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# CHAPLEAU EXPRESS

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Vol. 12, Issue 21, February 9, 2008

## Chapleau Huskies come out on top



**Back Row: Coaching Staff Joyce Dillon, Allan Cyr, Kimmo Keski-Pukkila, Rolf Fuchs. Players Top to Bottom: Jarret Hamel, Kyle Besnier, Ryan Turcotte, Trevor Guthrie, Justin Ruffo, Louis Fuchs, Jesse Gherbaz, Nels Lindquist, Perry Canning, Ryan Connelly, Brendan Tremblay, Patrick Dillon, Ryan Scheer, Nicholas Dillon, Justin Belec, Darrin White, Jonathan Champagne, Patrick Bryson. (Absent from photo due to injury: Ron Groulx)**

**C**ongratulations to the Chapleau Huskies for bringing home the gold in Wawa's annual midget hockey tournament last weekend. Following a disciplined game plan and total team

effort, the Huskies finished the weekend with an impressive 6 wins and no losses. The Chapleau Huskies defeated the Wawa Travelers in the home the championship trophy. The Huskies have

been enjoying a very successful season with an extraordinary record of 25 wins, 8 losses and 2 ties. Although the majority of their games have taken place on the road, the team looks forward to hosting two tournaments in

Chapleau before their 2007/2008 season comes to a close. This is an excellent opportunity for Chapleauites to come to the arena and see what our boys can do. Chapleau will

host the Midget playdowns on the weekend of March 14th, 15th, and 16th. They will also host the annual Midget Friendship Tournament on April 11th, 12th, and 13th.

Game schedules and tournament events will be listed as they become available. The Huskies look forward to playing for their local fans. Come out and enjoy some Husky Hockey!

## New Website helps eliminate service gaps for families of individuals with special needs

By **Stephanie Gilchrist**

**A** new website has been implemented in the Sudbury & Manitoulin District in an effort to help connect families of individuals with special needs to screened respite workers and respite options in their area.

The website ([www.respiteservices.com](http://www.respiteservices.com)) is a provincial program which was originally developed in Toronto almost 3 years ago and has since moved across the province. It is funded by the Ministry of Children and Youth Services and the Ministry of Community and Social Services and is co-hosted by the Children's Community Network and the YWCA

Sudbury for the Sudbury & Manitoulin area. The site offers a listing of respite options and respite partners. It also contains a calendar of events section that lists events and workshops available to both families and workers, most of which are free of charge as well as a resource section.







This section offers a listing of various books and links geared to both families and workers that cover a multitude of issues ranging from physical disabilities to autism and mental health needs.

Furthermore, within [respiteservices.com](http://respiteservices.com) there is a program called CHAP (Community Helpers for Active Participation) which is the most integral

part of the website. It facilitates the connection of individuals with disabilities and CHAP workers through a family registry and worker database. Being able to find respite workers has been a large gap for families in the area and the CHAP program aims to close that gap by matching families to screened respite worker who meet the family's identified need. The CHAP Program is currently available for the children's sector only. It remains under development for the adult sector and will be available in the future.

[Respiteservices.com](http://Respiteservices.com) is actively recruiting respite workers. Anyone interested in becoming a worker **Cont'd on P.3**

### Long Term Forecast

<b>Saturday</b>	
High -4	
Low -12	
<b>Sunday</b>	
High -10	
Low -20	
<b>Monday</b>	
High -18	
Low -29	
<b>Tuesday</b>	
High -12	
Low -29	
<b>Wednesday</b>	
High -8	
Low -21	
<b>Thursday</b>	
High -4	
Low -14	

### Community Events Reminder:

**-Taste of the North Carnival  
February 14 to 17**

Look for events program in this issue of the Chapleau Express.

**-Chapleau Northern Pike  
Fishing Derby  
February 23, 2008  
(See ad on page 6)**

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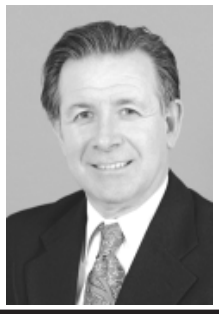
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## REPORT from OTTAWA by Brent St. Denis

Federal member of Parliament  
Algoma-Manitoulin-Kapuskasing



### Conservatives muzzle dissent

In Canada's federal system of government, quasi-judicial commissions are established to perform a role, much like a court, to regulate different sectors and enforce Canadian laws. Like a court, these commissions are completely independent and should be free of political interference. The Canadian Nuclear Safety Commission and Elections Canada are two such commissions.

Since the Conservative government took office two years ago, Mr.

Harper has set a dangerous precedent intimidating officers of such commissions and potentially putting the safety of Canadians at risk.

When the Canadian Nuclear Safety Commission's president Linda Keen (a former President of the international Convention on Nuclear Safety) did her job enforcing the nuclear safety license requirements at the Atomic Energy Company Ltd. in Chalk River after it repeatedly failed to meet safety standards, the Conservative Minister

of Natural Resources fired her because he was embarrassed his government did not act sooner on this file. Listening to his own nuclear safety expert the Harper government then passed emergency legislation to restart the Chalk River nuclear facility even though it had not completed its safety upgrades and was 1,000 times more dangerous.

But Ms. Keen is not alone among the list of independent commission officers fired for doing their jobs.

Adrian Measner was fired as President and CEO of the Canadian Wheat Board after following the direction of the farmer-elected Board of Directors. Johanne Gelinas was fired as Environment Commissioner after publicly commenting

that she had not received sufficient information from the Conservatives about their so-called environment plan. Andrew Okulitch was fired as a scientist with the Geological Survey of Canada after refusing an order to turn federal correspondence into political propaganda for the Conservatives. Jack Anawak was fired as Ambassador of Circumpolar Affairs. Karen Kraft Sloan was fired as Ambassador for the Environment. Bernard Shapiro was forced out as Ethics Commissioner after several run-ins with Prime Minister Harper.

Jean-Pierre Kingsley was "forced out" as Chief Elections Officer after making the Conservatives admit they violated election financing laws. It is important to note that the Conservatives have

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taken the current Chief Elections Officer Marc Mayrand to court after he ruled that as many as 67 Conservative candidates in the last election broke Elections Canada rules on campaign financing. (It is worth noting that Mr. Harper has not yet divulged his leadership campaign donations.)

The Conservative approach is dangerous and must not continue.


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## MOMENTS FROM THE PAST



1983 Carnival

The Chapleau Public Library employees also took part in the Dress-up Contest. From left are Diane Collings, Marie Turner, Eugene Bouillon (Recreational Director) and Estelle Morin



**Mike Brown**  
MPP/député Algoma-Manitoulin


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**Travelling Constituency Office**

Thursday, February 14  
Chapleau Innovation Centre 9:30 am  
(12 Birch Street)

**No appointment necessary**

Visit [www.mikebrown.on.mpp](http://www.mikebrown.on.mpp) for updates on future Travelling Constituency Offices in your area.



