

Talk about good coffee!

Miss Muggins  
Coffee and  
Fresh Donuts

# CHAPLEAU EXPRESS

Vol. 14, Issue 22, February 13, 2010

PIZZA HUT & KFC  
There's a Reason  
We're Number 1  
"0 TRANS FAT"  
864-0911



## Northern Credit Union donates



Shown in the photo is Cathy Ansara, Branch Manager, Northern Credit Union with her staff, (left to right) Lisa Gauthier, Shonna Klatt, Rolanda

Holmes and Vanessa Morrison, presenting a cheque of \$1,000 for the Chapleau Health Care Project. Accepting the donation is Joanne Mione, Project Coordinator

and Dave Repath, Chair of the Chapleau General Hospital Foundation. The goal of the project is to improve access to health care services in Chapleau. This goal

will be achieved by offering a Registered Practical Nursing Program in Chapleau, sending our youth to a science camp to learn about careers in the health field, attending and developing marketing materials for career fairs and purchasing an electronic medical records system for the medical clinic. Anyone wishing to donate to the Chapleau Health Care Project, please contact the Chapleau General Hospital Foundation at 705 864-2568 extension 33.

*Cathy Ansara, gérante de la succursale de Northern Credit Union et son équipe,*

*Lisa Gauthier, Shonna Klatt, Rolanda Holmes et Vanessa Morrison, présentent un don de 1 000 \$ pour le Projet de soins de santé de Chapleau. Inclus dans cette photo sont la coordonnatrice de projet, Joanne Mione et le président de la Fondation de l'Hôpital Général de Chapleau, Dave Repath. Le but du projet est d'améliorer l'accès aux soins de santé à Chapleau. Le projet comprend les quatre activités suivantes : offrir un*

*infirmiers auxiliaires à Chapleau; exposer notre jeunesse aux carrières dans le domaine de la santé en participant au camp de sciences; assister aux foires de carrière et développer du matériel de marketing; et acheter un système de dossiers de santé électroniques pour la clinique médicale. Pour faire un don envers le Projet de soins de santé de Chapleau, veuillez communiquer avec la Fondation de l'Hôpital Général de Chapleau au 705 864-2568, poste 33.*

## Phenomenal Women Time...

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 fourth 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 each school and most of the local merchants and public offices throughout town, including the APANO offices at 8 Lorne Street North (next to the Post Office). Please take a couple of minutes to fill them out and deposit your form in the boxes next to them by noon March 1st, 2010. We

will collect all acknowledgement forms and prepare a certificate for your Phenomenal Woman.

Experience has proven your Phenomenal Women 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 Monday, March 8th between 7:00 - 9:00 pm.

**Long Term Forecast**

**Friday**  
High -11  
Low -21

**Saturday**  
High -9  
Low -14

**Sunday**  
High -10  
Low -15

**Monday**  
High -7  
Low -12

**Tuesday**  
High -5  
Low -11

**Wednesday**  
High -5  
Low -11

**THIS SATURDAY**

**DON'T WAIT & BE TOO LATE!!  
GET YOUR ENTRY NOW!!**

**CHAPLEAU'S 14TH ANNUAL  
"NORTHERN PIKE ICE FISHING  
DERBY"**

**Happy Valentine's  
Day**

*For all your automotive needs, trust in Northern Haul Contracting!*

**We carry KalTire tires and studding is available.**

*Winter maintenance is important, call us to have your vehicle serviced. Need snow removal? Give us a shout, great rates and excellent service!*

**It is our pleasure to serve you.**

**PLEASE CALL 705-864-1095 TO BOOK AN APPOINTMENT**

**VISIT OUR WEBSITE WWW.NORTHERNHAUL.COM FOR A COMPLETE LIST OF OUR SERVICES.**

# Home Renovation Tax Credit Worth Repeating

**REPORT from  
OTTAWA  
by  
Carol Hughes**



Federal member of Parliament  
Algoma-Manitoulin-Kapuskasing

The Home Renovation Tax Credit (HRTC) came to an end last week and by all accounts it was a success story. In fact, it was such a success, that people are clamoring for the government to continue the credit for another year. New Democrats are calling for the credit to be maintained and enhanced to promote energy-efficient, green technology for home improvements.

