years to come!

Our state of the art high speed Kodak Professional Photo Scanner will scan both sides of the photo, if needed, to capture the information written on the back as it was intended to be and burned on either a DVD or CD for you to enjoy on your television or computer.

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jnsigns@gmail.com

**AGCO** | Alcohol and Gaming Commission of Ontario

**Notice of Liquor Licence Application**

The following establishment has applied to the Alcohol and Gaming Commission of Ontario for a liquor licence under the *Liquor Licence Act*:

**Application for a Sales Licence**  
**CHAPLEAU LODGE**  
LOT 9 CONCESSION 3  
TOWNSHIP OF CHAPLEAU  
GALLAGHER, CHAPLEAU (Indoor area)

Any resident of the municipality may make a written submission as to whether the issuance of the licence is in the public interest having regard to the needs and wishes of the residents. Submissions must be received no later than **March 14, 2009**. Please include your name, address and telephone number. If a petition is submitted to the Commission, please identify the designated contact person. **Note:** The AGCO gives the applicant copies of any objections. Anonymous objections are not considered.

The personal information gathered is collected under the authority of the *Liquor Licence Act*. The principal purpose of the collection is to assess eligibility for the issuance of a liquor sales licence. Copies of all objections are given to the applicant. The information may also be disclosed pursuant to the *Freedom of Information and Protection of Privacy Act*. Questions about this collection should be directed to the Manager, Licensing and Registration, Alcohol and Gaming Commission of Ontario at the address, telephone numbers or e-mail address listed below.

Submissions to be sent to: **Licensing and Registration, Alcohol and Gaming Commission of Ontario, 90 Sheppard Avenue East, Suite 200, Toronto, ON M2N 0A4. Tel: 416-326-8700 OR Toll-free in Ontario: 1-800-522-2876. Fax: 416-326-5555. E-mail: licensing@agco.on.ca**

Pour des renseignements en français concernant cette annonce, veuillez écrire à : **Direction de l'inscription et de la délivrance des permis, Commission des alcools et des jeux de l'Ontario, 90, rue Sheppard Est, bureau 200, Toronto, ON M2N 0A4. Tél. : 416 326-8700 ou 1 800 522-2876 (interurbains sans frais en Ontario). Téléc. : 416 326-5555. Courriel : licensing@agco.on.ca**

# TASTE OF THE NORTH CARNIVAL



Who says winter is a gloomy and depressive season? Not up here in Chapleau. Last Monday students and staff from OUR LADY OF FATIMA had a fun filled afternoon with outdoor activities to close the week-long celebration of the town's Carnival. Smiley faces, pink cheeks and some numb hands were glad to have hot cocoa and cookies at the end of snow shoe races, broomball competition, and sliding down the big hill in front of the school. It was a great day!





## Brown announces \$21,000 to promote greater parent involvement

Mike Brown, MPP, Algoma-Manitoulin is pleased to announce that 25 schools in Algoma-Manitoulin will receive a total of more than \$21,000 to help make it easier for parents to get more involved in their children's education.

Mike Brown, MPP for Algoma-Manitoulin received \$350 for their project. The Parent Reaching Out grants will be used for things such as workshops that demonstrate how parents can be more involved in their children's education and school, and translation of materials into the languages used in the local community.



Services de santé de  
Chapleau Health Services

**We are currently seeking qualified candidates for the following**

- 1 Part-Time Seniors' Mental Health Community Nurse Clinician (approximately 1 day/week)**
- 1 Part-Time Diabetes Nurse (approximately 2 days/week)**
- 1 Part-Time Oncology Nurse (as required- approximately 1 day/week)**

### Part-Time Seniors' Mental Health Community Nurse Clinician

#### Qualifications:

- Must be a graduate of a nursing diploma or BScN program
- Psychiatric nursing experience and registration with the College of Nurses of Ontario
- Gerontology Certificate or Certification in Community or Psychiatric Nursing will be considered an asset
- Knowledge of the Mental Health Act; Health Care Consent Act; Regulated Health Profession Act; Home for the Aged and Rest Home Act; and Nursing Home Act.
- A valid driver's license and reliable means of transportation
- The ability to work and function within a variety of environments
- Experience with computer and Windows programs
- Ability to provide quality care to clients in both English and French
- English only applicants will be considered
- \* Position can be held by full-time Registered Nurse via a composite nursing position.