**Toll free: 1-800-831-1899**      **E-mail: [mbrown.mpp.co@liberal.ola.org](mailto:mbrown.mpp.co@liberal.ola.org)**

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<p><b>ST. JEAN DE BRÉBEUF (Sultan)</b></p> <p>Liturgy of the Word Liturgie de la parole Every 3rd Saturday 7 p.m. Bilingual Tous les 3e samedis 19h Bilingue</p> <p>Permanent Deacon Ted Castilloux</p>	<p><b>TRINITY UNITED CHURCH</b> Corner of Beech and Lorne - 864-1221</p> <p>Sunday Service and Sunday School 11:00 a.m. Anna Chikoski Soup Kettle every 2nd Wednesday of the month</p>
<p><b>Diocese of Moosonee</b> Anglican Church of Canada <b>ST. JOHN'S CHURCH</b></p> <p>4 Pine Street West 864-1604</p> <p>Sunday Service 10:30 a.m. Rev. Bruce Roberts</p>	<p><b>OUR LADY OF SEVEN SORROWS PARISH PAROISSE NOTRE-DAME- DES-SEPT-DOULEURS (Foleyet)</b></p> <p>Liturgy of the World Sundays 11 a.m. Liturgie de la Parole Dimanche 11h Mass every 2nd &amp; 4th Sunday at 4:00 p.m. Messe sux 2e et 4e dimanche à 16h</p>
<p><b>ST. MARY'S ANGLICAN CATHOLIC CHURCH</b></p> <p>78 Devonshire Street 864-0909</p> <p>Sunday Service 10 a.m. Rev. William P. Ivey</p>	<p><b>COMMUNITY BIBLE CHAPEL</b> Corner of King and Maple 864-0470</p> <p>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>



# RBC Insurance leads search for Canada's most dedicated hockey volunteers

*Thirteen regional RBC Local Hockey Leaders® to be recognized in the Hockey Hall of Fame and awarded \$10,000 each for hockey in their community*

**Chapleau woman nominated for dedicated hockey volunteer. See P.6**

TORONTO, October 31, 2007 RBC Insurance, with support from Hockey Canada and the Hockey Hall of Fame, today announced the launch of its annual nationwide search for outstanding hockey volunteers.

"Volunteers are the backbone of our national pastime, and without them thousands of kids would not have rinks to play on, equipment to wear or pucks to shoot," said Neil Skelding, president and CEO of RBC

Insurance. "For the past four years the RBC Local Hockey Leaders program has recognized these behind-the-scenes hockey volunteers who dedicate their time to support grassroots hockey in their community. We're proud to continue this tradition."

Regional winners, one from each of the 13 Hockey Canada branches as well as one RBC employee winner, will receive \$10,000 towards a registered charity/hockey cause in their community, a signed Team Canada jersey and trip for two to Toronto, where they

will be recognized in the Hockey Hall of Fame. In addition, for the first time, all nominees will have their name featured in the RBC Local Hockey Leaders display case at the Hockey Hall of Fame.

"The RBC Local Hockey Leaders program enables us to turn the spotlight onto this very important part of our sport volunteerism," said Bill Hay, chairman of the Hockey Hall of Fame. "RBC Insurance is investing in Canadian communities through hockey, and we are happy to be a part of this effort."

Over the past

four years RBC Insurance has awarded more than \$500,000 to grassroots hockey activities across Canada through the RBC Local Hockey Leaders program. Grants have been used to replace aging equipment, make hockey more accessible, train coaches, improve facilities and for many other causes close to the hearts of Canada's grassroots hockey leaders.

"We encourage all Canadians to nominate hockey volunteers from their community," said Bob Nicholson, president of Hockey Canada. "These leaders may be organizing fundraisers, coaching teams, making ice, mending socks or teaching life skills all things that make hockey such an

important part of community life in Canada."

A panel including National Women's Team member Jennifer Botterill, National Men's Sledge Hockey Team captain Jean Labonté, hockey legend Ron Ellis and Dr. Allan Morris, chairman of the Board, Hockey Canada will select winners from nominations submitted through the program website. Nominations will be accepted until midnight (EST) on January 31, 2008. To nominate a dedicated minor hockey volunteer from your area, go to [www.rbc-insurance.com](http://www.rbc-insurance.com).

RBC Local Hockey Leaders are the behind-the-scenes volunteers who make hockey a positive, safe, and enjoyable activity in their communities.

Hard work, dependability, enthusiasm and leadership will be amongst the criteria considered when evaluating submissions.

About RBC Insurance RBC Insurance provides a wide range of life, health, travel, home, auto and reinsurance products as well as creditor insurance services to more than five million clients in Canada, the U.S. and internationally. These products and services are offered through a wide variety of distribution channels, including the telephone, independent brokers, travel agents, a proprietary sales force and the Internet. More information is available at [www.rbc-insurance.com](http://www.rbc-insurance.com).

## New Website helps eliminate service gaps for families of individuals with special needs

Cont'd from P.1

should visit [www.respiteservices.com](http://www.respiteservices.com) to find out more about the requirements for the position and to complete an online application form.

Suitable candidates will then be contacted for an interview.

Families of children (0-18 yrs) with a special need can complete an online registration form in order to be connected with a respite worker or option. Once the registration is received, the family will be contacted by the Respite Resource

Coordinator to discuss the program and complete an appropriate match. Registration forms can also be completed on paper by downloading the form from the website or by obtaining a copy at the Children's Community Network.

While the Chapleau area has not had respite options for families available in the past, the current redesign of respite services for children in Sudbury & Manitoulin is expected to extend new respite opportunities for

families in the near future. Respite-services.com is one means by which this aim will be achieved.

For more information on this program, feel free to visit the website or contact Stephanie Gilchrist, Respite Resource Coordinator, at 705-566-3416 ext. 2565 or email [sgilchrist@ccnsudbury.on.ca](mailto:sgilchrist@ccnsudbury.on.ca). You can also contact Tracy Roy, Information Systems Administrator, at 705-566-3415 ext. 2574 or email [troy@ccnsudbury.on.ca](mailto:troy@ccnsudbury.on.ca).



Le programme Cœur en santé de Chapleau Northwood vous invite à

### Une randonnée en raquettes

**Sentier Michael Levesque**  
**Le lundi 18 février 2008 à 13h30**  
**Rencontre à l'entrée principale de l'école Our Lady of Fatima**

**Réchauffez-vous auprès 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 en composant 864-1610.**



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



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



**Family Day Holiday**  
Premier McGuinty promised the people of Ontario that a day would be set aside to mark a special holiday for families. Most Ontario employees will enjoy a paid public holiday for the first time ever in February which is also the first new public holiday in 20 years. "Family Day" will fall on the third Monday in February, and this year Family Day will be celebrated on February 18. Adding Family Day to the calendar will give most Ontario employees a total of

nine statutory holidays per year. They are: New Year's Day, Family Day, Good Friday, Victoria Day, Canada Day, Labour Day, Thanksgiving Day, Christmas Day, and Boxing Day.