The element of energy efficiency would make sense for all Canadians since it

would also fit well with our desire, and new obligation by way of the Copenhagen agreement, to reduce our greenhouse gas output. For residents of the North it would be a real boon since we pay more for conventional energy and much of that will soon be taxed at a higher rate when the HST comes into force, as expected, this summer. For those reasons alone it makes sense to tie green technology to an extension of the HRTC.

For people

who did not have the means or ability to have renovations done last year, an extension would give them another chance to take advantage of the credit. It is a good way for the government to encourage taxpayers to contribute to the economic recovery in an opt-in manner. An important consideration given that we are not out of the economic crisis that gave rise to the HRTC yet.

Consumer spending and confidence are important elements of recovery. Since it was such a popular and effective measure, it would make sense for the government to extend and enhance the credit instead of dropping our guard and hoping the recovery continues. What the government should have learned from this exercise is that people respond well to incentives. Out of the many different stimulus measures offered federally, this was, by far, the least contentious.

The popularity of the HRTC is undeniable. As NDP Finance Critic, Thomas Mulcair said of the credit this week, "this was a time the government got it right." Still, the HRTC it is not

without its problems. It is important for people to understand that this is a refundable tax credit. That means that a person has to be paying federal income tax in order to be eligible for it. Put simply, it is not a rebate. If you do not pay tax to the federal government there is no mechanism to get the credit.

New Democrats made the pitch to extend and improve the HRTC this past week at a press conference. Had the House of Commons been in session, as it was meant to be, the proposal would have been part of the pre-budget consultations of the Finance Committee. The Canadian Retail Building Supply Council, the Canadian Hardware & Housewares Manufacturing Association and the Canadian Home Builders Association have also requested an

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extension of the tax credit program into 2010. All of these groups have reported increases in renovation activity, from boosts in residential building permits to sales at local hardware stores. We will find out soon enough if the Finance Minister has been listening to Canadians.

**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 18, 2010. 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 18 février, 2010. 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.

**IN MEMORY  
Blanche Sawyer  
February 14, 2009**

Do not stand at my grave and weep;  
I am not there, I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry;  
I am not there, I did not die.

*Sadly missed by her partner Ron, her children, grandchildren, and friends.*

**Chapleau  
Winter  
Carnival  
Feb. 18-21  
2010**

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

SAY what?

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

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

Make it a **Healthy Day!**  
Sudbury & District Health Unit  
Service de santé publique de Sudbury et du district

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

DIRE quoi?

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

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

Visiez **Santé**  
dès aujourd'hui!  
Service de santé publique de Sudbury et du district  
Sudbury & District Health Unit

**GOING TO CHURCH**

**Catholic Church  
SACRED-HEART OF JESUS  
PARISH  
PAROISSE SACRÉ-COEUR  
DE JÉSUS**  
26 Lorne Street North  
OFFICE- 21 Lansdowne St.N.  
864-0747  
New Schedule Effective Nov. 7/09  
Nouvel horaire à compter du 7 nov/09  
Sat/sam 7 p.m. (E or F)  
Sun/dim 9:30 a.m. (F or E)  
Weekdays/Semaine lun-ven 9:30 a.m.  
Wed/Mer (Hosp) 11:30 a.m.  
Fr. Sébastien Groleau

**ST. JEAN DE BRÉBEUF  
(Sultan)**  
Liturgy of the Word  
Liturgie de la parole  
Mass 3rd Sunday  
Messe 3e dim 12:00 Noon (B)  
Permanent Deacon  
Diacre Permanent  
Ted Castilloux

**Diocese of Moosonee  
Anglican Church of Canada  
ST. JOHN'S CHURCH**  
4 Pine Street West  
864-1604  
Sunday Service  
10:30 a.m.  
Rev. Bruce Roberts

**ST. MARY'S ANGLICAN  
CATHOLIC CHURCH**  
78 Devonshire Street  
864-0909  
Sunday Service 10 a.m.  
Rev. William P. Ivey

**CHAPLEAU PENTECOSTAL  
CHURCH**  
9 Elm Street (P.A.O.C.)  
864-0828  
Sunday 10:30 a.m. & 7 p.m.  
Wed. Family Night 7-8 p.m.  
Fri. Story Hour  
3:30-4:30 p.m.  
Pastor Dan Lee

**TRINITY UNITED CHURCH**  
Corner of Beech and Lorne  
864-1221 Sunday Service and  
Sunday School 11:00 a.m.  
Anna Chikoski  
Soup Kettle every 2nd Wednesday  
of the month  
www.angelfire.com/on/trinityuc