### Part-Time Diabetes Nurse

#### Qualifications:

- Undergraduate baccalaureate degree in nursing, and the successful completion of a nursing internship program.
- Active membership in the College of Nurses (CNO) of Ontario.
- An interest in and knowledge of diabetes.
- Computer literacy.
- Plans, organizes, collaborates and functions well as a team member.
- Must be able to work accurately despite interruptions.
- Effective leadership and interpersonal skills.
- Awareness, sensitivity, and respectfulness to various cultural needs.
- Certified Diabetes Educator or eligibility would be an asset.
- Effective verbal and written communication in English, and French would be an asset.

### Oncology Nurse

#### Qualifications:

- Certification from satellite hospital for IV therapy, venous access devices (i.e. ports, central venous catheters)
- Holds current certificate of competence from college of Nurses
- Holds current Basic Life Support certificate
- Experience in chemotherapy administration preferable
- Oncology Certificate preferred
- Maintains chemotherapy certificate yearly
- 2-3 years experience in acute care medical/surgical nursing within continuing educational event every three years.
- Membership in at least one oncology-related professional organization is an asset
- Must be aware of the possible health risks of working with antineoplastic agents and agree to carry out the necessary safeguarding

Interested applicants may submit résumés by March 13, 2009 to  
Human Resources

Services de santé de Chapleau Health Services  
6 Broomhead Road, P.O. Box 757  
Chapleau, Ontario P0M 1K0

Tel: (705) 864-3056 Email: chapleauhr@sschs.ca

We thank all applicants for their interest, but only those selected for an interview will be contacted.

All applications received will be held strictly confidential.  
Cet avis est disponible en français.

IN TIMMINS AND CHAPLEAU, EVERYONE'S FUTURE IS CONNECTED. ON MARCH 9, 2009, LET'S GET TOGETHER TO CONTINUE BUILDING IT.



Maybe you're building a family, a new home, perhaps a business or contributing to the community. Sound familiar? Let's face it: we all walk in each other's shoes. And to celebrate this life, Northern Credit Union is holding its local Branch Annual Meeting where we're building financial futures together.

March 9, 2009. 7:00pm

Aux Trois Moulins, 154 Martel Road, Chapleau.

All Northern members are invited to share ideas and stand for delegate election.

Teleconferencing available at our Timmins Branch, 70 Mountjoy St N.

Call 705-267-6846 for more information.

**Not a member? Visit [www.northerncu.com](http://www.northerncu.com) and join today!**



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# Big changes that will have an effect on those who enjoy our waterways

Cont'd from P.2

people see navigable waters as the domain of the big shipping lanes in the great lakes and not the smallish rivers that fish use to spawn in or paddlers enjoy on a Sunday afternoon. It will only be when things really

start changing that people take notice, and by then it may be too late. A seemingly unimportant, small bridge can destroy a riffle that countless generations of pickerel have used to spawn in and wipe out a local population in a few short years.

Bridges, dams, booms and causeways all need special attention to determine long-range

effects as well as any benefits before proceeding. We have known this since at least 1983, and truthfully for much longer, what has changed?

To date, there has been very little public interest about the changes to the Act. It is not the kind of issue that can compete with the big, splashy headlines surrounding the economic crisis,

but it should. It cuts to the heart of our common bond, the rivers and lakes that connect our land.

This is being pushed forward by the government, with the support of Liberals,

under the guise of eliminating red tape and getting the economy back on track. The same goes for the removal of environmental impact assessment criteria for works under \$10

million dollars. Both are budget measures that don't make sense to the average cottager, paddler, or anglers who had better get used to being referred to as special interest groups

**CRIME STOPPERS**  
1-800-222-TIPS

## Mike Brown, MPP, Algoma-Manitoulin, named Parliamentary assistant to Northern Development and Mines

Premier Dalton McGuinty today named Algoma-Manitoulin MPP Mike Brown Parliamentary Assistant for Northern Development and Mines.

"This is a great honour. I look forward to this important role working with communities and industry to help build a sustainable economy

in the North," said Brown.

Parliamentary Assistants work alongside ministers in carrying out the government's agenda. They are often assigned special projects and develop policy proposals for the government. In the legislature, they represent their ministers during

debate on government bills.

"I am delighted that MPP Brown has been named Parliamentary Assistant," said Minister Gravelle. "Mike Brown brings a wealth of expertise, commitment and knowledge, and I look forward to working closely with him."