The government believes Ontarians work very hard and deserve more time to spend with their family and loved ones. A good balance between work and family life leads to a healthy and a productive employee, which benefits all Ontarians. Allowing Ontarians mid-winter time off for rest,

recuperation and quality time with their families is healthy and good for the economy as well. In fact, a timely break may spark an increase in business for Ontario's tourism, entertainment and leisure industries.

I encourage my constituents to look for family appropriate events and venues

such as skiing, skating, bowling and other activities being held to promote Family Day. Information on Tourism Ontario events, visit the Ministry of Labour website at [www.labour.gov.on.ca](http://www.labour.gov.on.ca), then find the Family Day link to access the Tourism Ontario site.

For more information regarding employee's rights and employers' responsibilities involving Family Day, call the Ontario Ministry of Labour at 1-800-531-5551 or a public holidays fact sheet is available on their website at [www.labour.gov.on.ca/english/es/factsheet](http://www.labour.gov.on.ca/english/es/factsheet)

[s/fs\\_public.html](http://s/fs_public.html). For retail business inquiries regarding Family Day and the Retail Business Holidays Act (RHBA), contact the Ministry of Government and Consumer Services at 1-800-268-1142 or visit [www.gov.on.ca/MGS](http://www.gov.on.ca/MGS)

## Ontario disappointed by further U.S. actions on softwood lumber

Ontario rejects U.S. assertions that provincial programs contravene the Softwood Lumber Agreement signed last year, Natural Resources Minister Donna Cansfield said today.

"Our programs do not contravene the Softwood Lumber Agreement," said Cansfield. "It is frustrating that the U.S. softwood lumber industry continues to play games with this important issue."

This week, the U.S. government filed a second request for arbitration pro-

ceedings under the 2006 Softwood Lumber Agreement. The filing deals with aspects of six programs set up by the governments of Ontario and Quebec to address forestry and forest industry issues.

The Ontario programs that are the subject of the request are the Forest Sector Prosperity Fund, the Loan Guarantee Program and a forest access roads program. The first request for arbitration is related to the method Canada used to calculate allowable export

volumes. Ontario agrees with Canada's method of calculation. The matter was heard on December 12, 2007, and a decision is anticipated in February.

"The Ontario programs that the U.S. reviewed in consultations with Canada pre-date the Softwood Lumber Agreement and are actually quite similar to U.S. federal and state programs," said Cansfield. "It would be most unfortunate if the agreement, which was intended to settle disputes, should now

become a tool to challenge pre-existing forestry programs on both sides of the Canada-U.S. border." Ontario is committed to working with the federal government in responding to this second softwood lumber arbitration challenge and expects the federal government will effectively defend Ontario's position in the arbitration hearing.

The Canada-United States Softwood Lumber Agreement was implemented October 12, 2006.



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Domtar offers superior pay, excellent benefits, pension and more. Please note only selected candidates will be contacted for an interview. Domtar is an equal opportunity employer.

## MOMENTS FROM THE PAST



1983 - Le Club de l'Amitié - Voici les membres du nouveau regroupement des aînés Francophones à Chapleau. En haut de gauche à droite: Marianne Chabot, Yvette Ducasse, Léo Lapointe, Adrien Chabot, président. En bas de gauche à droite: Germaine Ste. Marie, Rolande Lafrenière, Lea Roussel, Rachelle Rousseau et Irma Emond.



# Dietitians of Canada launches recipe analyzer



Canadians now have a new tool to help them make healthy eating choices. Dietitians of Canada is pleased to announce the launch

of Recipe Analyzer. Recipe Analyzer is a unique interactive on-line tool that offers consumers a quick and easy way to assess the

nutritional value of their favourite recipes. To use the tool, simply visit the Dietitians of Canada website: [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) and click on Recipe Analyzer.

Recipe Analyzer lets you enter the list of ingredients of any recipe and then get:

- \* A full nutrient

profile for a serving of that recipe

- \* The number of Food Guide servings the recipe provides

- \* Tips on how to change the recipe to make it more nutritious.

"This is a great addition to our healthy eating resources," says Susan Fyshe, registered dietitian.

"Recipe Analyzer is simple to use, and offers consumers a practical way to help plan healthy meals for themselves and their families."

Users can create an on-line recipe binder and save their recipes, and they can also do comparisons of two different recipes to see how

they measure up nutritionally.

Recipe Analyzer was developed with the support and collaboration of The Canadian Health Network.

**Ads and advertisements can be dropped off at the Chapleau Innovation Centre Monday to Friday 9:00 a.m. to 4:00 p.m.**

# Les diététistes du Canada lancent l'Analyseur de recettes

Pour faire de meilleurs choix santé, les Canadiennes et Canadiens peuvent maintenant compter sur un nouvel outil. En effet, Les diététistes du Canada (DC) sont fiers d'annoncer le lancement de l'Analyseur de recettes.

L'Analyseur de recettes est un outil en ligne interactif

unique qui permet aux consommateurs d'évaluer rapidement et facilement la valeur nutritive de leurs recettes préférées. Pour utiliser cet outil, ils n'ont qu'à visiter le site Web des Diététistes du Canada au [www.dietetistes.ca/mangermieux](http://www.dietetistes.ca/mangermieux) et à cliquer sur l'Analyseur de recettes.

L'Analyseur

de recettes permet d'entrer la liste des ingrédients de n'importe quelle recette et d'obtenir:

- \* la teneur en éléments nutritifs de la recette pour une portion;

- \* le nombre de portions du Guide alimentaire fourni par la recette;

- \* des trucs pour modifier la recette afin de la rendre plus

nutritive.

« Il s'agit d'un ajout extraordinaire à nos ressources existantes portant sur la saine alimentation, déclare Susan Fyshe, diététiste.

L'Analyseur de recettes est simple à utiliser et offre aux consommateurs une aide pratique pour la planification de repas santé. »



Les utilisateurs peuvent créer une boîte à recettes en ligne et y sauvegarder leurs recettes. De plus, ils peuvent comparer le profil nutritionnel de deux recettes

différentes.

L'Analyseur de recettes a été développé avec le soutien et la collaboration du Réseau canadien de la santé.

# Smoke alarms vital to surviving a fire

CNW - Following Monday's house fire on the Oneida First Nation near London, ON, in which two people died and a third was injured, Ontario Deputy Fire Marshal Doug Crawford

is urging all Ontarians to install working smoke alarms in their homes.

"This is another tragedy that did not have to happen," said Crawford. "It is absolutely vital that

everyone have working smoke alarms in their homes.

Smoke alarms can save lives by providing occupants with the early warning required to escape a fire."