**OUR LADY OF SEVEN  
SORROWS PARISH  
PAROISSE NOTRE-DAME-  
DES-SEPT-DOULEURS  
(Foley)**  
Liturgy of the Word  
Liturgie de la Parole  
Mass 2nd-4th Sunday/  
Messe 2e-4e dim 12:00  
Noon (B)

**COMMUNITY BIBLE CHAPEL**  
Corner of King and Maple  
864-0470  
Communion Service 9:30  
Family Bible Hour 11 a.m.  
Including Sunday School  
Evening Bible Study and  
Ladies Bible Study  
during the week  
Transportation available  
Al Tremblay

# Chapleau High School a busy place in 1972 when Bob Fife was Students Council president and a record 452 students enrolled

## Chapleau Moments

by Michael J. Morris



Chapleau High School was a busy place back in 1972 when Robert "Bob" Fife was president of the Students Council. Now the Ottawa Bureau Chief of CTV News, and one of Canada's best journalists, Bob presided over a very active student body, according to 'Ad Astra' the school's yearbook.

Serving on the Students Council executive with Bob were vice president Tom Tangie, secretary Patsy Desbois and treasurer Jamie Doyle. The editor of Ad Astra was Robert Pellow while Alex Babin was the staff advisor to the Students Council and Tom Riddoch was yearbook advisor.

The Junior Raiders won the eastern division basketball championship of the North Shore Secondary School Athletic Association. Team members included Richard Martel, Paul Tremblay, Allan Laframboise, Robbie Jardine, Robert Doyle, Ron Thibault, Michael Dillon, Keith McAdam, Rene Lafreniere, Richard Desbiens, David Dillon, Tom McCrea, Luc Gauthier and

Dave Vandal. Ross Hryhorchuk was the coach.

Peter Elliott was master of ceremonies at a school variety night introducing each act with flair, and building up the spirit of the groups, many of whom had never before appeared on stage. Some of the acts were as follows:

Pierrette Debris and Mary Ellen Mckee presented the comedy dance 'A Prison Holiday' while Tina Cappellani and Gilles Babineau performed on the accordion assisted by Janice Robinson.

The 'Midget Boys' Chris Bernier and Rick Linklater turned in a credible performance as singers. I am giving them the benefit of the doubt here as Chris and Rick were members of the Midget

hockey team I was coaching at the time.

The Woodwind with Robbie Jardine, Ken Lane, Ross Barlow and Murray Midkiff presented several numbers for the enjoyment of the audience and yes, folks, they were great.

Turning to curling, the team skipped by Claude Fortin, earned first place honours for the first time at a bonspiel in Marathon. Other members were Irene Johnson, Maurice Tremblay and Mona Rioux. Pat Bamford was the coach.

The high school posture contest saw Debbie Linklater emerge as the Queen with Cathy Lingenfelter and Hilda Jackson as runners up.

CHS also had an excellent boys' volleyball team with Eleanor Lyttle as the coach. Members included Jamie Doyle, Robert Petrunka, Peter Beaudry, Andre Paquette, Paul Simpson, John McKnight, Frank Rail, Ron Larcher, Keith Marsh and Richard Thibault.

The CHS Winter Carnival King was Richard Rioux and the Queen was Helene Fortin.

Remember the cheerleaders. They were Debbie Pellow, Gail May, Denise Joyal, Rosalyn Jardine, Mary Ann Morris, Doris Delaney and Cathy Lingenfelter on the junior squad while seniors were Cheryl Robinson, Lynda Rose, Pierrette Debris, Mary Emma Morris, Nicole Germain and Mary Ellen McKee.

The new CHS had opened in 1966, and an addition was completed in 1971 to meet the demands of growing enrolment. In the 1972-73 school year, there was a record enrolment of 452 students. The school had also adopted the credit and semester system.

Once again, thanks to all who have been contacting me about Chapleau Moments. After my column on the 1958 Chapleau Winter Carnival, I received

several messages paying tribute to J.M. Shoup, the longtime principal of Chapleau Public School, for his work in many Chapleau activities. Thanks for writing.

My email is mj.morris@live.ca

**Chapleau Winter Carnival Feb. 18-21 2010**



Are you thinking of travelling to a Spanish speaking country or simply want to learn to speak Spanish? If so, this course is offered especially for you. This course will provide you with basic knowledge of the Spanish language to manage typical situations encountered while traveling, or meeting a Native speaker.