### TEMPORARY EQUIPMENT OPERATORS OPERATOR II

(Rate of Pay = \$ 21.95/ hour)  
(Probationary Rate = \$18.66 / hour)

The Township of Chapleau is seeking experienced temporary equipment operators to assist in the day to day operations of the Public Works Department for up to a one year term. This is a unionized environment.

The successful candidate must possess the following:

- A valid D-Z license.
- A minimum three (3) years operating experience.
- Provide proof of a grade 12 diploma, or equivalent.
- Experience operating various types of snow and earth moving equipment.
- A willingness to work on a rotational basis for refuse collection.
- Ability to work both individually and in a team environment.
- Ability to work shift work.

Interested candidates should submit a typed resume complete with covering letter and proof of qualifications, in confidence by 4:00 pm, Monday, March 9th, 2009 to the undersigned. In accordance with the Municipal Freedom of Information and Privacy Act, the information gathered is collected pursuant to the Municipal Act 2001 and will be used for the purpose of candidate selection. We thank all candidates for their interest. Only candidates selected for interviews will be contacted.

Allan Pellow, CAO, Admin./greffier  
Township Of Chapleau / Municipalité de Chapleau  
P.O. Box/C.P. 129  
Chapleau, Ontario  
POM 1K0  
Ph./Tél.: 864-1330, Fax/Télécopieur: 864-1824  
apellow@township.chapleau.on.ca

## BIRDING CORNER



Chapleau is fortunate to have three types of woodpeckers at our feeders almost daily all winter long. The largest of the group is the pileated woodpecker at 18", bright red head and red moustache on the males. Mid size is the hairy at 9" and the downy at 6" are pretty much identical except for the size difference. All three come to the feeders for seeds and suet mixes. (Submitted by Bill Groves)

**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

**ALCOOLIKUES 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.

**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

**Cozy one bedroom** apartment newly renovated, available April 1st includes washer, dryer, fridge and stove. Located at 135 Lansdowne St. For more information please contact me at 705-461-6436 after 6:00 pm. Feb28

**Large 3 bedroom apartment**, newly renovated, available immediately includes, washer, dryer, fridge and stove, car port and small deck off Kitchen. Located at 135 Lansdowne St. for more information please contact me at 705-461-6436 after 6:00 p.m. Feb28

**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 work-shop 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

**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. Mar28

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**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

**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. ctd


Classified ads **WORK**

**SLOMA CLEANERS**  
Drop off at **Between Friends (Cedar Grove)**  
Mon.-Fri. 8:30 to 12:00 & 1:00 to 4:30

**BERRY'S FREIGHT SERVICES**  
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FOR QUALITY SERVICES AT INEXPENSIVE PRICES GIVE US A CALL AT 1-705-264-4334

ALL ADS ARE ACCEPTED AT THE CHAPLEAU INNOVATION CENTRE DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.  
**CLASSIFIED ADVERTISING RATES**  
Regular Classified Ads First 25 words or less \$6.00 Each additional word \$0.15+GST  
**No refunds on cancelled classified ads.**

Surprise "90<sup>th</sup>" for Percy



Percy Encil will be celebrating his 90<sup>th</sup> Birthday on March 07, 2009 7pm at the Legion Hall (upstairs).  
His family would like to invite all of Percy's friends to this very special "Open House"  
Sshhhhhhhhh!!!!


**Commercial Building**  
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travisgendron@missionmotors.com

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## February 27th to March 5th

**BLOWOUT**

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ALL WINTER FASHIONS  
 BUY 1 SAVE 30%  
 BUY 2 SAVE 40%  
 BUY 3 SAVE 50%

TOUGH DUCK WINTER JACKETS, OVERALLS, COVERALLS **NO TAX**

WINTER BOOTS LADIES', MEN'S, CHILDREN (EXCLUDING WORK BOOTS) **ALL AT 40% OFF**

SELECTED CRABTREE & EVELYN MOISTURIZING CREAM, HAND LOTION ETC. **ALL AT 40% OFF**

**SALE**

**Chapleau Village Shops**

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Catalogue & Appliance Centre 864-1852

Apprendre, tout au long de la vie :  
une soif qui ne s'apaise pas...



C'est le temps d'agir

La réalisation de cette affiche a été rendue possible grâce au financement de Poste Canada.




La FCAF est fière de participer à la semaine internationale des apprenants adultes en français au Canada du 2 au 8 mars 2009  
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# FURNITURE SPECIALS

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