While the cause of Monday's fatal fire is still under investigation, investigators are confident there were no working smoke alarms in the home. A woman confined to a wheelchair and her 18-year-old daughter died in the fire, while a 17-year-old daughter was able to escape the blaze. The father remains in hospital.

"Fires can happen at anytime, anywhere and people need to protect their families and homes," continued Crawford. "Please ensure that your smoke alarms are working. They can provide the precious seconds people need to

get out safely."

It's the law in Ontario to have working smoke alarms on every storey and outside all sleeping areas of your home. Failure to comply with the Fire Code smoke

alarm requirements can result in a ticket for \$235 or a fine of up to \$100,000. Fire departments across the province are being urged to take a more aggressive approach to

enforcing the smoke alarm requirements.

Already in January 2008, 13 people have died in fires across Ontario as compared to six fire fatalities in January 2007.

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- Strong working knowledge of Windows XP; Microsoft Word and Excel. Experience with Meditech software an asset.
- Excellent organizational and interpersonal skills required.
- Ability to work independently and complete tasks accurately
- Exceptional communication skills - both oral and written
- Bilingualism (English and French) an asset

**Applications to be submitted no later than February 15th, 2008 to:**

Human Resources  
Services de santé de Chapleau Health Services  
P.O. Box 757  
Chapleau, ON P0M 1K0  
Tel: 705-864-3054  
Fax: 705-864-0449  
Email: [chapeauhr@sschs.ca](mailto:chapeauhr@sschs.ca)

While we appreciate all applicants' interest, only those selected for an interview will be contacted. Cet avis est disponible en français.

# Local volunteer nominated for the RBC Local Hockey Leaders program

The following is the submission of nomination of Ashley Sweeney, a long time Chapleau Minor Hockey Volunteer by Bill Guthrie of Chapleau Minor Hockey: I would like to nominate Ashley Sweeney of Chapleau

Ontario for recognition as an RBC Local Hockey Leader. Ashley has been involved as a volunteer with Chapleau Minor Hockey for as long as I can remember. She is currently our Treasurer, a position she has held for at least 6 years. Her serving in this capacity has been invaluable to our association, she attends all our meetings, issues monthly balance statements, produces our annual statement, and has kept us in the black.

In the past few years we have had fewer members on our executive. Ashley is always willing to take

on other duties, and in fact, often does many duties before anyone is asked. Ashley has looked after registration, getting players signed on, receiving payments, issuing receipts and dealing with Northern Ontario Hockey Association for all administration. She looks after scheduling ice for practices, games, and officials for games. Ashley also helps with any tournaments or fun days for any of our teams. For many years she has coordinated our annual awards banquet.

Ashley has been very involved with fundraising to support our association, coordinating and working at

events such as bingos, and looking after all the necessary paperwork. She has coordinated our annual draw, our biggest fundraiser, for several years.

Ashley is a true volunteer. She has no relatives involved in minor hockey and does her work because she enjoys the game and seeing players of any age playing. She is qualified as a coach and has helped with our Initiation program and anklebiter team. She is very committed to our association and is always available to help. Her support other executive members and coaching staff has been invaluable.

## MOMENTS FROM THE PAST Man jailed for 30 days for stealing CP train

A man charged with stealing a CP Rail train worth \$9.75 million has been sentenced to 30 days in jail and put on probation for three years.

George James, 32, of no fixed address, pleaded guilty to theft over \$200 in the January incident.

Crown attorney Naeen Rauf told the court that James boarded an east-bound freight train after it was left unattended in

a Chapleau rail yard, about 130 kilometres (80 miles) northeast of Sudbury.

The lead engine was put into gear and the train started to move. But Pat Connelly, a company employee, jumped onto the moving train and stopped it by pulling on the emergency brake.

Otto Gilks, another employee, subdued James until Ontario Provincial Police arrived.

The 81-car and

three-engine train travelled about a kilometre, or two thirds of a mile.

Sudbury provincial court Judge Guy Mahaffy said he considered the theft a serious one because of the "potentially terrible danger" to other trains on the rail system.

"Buy tickets the next time," he told James. "Don't take the train yourself." Toronto Star, Saturday, April 2nd, 1983.



## YOU ARE INVITED TO CHAPLEAU'S 12TH ANNUAL NORTHERN PIKE ICE FISHING DERBY

**DERBY DATE: FEBRUARY 23, 2008**

\$100 Entry fee plus GST is your entry to:

A one day contest with top 10 Cash prizes this year!

**Starting at \$10,000 1st Prize,**

2nd \$5,000, 3rd \$2,000, 4th \$1,000, 5th \$900, 6th \$800,  
7th \$700, 8th \$600 9th, \$500, 10th \$400.

Register on Friday, **February 22nd** at the Arena!

The rest of the event is on Saturday, **February 23rd.**

Fishing 7 a.m. until 4 p.m. for Great Northern Pike  
and the **Buffet Dinner** we are famous for.

**GATHER YOUR FAMILY & FRIENDS AND PICK UP YOUR TICKETS AT ONE  
OF THESE SUPPORTING BUSINESSES**

**PIT'S BAIT & TACKLE**

**COLLINS HOME HARDWARE**

**AUX TROIS MOULINS MOTEL & RESTAURANT**

**CAMILLE ROBITAILLE SALES & SERVICE**

**AND CANADIAN TIRE, WAWA.**

or call Bill Groves Toll Free at 1 877 BIG PIKE (244 7453)

OR LOCAL 864-1778 FOR INFORMATION

**THIS DERBY IS ONLY ON THE CHAPLEAU RIVER  
FROM THE CIVIC CENTRE TO AND INCLUDING  
MULLIGANS BAY**

**REMEMBER " ANYONE CAN CATCH A NORTHERN PIKE"**

**GOOD LUCK TO ALL WHO ENTER !**



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

## Employment Opportunity

**HEALTH PROGRAM FACILITATOR  
REGISTERED PRACTICAL NURSE**

The Chapleau Cree First Nation is seeking an experienced RPN to deliver health services and related programs to the residents of the Fox Lake Reserve. This position reports directly to the Health Care Coordinator and must possess a valid registration of Practical Nurse with the College of Nurses of Ontario.

The successful applicant will have a proven background of excellent organizational skills, program development and delivery, the ability to work independently and also as a team player.

Responsibilities of the position include the planning, coordination and evaluation of the Chapleau Cree Medicine Wheel Health Programs as well as the accurate and timely maintenance of client records, statistics and reporting. The incumbent is also expected to organize and implement a home and community care service practice to meet the client's needs.

A demonstrated knowledge of Native culture, Anishnawbe traditions and a holistic approach to the Medicine Wheel Health program is needed to ensure the success of the health delivery model. Excellent interpersonal and communication skills are essential. A valid driver's license and willingness to work after regular hours is necessary. Salary for this position is \$45,760.00 plus benefits after successful completion of the mandatory 3 month probationary period.