Learn Spanish the Easy Way with Maria Salazar  
**Spanish Lessons for Travelers**

**Start Date:** February 16th  
**Day & Time:** 7:00 - 9:30 PM  
**Cost of Course:** \$193.75  
**Cost of Material:** \$15.00  
**Duration:** 10 weeks (25 hours)  
**Registration Deadline:** February 15th  
**Dates of Lessons:** Feb. 16th, 23rd, March 2nd, 11th, 18th, 25th, April 1st, 8th, 15th and 22nd

**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.**

**2010 Annual Amateur Snow Drag Races "TASTE OF THE NORTH" WINTER CARNIVAL**

**Saturday**  
February 20th, 2010  
**Registration:** 7:00am to 9:00am  
at The Township of Chapleau

Races begin at 11:00am on the Chapleau River  
For More Information contact  
Derek Bouchard @ 705-864-2262  
or by email at Melissa\_Derek@hotmail.com

**Ontario**  
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**Chapleau Cree Auto/Truck**  
Monday - Friday  
8:30 a.m - 4:30 p.m.  
"Preventive Maintenance keeps you on the road"  
**FOX LAKE RESERVE**

**CALL**  
**864-9090**  
for an  
appointment

# Make this Valentine's Day a family affair



(NC) — Since Valentine's Day falls on a Saturday, it's a great opportunity for some family activities. Check out these tips from Hallmark:

- Set up a Valentine's Day treasure hunt.

Write the first clue inside the kids' Valentine's Day cards, then hide a series of clues in and around the house to lead them on the chase. End the treasure hunt with one of Hallmark's cuddly

stuffed animals and some treats.

- Plan a few fun activities around food and get your meal ideas from a favourite family film. Watch *Lady and the Tramp* and then whip up some spaghetti and meatballs for dinner.

- Take time to reach out to neighbours and family members. A Valentine's Day card will bring a smile to a grandparent's face. Or drop cards in the mailboxes of older neighbours to brighten their day.

- Give the kids gifts

with a thoughtful twist. Write an affectionate note on the first page of Hallmark's journal with a love bug charm or include a note inside the heart coin purse that clips to backpacks or purses.

- Add a valentine's

theme to your bedtime ritual. Check with your local library for a list of popular valentine-themed books such as *Arthur's Valentine*.

You can find more Valentine's Day ideas at [www.hallmark.ca](http://www.hallmark.ca).

## Make your child's Valentine's Day memorable

(NC)—Most kids enjoy Valentine's Day. They relish the time to eat chocolate and show their affection for friends and family. In fact, most moms and dads can pull out some creative, quirky Valentine's card that they've saved from their child who made it with all the love and sticky white craft glue their child could muster.

You can make your child's Valentine's Day more memorable

by: Hosting a Valentine's Day party: Take the time to let your child invite a few of their closest friends over to the house for some heart shaped cookies and red punch. Orchestrate some games and have them share one thing they really like about the other person. It will be a fun day that they'll always remember.

Giving your child the opportunity to show compassion to another child.

Valentine's Day is the perfect day to teach your child compassion towards others. By logging on to charitable websites like [www.ccfcanda.ca](http://www.ccfcanda.ca) you can browse the online gift catalogue and help your child send chickens, a food basket or even a school uniform to another child suffering in extreme poverty in a developing country. It will be something different to do, they will learn compassion

and tell all their friends about the wonderful Valentine's gift they gave.

Giving your child Valentine coupons: Put your creativity to work and give your child some home made Valentine coupons. Make a couple for hugs, others for treats and a few more as "stay up late" late passes. They won't forget your Valentine's day present because your kids will use them all year long.

**Sentier Michael Levesque**  
**Le lundi 15 février 2010**  
**13 h 30**

Rencontre à l'entrée principale de l'école Our Lady of Fatima.

Réchauffez-vous près du feu de camp. On servira du chocolat chaud et du thé.

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

Pour de l'information, appelez le Service de santé publique de Sudbury et du district, au (705) 860-9200.



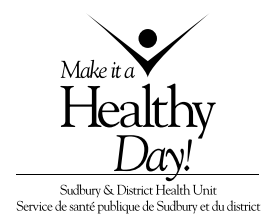
**Michael Levesque Trail**  
**Monday, February 15, 2010**  
**1:30 p.m.**

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

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

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

For more information, call the Sudbury & District Health Unit Chapleau Branch Office at (705) 860-9200.