Come and join our growing and dynamic team. Please forward a covering letter and résumé before 4:00pm February 20, 2008 to:

**Brian Edwards, Band Administrator  
Chapleau Cree First Nation  
Fox Lake Reserve  
P.O. Box 400  
Chapleau, ON P0M 1K0  
Re: RPN Position**

**NEW DROP OFF LOCATION FOR CHAPLEAU EXPRESS ADS**

**The Chapleau Innovation Centre**

(formerly the Bank of Montreal building)



# La francophonie en folie

## UN PROJET DE RECYCLAGE À CHAPLEAU!

Le "Chapleau Energy Services Corporation" a mis sur pied un projet de recyclage pour la communauté. Les personnes qui veulent recycler les métaux non-ferreux (qui ne rouillent pas), c'est-à-dire les canettes d'aluminium, le cuivre, l'étain ou le plomb peuvent maintenant les déposer dans un contenant à l'extérieur de leur bureau au 110, rue Lorne Sud. Vous pouvez les mettre dans une boîte de carton ou un sac de vidanges.

Pour motiver ce nouveau projet, le "Chapleau Energy Services Corporation" offre un tirage mensuel pour les cinq premiers mois à tous les participants et participantes. Pour participer à ce tirage mensuel, il s'agit d'entrer au bureau avec vos objets recyclables pour obtenir un bulletin de participation.

**Ensemble, nous pouvons réduire le volume de déchets au dépotoir!**

## DEUX CONCOURS: PHOTOS ET ABÉCÉDAIRE!

L'Alliance des francophones engagés de Chapleau (AFEC) lance deux concours qui s'encadreront dans ses activités des Semaines de la francophonie qui auront lieu du 20 au 29 mars à Chapleau.

Le premier concours est un concours de photos. On vous demande de soumettre une photo ou des photos dans la catégorie suivantes: la beauté en plein air (région de Chapleau), la faune, les gens en action et «Tirer le portrait de ma francophonie». Cette dernière catégorie fait partie d'un concours national. La photo doit représenter le thème des Semaines de la francophonie « D'hier à demain, la francophonie m'appartient ». Ce thème fait référence à l'héritage francophone qui s'est transmis depuis plusieurs générations ainsi qu'au sentiment d'appartenance de chaque individu à la grande communauté francophone canadienne. Pour cette catégorie,

vous devez soumettre votre photo, si vous êtes âgés entre 7 et 20 ans, fera partie des deux concours (local et national) et le prix à gagner au niveau national sera un de deux iPod nano. Au niveau local, il y aura des prix selon les groupes d'âges. Tu dois remettre une photo 8"x10" (finition de qualité) soit en couleur ou en noir et blanc d'ici le lundi 17 mars à 16h au Centre culturel ou à FormationPLUS.

Le deuxième concours est celui de la création d'un Abécédaire d'artistes ou de groupes francophones préférablement franco-ontariens. Pour chaque lettre, tu peux avoir un ou plusieurs artistes. La lettre peut se trouver au début du nom ou du prénom de l'artiste ou du groupe. Quant à la présentation, laissez votre imagination vous emporter!

Vous aurez plus de renseignements dans les semaines à venir soit dans les écoles, le journal ou sur le site [www.francochapeau.ca](http://www.francochapeau.ca)

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

## JONATHAN SAVAGE, FAUX PROPHÈTE

VENEZ DÉCOUVRIR UNE « SACRÉE » PERSONNALITÉ!

Original, audacieux, et déterminé, le jeune gaspésien de 27 ans, Jonathan Savage est notre expérience extrême! Mélangeant avec délectation autodérision, poésie sérieuse et mélodies pas banales, il nous livre avec son premier album « Faux Prophète » un style « pop-chansonnier » qui n'a pas laissé la critique indifférente! Encourageantes réactions partout, il séduit d'emblée et sait rester vrai avec des textes définis par beaucoup de journalistes culturels comme « très recherchés ». Auteur, compositeur, interprète et diplômé de l'École nationale de la chanson de Granby en 2004, Jonathan Savage se définit lui-même comme étant « poète à temps partiel, comédien de fin de soirée, bon chanteur de fond'ruelle et grand artiste d'la tête aux pieds ». En tout cas, pari fou ou coup de génie, cet album entièrement autoproduit est décrit comme « une pure merveille digne d'un artiste de la même veine qu'un Pierre Lapointe ». Rien que ça!

Le spectacle de Jonathan Savage

aura lieu le jeudi 28 février à 20 heures au cafétorium de l'école secondaire catholique Trillium. Le billet individuel est maintenant disponible au Centre. Pour les adultes le coût du billet est de 12\$ et 10\$ pour les membres, pour les enfants 5\$, et pour les étudiants du secondaire 8\$ à la porte et 5\$ à l'avance.

Pour connaître davantage ce jeune artiste, nous vous invitons à visionner un extrait de vidéo au site de Réseau Ontario ([www.reseauontario.ca](http://www.reseauontario.ca)) et cliquez sur l'onglet programmation 2007-2008 ou le site Web [www.bonhomme-jos.com](http://www.bonhomme-jos.com).



Visitez régulièrement: [www.francochapeau.ca](http://www.francochapeau.ca)

## DEUX ÉLÈVES DE L'É.S.C. TRILLIUM FERONT COMPÉTITION AU NIVEAU PROVINCIAL

Deux élèves de l'École secondaire Trillium représenteront leur école lors d'un concours provincial de création vidéo du département Arts d'expression de l'Université Laurentienne à Sudbury. Daniel Martel et Mathieu Gervais se rendront à Sudbury où ils participeront à des ateliers spécialisés offerts par le programme Arts d'expression et au gala pour la remise du prix du meilleur vidéo.

Dans le cadre du cours de Technologie des communications 10e année, les garçons ont tourné un court-métrage qui devait incorporer le morceau de scénario suivant: "On frappe à la porte, on ouvre et...". Leur court-métrage intitulé Double zéro raconte la

mésaventure de deux policiers qui réussissent, malgré leurs inaptitudes et leurs incompétences, de non seulement arrêter le criminel qu'ils devaient appréhender, mais aussi un tueur en série qui a su évader les autorités.

*Bon succès à Sudbury les gars!*



De gauche à droite : Daniel Martel et Mathieu Gervais.

## LES INTELLIGENCES MULTIPLES

Saviez-vous qu'une véritable révolution est venue bouleverser notre conception de l'intelligence humaine? Par le passé, ceux qui étudiaient le cerveau pensaient qu'il existait un seul type d'intelligence générale, mesurable à l'aide du quotient intellectuel (QI).

Nous savons maintenant qu'il existe différentes formes d'intelligence et que nous en avons tous au moins huit, toutes différentes, dont généralement trois ou quatre plus développées que les autres: l'intelligence verbale/linguistique, l'intelligence logique/mathématique, l'intelligence visuelle/spatiale, l'intelligence interpersonnelle,

l'intelligence intrapersonnelle, l'intelligence corporelle/kinesthésique, l'intelligence musicale et l'intelligence naturaliste.