# Enregistrement obligatoire des cabanes de pêche sur la glace

## Assurer la sécurité des pêcheurs et des plaisanciers

Pour protéger l'environnement et assurer la sécurité des pêcheurs et des plaisanciers, les pêcheurs doivent enregistrer les cabanes de pêche neuves ou non déjà enregistrées, qui sont installées sur les lacs de la région. L'enregistrement, qui est gratuit, vise à éviter que les pêcheurs n'abandonnent leurs

cabanes de pêche. Les cabanes abandonnées peuvent s'engloutir après la fonte des glaces.

Les cabanes doivent être enregistrées dans la zone 10 de gestion de pêche dans le district de Chapleau. Pour enregistrer une cabane dans la zone 10, il faut appeler le bureau du ministère des

Richesses naturelles de sa localité au 705-864-1710.

Généralement, on peut le faire par téléphone. Une fois enregistrée, une cabane peut être utilisée n'importe où en Ontario.

Les pêcheurs doivent enlever les cabanes de la plupart des lacs de la zone 10 au plus tard le 31 mars,

2010.

Il faut placer la cabane sur des blocs en bois de 15 cm (six pouces) de haut, pour qu'il soit plus facile de l'enlever à la fin de l'hiver. Les propriétaires de cabane doivent ramasser les déchets autour de leur cabane.

Le numéro d'enregistrement de la cabane doit avoir une hauteur d'au moins 6,3 centimètres (2,5 pouces) et être bien visible de l'extérieur de la cabane.

Il n'est pas nécessaire d'enregistrer les abris faits de tissu ou d'un matériau synthétique qui font, une fois montés, moins de sept mètres carrés de superficie (75,4 pieds carrés).

Quiconque laisse une cabane après la rupture des glaces enfreint la Loi sur les terres publiques, même dans les zones où l'enregistrement des cabanes n'est pas obligatoire.

Pour enregis-

trer une cabane dans d'autres districts, voir le Résumé des règlements de la pêche sportive de 2010, disponible dans les bureaux qui délivrent les permis de pêche, les centres d'information Service Ontario et le site du ministère ontario.ca/peche.

Pour se renseigner sur les règlements relatifs à l'enregistrement des cabanes, contacter le bureau du ministère de sa localité.


## Students can file their income tax for free using NETFILE

(NC)—Students wanting to save money on their income tax this year may qualify for free NETFILE-certified tax preparation software. There is a list of NETFILE-certified software at [www.netfile.gc.ca](http://www.netfile.gc.ca). The list is updated during the filing season as products are certified, so you might want to bookmark it and check back

regularly.

NETFILE is quick, easy, secure, confidential, accurate, and paperless. Get a confirmation of receipt by the Canada Revenue Agency (CRA) immediately and receive your refund faster. In order to use NETFILE, you must have a four-digit access code, which you can find on the information sheet of your T1 personal

income tax return package. If you did not receive an access code, starting February 9, 2009, you can get your access code online at [www.netfile.gc.ca](http://www.netfile.gc.ca) or by using the CRA's My Account service at [www.cra.gc.ca/myaccount](http://www.cra.gc.ca/myaccount). Your access code, along with your social insurance number and date of birth, become your electronic signature.



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

### Full-time Employment Opportunity Maintenance Supervisor

The Chapleau Cree First Nation is seeking a highly motivated, multi-skilled and experienced person to oversee the maintenance, repair and general upkeep of all buildings, homes and structures owned and operated by the First Nation.

The incumbent must have a demonstrated work background in community maintenance as well as skills regarding the supervision of workers, tradesmen and contractors. The successful candidate must have the ability to prioritize workload, develop maintenance plans, develop work schedules and budget preparation for the overall maintenance of the First Nation.

This position will manage the Public Works Garage of the Chapleau Cree First Nation. The scope of this position requires the incumbent to have experience in the maintenance of a similar size operation and a valid driver's license. This position will assist in the day to day operation of maintenance and the incumbent will be expected to operate light and heavy equipment as well as perform maintenance duties in conjunction with supervisory responsibilities.

Detailed position description available at the Chapleau Cree First Nation Band Office. All person interested in this position are encouraged to apply. Please provide a covering letter with résumé on or before February 19, 2010 to:

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

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

## Free Family Movie!

The Chapleau Best Start Hub and Chapleau Recreation Department will be offering FREE Family Movies once a month. The first movie is Carnival Weekend!

**Where:** Community Hall  
**When:** Sunday February 21st @ 1:00pm  
**What Movie:** Cloudy with a Chance of Meatballs.

Come as a family and enjoy quality time together!



Sudbury North  
Best Start Hub

## Le Centre De Garde De Chapleau

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

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

Les services sont disponible en français de 7h 30 à 17h 30 du lundi au vendredi.  
Nous offrons différents options d'utilisateur, des tarifs de famille et des subventions.

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




## Three wise ways to use your tax refund

(NC)—Most of us already have plans for this year's tax refunds. Maybe you will use it for a well deserved vacation or that big screen TV you've had your eye on. These are fun ways to reward your self in the here and now. But consider

how you can make your tax refund work for you long term.

Here are some wise ways to apply your tax refund:

Pay off credit card debt. Carrying credit card debt can be a huge burden. Especially with credit

card interest rates as high as 21 per cent or more—costing you a lot of money. Paying off debt now will give you greater financial flexibility in the future.

Make a donation. Your refund can do the world some

good. While the Christmas season is when people feel most charitable, making a donation could be a strain on the pocket-book because of all the other seasonal financial obligations. However, by the time you receive your tax refund it will be easier for you to make that

donation and support a cause you care about. Charities like Christian Children's Fund of Canada offer many giving options at [www.ccfcanada.ca](http://www.ccfcanada.ca) where you can help children suffering in extreme poverty. Plus, your donation is tax deductible.

Put it in your

savings account. Personal savings in Canada are continually diminishing. People are spending more than they make. Stashing away your tax refund for a rainy day will help you avoid using your credit cards when an emergency comes up...and they always do.

### Calling all mature skiers!!

Dust off your old skis and come out to

**The Chapleau Ski Club**  
**Mon. Feb. 22 from 7 - 10**

Ski tips from Ross Broomhead



Non-Members  
\$5 for the night!!!!

## Trinity United Church

**CARNIVAL SUPPER**  
**Friday, Feb. 26th, 2010**  
**from 5:00 to 7:00 p.m.**



### MENU

Ham  
Scalloped Potatoes  
Homemade Beans  
Variety of Salads and Desserts



### PRICES

Adults \$8.00  
Seniors \$6.00  
Children(4-12) \$6.00.  
Free for children under 3



### Notice to Creditors

In the estate of Elmer R. Freeborn  
Deceased

All persons having claims against the Estate of the above named deceased, late of the town of Chapleau, Province of Ontario, who died on or about the 20th day of September, 2009 are hereby notified to send particulars of the same to the undersigned on or before the 6th of March, 2010 after which the Estate will be distributed with regard only to the claims of which the undersigned shall then have.

Dated this 6th day of February, 2010

**Earle J. Freeborn**  
P.O. Box 316  
Chapleau, Ontario  
P0M 1K0

### Bottle Drive

Bottle Drive for Girls Hockey. Save your superbowl empties, the chicks will be around Sunday February 14th to collect. 11 am and on.... Can be left outside your door, or if want early pickup please call Marianne Leach at 864-1106

**Thank you for your support.**

## Final Review

### Forest Management Plan Inspection Spanish Forest 2010 – 2020 Forest Management Plan

The Ontario Ministry of Natural Resources (MNR), Domtar Inc. and the Local Citizen Committees (LCC), as part of the ongoing forest management planning process, would like to invite you to inspect the approved 2010 – 2020 Forest Management Plan (FMP) for the Spanish Forest.

The approved FMP includes information on:

- The long-term management direction of the forest;
- The planned operations for harvest, renewal and tending and access roads for the first five-year term (2010 – 2015);
- The proposed areas of operation for the second five-year term (2015 – 2020);
- The corridors for primary and branch roads for the ten-year term (2010 – 2020);
- The major changes made after consultation of the draft FMP.