**La question maintenant n'est plus de savoir si l'on est intelligent, et dans quelle mesure, mais de connaître ses formes d'intelligence. Cette connaissance vous permet de mieux comprendre vos points forts, d'élargir vos possibilités de carrière et de faire les bons choix.**

FormationPLUS vous invite à venir en apprendre davantage sur le sujet, le lundi 3 mars à 10h au 69, rue Birch. Veuillez appeler le centre afin de vous inscrire en composant le 864.2763. Au plaisir de vous voir...**c'est gratuit!**

## ACTIVITÉS À VENIR...

### Février

- 12: Rencontre du CEC à 19h (Trillium)
- 12: Sports : HHS @ ESCT et CHS (Trillium)
- 12-13: Inscription à la Maternelle (Sacré-Coeur)
- 13: Tournoi de BB à Wawa pour les 7<sup>e</sup> et 8<sup>e</sup> (Trillium)
- 14: La fête de la St-Valentin
- 14: Tournoi de ballon-balai avec Sacré-Coeur et Fatima - 7<sup>e</sup> et 8<sup>e</sup> (Trillium)
- 15: Carnaval (Sacré-Coeur)
- 15: Spectacle de Ian Quick, magicien (Sacré-Coeur et Trillium)
- 16: Souper "Potluck" au Cedar Grove (membres Club Maria Chapdelaine)
- 18: Journée de la famille - congé (CCLH, ESCT, SC, FPLUS)
- 18-19: Service Canada - Passeport, NAS... (Centre d'innovation de Chapleau)
- 19: Ouverture de la cantine (Trillium)
- 19: Spectacle Improv (Trillium)
- 19-20: Finales NSSSAA (Trillium)
- 22: Carnaval de l'école (Trillium)
- 23: Franco-synchro à Sudbury (Sacré-Coeur et Trillium)
- 26-28: Tournoi de Curling à Wawa (Trillium)
- 28: Tournoi de BB pour les 7<sup>e</sup> et 8<sup>e</sup> (Trillium)
- 28: Spectacle de Jonathan Savage à 20h (Centre culturel Louis-Hémon)
- 28: Tirage de 350\$ (UCFO)
- 29: Ralliement-succès (Sacré-Coeur)

### Mars

- 3: Atelier gratuit - Intelligences multiples (FormationPLUS)
- 3-8: Semaine de l'apprenant adulte
- 8: Changement d'heure avant de vous coucher (avance l'heure)
- 7-16: Congé d'hiver (Sacré-Coeur et Trillium)
- 9-16: Semaine de relâche (FormationPLUS)
- 20-29: Activités des Semaines de la francophonie (CCLH, ESCT, SC, FPLUS)

# Le personnel du CSCNO parcourt près de 16 000 km en 50 jours!

Dans le cadre de la campagne « À petits pas » du CSCNO, les employés du Conseil scolaire catholique du Nouvel-Ontario ont reçu un podomètre et ils ont compté leurs pas entre le 5 novembre et le 24 décembre dernier. Ce nombre de pas a été

ensuite transposé en kilomètres et inscrit sur une section du site Internet du Conseil. L'objectif des participants était de parcourir un kilomètre par jour. Au total, 15 890,5 km ont été parcourus par les 223 participants au cours des

50 jours que durait cette campagne.

Parmi les 33 écoles et lieux de travail qui ont participé à cette compétition amicale, c'est l'école secondaire catholique Champlain, avec ses 37 employés, qui a parcouru la plus grande distance avec un

total de 5 390,5 kilomètres. C'est une moyenne de plus de 145 kilomètres par personne en 50 jours.

Lors du mois de décembre, le directeur de cette école, Daniel Dalcourt, avait motivé le personnel en comparant la distance à parcourir au trajet qu'aurait pris Samuel de Champlain, fondateur de la ville de Québec, s'il était parti de cette ville pour se rendre à Chelmsford. M. Dalcourt est très fier de son équipe: « À l'ESC Champlain, l'élève n'est

pas un numéro, mais il est numéro un et à l'ESC Champlain, tout le personnel n'est pas un numéro, mais il est numéro un. Nous avons prouvé qu'ensemble nous pouvions atteindre un objectif commun en nous épaulant les uns les autres et surtout en inscrivant chaque jour nos petits pas. Nous avons fait des pas de géant. Félicitations à tous! »

La directrice de l'éducation, Lyse-Anne Papineau, félicite tous ceux qui ont participé à cette campagne: « La santé de notre personnel

est importante et chaque participant et participante qui a atteint son objectif personnel mérite toutes nos félicitations. Bravo à tous! »

Ce projet s'ajoute aux initiatives mises sur pied par les membres du comité de la promotion de la santé du CSCNO. Il a pour objectif d'encourager tous les employés à marcher ou à courir sur une base régulière. Ce comité comprend des représentants de chacun des syndicats ainsi que des membres de l'administration.



**CHAPLEAU MEDICAL CENTRE**



**PATIENT REMINDER**

You must see a doctor for all prescription renewals and refills.  
To ensure you do not run out of medication,  
Please call 2 weeks ahead for an appointment.

Always bring your valid Health Card!



**CENTRE MÉDICAL DE CHAPLEAU**



**RAPPEL AUX PATIENTS**


Vous devez consulter un médecin pour tout renouvellement de médicaments prescrits.  
Pour ne pas manquer de médicaments,  
veuillez appeler 2 semaines à l'avance pour prendre rendez-vous.

Apportez toujours votre carte Santé valide!

## Our Lady of Fatima News



Families gathered for a nice turkey dinner with all the trimmings, last December, at Our Lady of Fatima school. Students were busy at work, decorating the walls, the stage and even hand painting the placemats for the tables in the gym. Staff members offered their time and effort serving the food. Different classes prepared skits and songs to delight the audience. It was a family event that showed the real meaning of Christmas in comparison with the materialistic spin given to the holidays. Superintendent Dalcourt and Faith Animator Ms. Lauzon came from Sault Ste Marie as honoured guests. Fr. Fortin blessed the evening before we all share this wonderful supper that will be warmly remembered by all!



**NORTHERN COLLEGE**

To be held at the Chapleau Innovation Centre

**Want to jump start a new career? Want to update your computer skills? The following courses will be beneficial in your career path.**

**Word-Intro/Intermediate**  
Start Date: February 18<sup>th</sup>  
Day & Time: Monday - 7:00 - 9:30 PM  
Cost: \$185  
Duration: 10 weeks (25 hours)  
Registration Deadline: February 14<sup>th</sup>

**PowerPoint**  
Start Date: February 20<sup>th</sup>  
Day & Time: Wed. 6:30 - 9:30 PM  
Cost: \$95  
Duration: 4 weeks (12 hours)  
Registration Deadline: February 15<sup>th</sup>

**Basic Computer Maintenance**  
Date: Saturday, February 23<sup>rd</sup> (5 hours)  
Cost: \$63  
Registration Deadline: February 20<sup>th</sup>

**Excel**  
Date: March 1<sup>st</sup> & 2<sup>nd</sup>  
Time: 1:00 to 5:00 PM  
Cost: \$90.71  
Duration: 8 hours  
Registration Deadline: February 27<sup>th</sup>

**Intermediate Computer Maintenance**  
Date: Saturday, March 8<sup>th</sup> (5 hours)  
Cost: \$63  
Registration Deadline: February 27<sup>th</sup>

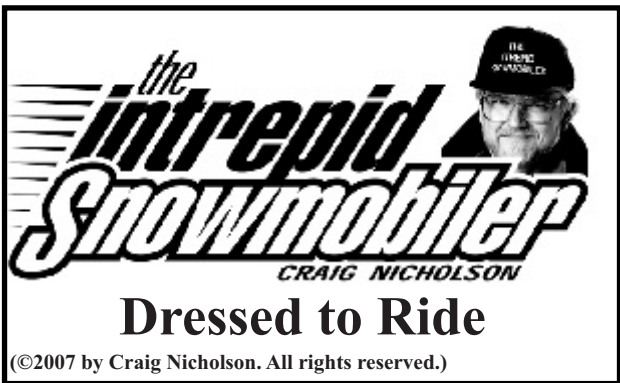
**To Register contact Linda:**  
By Phone: 864-9434 In Person:  
Chapleau Innovation Centre 12 Birch Street

**Full payment of course fees must be made at the time of registration.**

**Course Cancellation:** Every course/seminar must have a minimum enrolment. If any activity is cancelled due to insufficient enrolment, students will be notified by phone.

**If you cancel your registration you will have to pay a \$10 administration fee.**





Special to the Ontario Federation of Snowmobile Clubs: Getting cold can take the pleasure out of snowmobiling, so here's the scoop on staying warm. It starts with eating well to fuel your body and staying hydrated all day with water, juice or energy drinks. Then it's what you wear...

When dressing for snowmobiling, there is one key principle to remember — retain the heat, release the moisture. The more heat your clothing preserves, the less hard your body has to work to replace it. The more moisture your clothing moves away from your skin to transfer outside, the warmer you will be, because WET=CHILL. Your body naturally emits perspiration throughout the day and under exertion, you sweat. That's why fluid replacement intake is vital and why layering is so important.

While protecting against cold, wind and wet, layering provides you with optimum versatility and flexibility to vent or modify according to

conditions. With layering, you can adapt for excess heat and moisture caused by sudden exertion or for temperature changes throughout a long day of riding. Have you ever started to get a chill near day's end? Adding a layer (or putting one back on) will help. Your base layer rests against your skin. While providing minimal insulation value, its primary purpose is to move moisture out, so this "long underwear" needs to be light, quick drying and quick wicking (non-absorbent, trans-ferring wet away). Synthetic fibres are most popular, such a polypropylene.

Your next layer(s) provides heat retention by trapping warm air as insulation. This is usually a mid-weight layer (or two, depending on the temperature and amount of exertion) possibly followed by a heavier one, such as polar fleece. Typically, these layers measure in grams; higher numbers denote greater warmth. Avoid cotton fabrics in all of your layering garments because

cotton absorbs and holds moisture, and provides poor insulation. So no T-shirts, sweats or blue jeans, please!

Your exterior layer retains inner warmth and prevents external cold from entering. This outer shell should be waterproof (not just water resistant), breathable (releases moisture) and windproof (protection against wind chill), such as Gortex™. Be sure to choose a jacket that also has multiple vents for flexible inner climate control and that is large enough to go over your other layers without being snug. Regular winter and even ski jackets won't do the job...get gear made to specifically combat the unique challenges of snowmobiling. Dressing your extremities properly also contributes to your snowmobiling comfort. While riding, you may want a balaclava under your full-face helmet, the best choice for keeping your head and face warm. Since an uncovered head acts like a chimney for heat loss, always wear a hat while outside. For your feet, select a name brand, lightweight, waterproof boot, such as Baffin, made with multiple layers of

insulation and removable liners so you can air them out overnight. For your hands, waterproof is also a must and mitts are the warmest, especially combined with handle bar muffs and electric hand and thumb warmers. If you choose gloves, ensure that they are not too tight and have extra insulation on the backs, which are directly exposed to the cold wind. Even if you make all the right buying choices for snowmobiling, and dress appropriately each day, you can still need an extra boost of heat sometimes. So always carry a selection of chemical toe, hand and body warmers just in case.

And remember, some folks are more susceptible to cold than others, so take extra care to ensure their warmth and comfort. Plus, it's a good idea to carry a half empty "day bag" to make it more convenient to add or remove layers and provide energy snacks and drinks on the trail. Now you're ready to go snowmobiling! Until next time, the Ontario Federation of Snowmobile Clubs invites you to Go Snowmobiling this winter. Check out trail status reports at ofsc.on.ca

## School Principal is a man of his word



École Secondaire Catholique Trillium principal, Mr. Luc Tessier is seen having his hair shaved by local hairdresser Twyla Berry. Mr. Tessier had challenged ESCT students to collect 2000 food items for the annual Christmas Food Drive. Having set the goal to an almost unattainable level, Mr. Tessier promised that he would have his hair shaved if they were to attain his goal. The rest is history.



### ALGOMA DISTRICT SCHOOL BOARD

The Algoma District School Board's Financial Statements for the Year ending August 31, 2007 are now available on the internet. You may access the statements by:

- 1) www.adsb.on.ca on the internet
- 2) click on About Us
- 3) click on Business Operations
- 4) click on Financial Statements
- 5) click on Fiscal Year - 2006/2007

Alternatively please phone the Director's office at (705) 945-7234 or toll-free for area codes 705 and 807 at (888) 393-3639 to request that a copy be mailed to you

Mario Turco  
Director of Education

Wanda McQueen  
Chairperson



### 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 14, 2008. 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 14 février, 2008. 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.

**A part time position is available at The Beer Store. For more information please contact Alison at 864-1441.**



### CHAPLEAU SKI CLUB Carnival 50/50 Cross-Country Poker Run

**Sunday, February 17th  
From 1:00 - 5:00 p.m.**

Any Trail!! - From Chalet

**\$5.00 a hand!!**

**\$2.00 each additional hand**




## CANADA BROKERLINK (ONTARIO) Inc.

### INSURANCE

Insurance Brokers

Larry Donovan, Office Supervisor, Rosane Connelly, Account Manager, Jocelyne Gervais, Account Manager

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**Just great personal service with great rates.**

We will ask all of the right questions to make sure you get the best coverage and service for your needs. Then we will shop around to get the right price.

✓ Auto ✓ Home ✓ Commercial

24 hour claim service

PH: 864-1237 FAX: 864-2715

18 Birch Street, Chapleau.

E-mail: ldonivan@brokerlink.ca



# MOMENTS FROM THE PAST



1983- A Event Winner - The Con Schmidt rink took top honours in the Chapleau Firegithers Association annual Spiel by defeating the Bill Prusky rink in the finals. From left are: Paulette Lemieux, Raoul Lemieux, Marian Eveline and Ghislain Lafreniere (presenting trophy) Wilma Schmidt and Con Schmidt.



1983 - Mixed Champions - From left, Carmelle Martel, Herb Butler, Lorraine Butler and Jean Martel proudly display the trophy received for winning the most games this season.

## New in 2008

### THE CHAPLEAU DIABETES EDUCATION PROGRAM

IS OFFERING REGULAR BLOOD SUGAR & BLOOD PRESSURE CLINICS

The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month  
From 1- 2 pm

AT CEDAR GROVE

First Clinic February 13<sup>th</sup>, 2008



- Drop-in without an appointment
- Have your blood pressure or blood sugar checked
- Trying to lose weight? Weigh-in with us
- Have all your questions about diabetes answered
- Both Dietitian and Nurse available

**YOU DO NOT NEED TO HAVE DIABETES TO TAKE ADVANTAGE OF THIS SERVICE!**

**RISK SCREENING AND INFORMATION AVAILABLE FOR ALL AGES**

**TRANSPORTATION AVAILABLE  
CALL 864-3079 FOR MORE INFORMATION**

## Nouveau Pour 2008

### LE PROGRAMME D'ÉDUCATION DU DIABÈTE DE CHAPLEAU

OFFRE UNE CLINIQUE DE GESTION DE L'HYPERTENSION ET DU DIABÈTE

Tous les 2<sup>e</sup> et 4<sup>e</sup> mercredis du mois  
De 13 h 00 À 14 h 00

À Cedar Grove

La première clinique débute le 13 février 2008



- Vous n'avez pas besoin d'un rendez-vous.
- Faites vérifier votre tension artérielle ou votre glycémie.
  - Vous essayez de perdre du poids? Venez vous faire peser chaque semaine.
- Obtenez des réponses à vos questions sur le diabète.
  - Consultez la diététiste et l'infirmière.

**VOUS N'ÊTES PAS OBLIGÉ D'ÊTRE ATTEINT DU DIABÈTE POUR PROFITER DE CE SERVICE!**

**DÉPISTAGE DES RISQUES ET RENSEIGNEMENTS POUR TOUS**

**TRANSPORT OFFERT COMPOSEZ LE 864-3079  
POUR OBTENIR PLUS D'INFO.**



**THE LOCAL MARKET PLACE 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 meetings: Wednesday 7:30 p.m. & Sunday 2:00 p.m. Trinity United Church basement. Telephone contacts: 864-2321 and 864-1827.

**ALCOOLQUES 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. Téléphonnez au 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.

**Narcotics Anonymous** offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:00 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

**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. Jun7

**3 bdrm apt.** at 77 Monk St. now available for rent. Dryer and washer hook up, storage shed, large parking. For more info call 864-0966. Feb9

**Luxurious 2 bedroom unit,** completely, completely, completely furnished, centre location, available until May 1st. Remember you only need your cosmetic or shaving kit. Quiet and mature persons only. Call and leave a message. 864-9075 for Quality Rentals. Feb16

**CLEANING SERVICES**

Are you looking for a cleaning lady? Call Line at 864-1377 and leave a message. Feb16

**REFLECTIONS**

"It's sad that some men need to prove that they are in control by emotionally abusing children and their mothers."

**SERVICES**

**Maureen's Fitness Fun.** Starting Feb.19, Tuesdays & Thursdays 7-8 p.m. for 10 weeks. Total Body Workout & Relaxation. United Church Hall. To register, telephone 864-0891.

**Intermediate & Advanced Sewing.** Starting Wednesday, Feb.20 7-9 p.m. for 12 weeks. Instructors Phyllis McLeod and Maureen Lavoie. To register telephone Maureen at 864-0891.

**HAPPY 4TH BIRTHDAY RILEY KEITH CHAMBERS**

February 2nd, 2008  
Sorry you missed your birthday party and all your friends that you invited. Spiderman, said to tell you he will be back to see you soon. We wish we could have prevented your sadness.  
Love You  
Nana & Pawpa

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**AVIS DE CLÔTURE D'INVENTAIRE**

Avis est donné par les présentes que, suite au décès de Hervé PELLETIER en son vivant domicilié au 58, rue Centenaire, Saint-Louis-du-Ha! Ha! (Québec) GOL 3S0; survenu le 29 janvier 2007 à Chapleau (Ontario), un inventaire des biens du défunt a été fait par le co-liquidateur successoral le 31 janvier 2008, devant le notaire Jean DROUIN. Cet inventaire peut être consulté par les intéressés, à l'étude de Me Jean DROUIN, notaire, située au 639 boulevard Saint-Anne, bureau 7, Rimouski, (Québec) G5M 1H7 (tél. et fax 418-722-9480) Donné ce 31-01-2008 par Maryse Pelletier; co-liquidateur.

**VALENTINE'S DAY ALL YOU CAN EAT BUFFET**

at  
**Hongr's Bar & Grill**

Thursday & Friday Nights  
February 14th and 15th, 2008

Reservations recommended but not required  
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**SLOMA CLEANERS**  
Drop off at Between Friends (Cedar Grove)  
Mon.-Fri. 8:30 to 12:00 & 1:00 to 4:30

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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  
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Pour rallumer les étoiles - Dominique Demers  
Belle-Rose Tome 1 Les conquêtes de Belle-Rose  
Amédée Achard  
Belle-Rose Tome 2 La vengeance de M. De Louvois  
Amédée Achard  
La Cape et L'Épée Tome 1 M. De Montestruc  
Amédée Achard  
La Cape et L'Épée Tome 2 La Toison d'Or - Amédée Achard  
Buridan Tome 1 Le Héros de la Tour de Nesle - Michel Zévaco  
Buridan Tome 2 La Reine Sanglante - Michel Zévaco  
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Chapleau Northwood Heart Health invites you to a

## Family Day Snowshoe Walk

Michael Levesque Trail  
 Monday, February 18, 2008 at 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 at 864-1610.




Chapleau Northwood  
**Heart Health Cœur en santé**

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

## Chapleau Village Shops

offers  
*"Something Special"*  
 for  
 your Valentine

# 5 DAYS ONLY

Feb. 11 - 15

## All Engagement & Wedding Rings 1/2 Price

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An assortment of fine body products from Crabtree & Evelyn	Fresh, Delicious Laura Secord Chocolates; Love Bugs, Hearts & Gummies	From <i>The Source</i> : Pink Ipod Nanos & Digital Cameras	Stuffed animals for your Valentine from the <i>Bearington Bear Collection</i>
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## Inscription à la maternelle

12 et 13 février 2008

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