#### How to Access the Approved Plan

The approved FMP will be available for public inspection during normal office hours for 30 days (February 10, 2010 to March 12, 2010) at the following locations:

- The Ministry of Natural Resources public website at [ontario.ca/forestplans](http://ontario.ca/forestplans)
- ServiceOntario Centre in Toronto (777 Bay St., Suite M212, Market Level: call toll-free: 1-800-268-8758) which provides computer access to the Ministry of Natural Resources website at [ontario.ca/forestplans](http://ontario.ca/forestplans)
- Domtar office, 823 Birch Street South, Timmins, Nick Gooderham, 705-267-1000, ext. 227
- Ministry of Natural Resources Espanola Area office, 148 Fleming Street, Espanola, ON, Paul Leale, 705-869-4946
- Ministry of Natural Resources Gogama Area office, 2000 Low Street, Gogama, ON, 705-894-2000
- Ministry of Natural Resources Chapleau District Office, 190 Cherry Street, ON, Bill Guthrie, 705-864-3167
- Ministry of Natural Resources Regional office, Ontario Government Complex, Hwy. 101 E., Timmins, Mark Austin, 705-235-1210

Copies of the approved FMP summary and values maps may be obtained by contacting the Ministry of Natural Resources Sudbury District- Espanola Area Office or the Domtar Inc. office.

#### Can't Make It?

An appointment to inspect the plan during non-business hours may be made by contacting the Ministry of Natural Resources District Manager or a planning team member by calling 705-869-4946.

During the 30-day inspection period, a written request can be made to the Director of Environmental Assessment Approvals Branch, Ministry of the Environment, for an individual environmental assessment of specific forest management activities in the FMP as described in the *Forest Management Planning Manual* (2004). A response to a request for an individual environmental assessment will normally be provided after the completion of the 30-day inspection period.

The planning team for the forest management plan consisted of the following people:

**Nick Gooderham**, R.P.F., Chairman/Plan Author  
**Paul Leale**, R.P.F., MNR Forester  
**Wayne Selinger**, MNR Biologist  
**Bob Martindale**, LCC Member  
**Bill Guthrie**, R.P.F., MNR Chapleau  
**Mac Kilgour**, MNR Timmins  
**Chris Mackay**, Mattagami F.N.  
**John Manitowabi**, Wikwemikong Unceded Indian Reserve  
**Alfred Ojeebah**, Brunswick House F.N.  
**Dean Assinewe**, Sagamok Anishnawbek  
**Kevin Blackburn**, True North Hardwood Plywood Inc.

For further information, please contact:

**Paul Leale**  
Ministry of Natural Resources  
148 Fleming Street  
Espanola, ON P5E 1A2  
Tel.: 705-869-4946

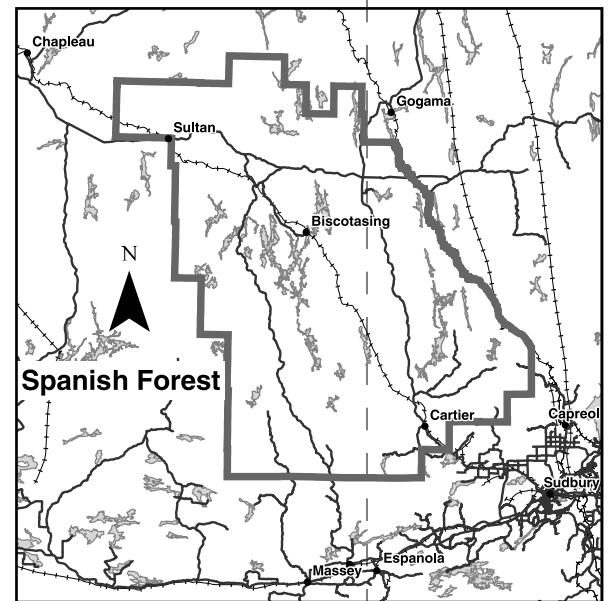
**Nick Gooderham**  
Domtar Inc.  
823 Birch St. S.  
Timmins, ON P4N 7E3  
Tel.: 705-267-1000, ext. 227

**Bob Martindale**  
LCC Chair  
1767 Wallace Road  
Chelmsford, ON P0M 1L0  
Tel.: 705-855-5147

Following the inspection period, the approved ten-year term FMP will be available for viewing at the Domtar office, the Ministry of Natural Resources Espanola Area office, the Ministry of Natural Resources Northeast Regional Office and the ServiceOntario Centre in Toronto (777 Bay St., Suite M212, Market Level: call toll-free: 1-800-268-8758).

The Ministry of Natural Resources is collecting your personal information and comments under the authority of the *Crown Forest Sustainability Act*. Any personal information you provide (address, name, telephone, etc.) will be protected in accordance with the *Freedom of Information and Protection of Privacy Act*, however your comments will become part of the public consultation process and may be shared with the general public. Your personal information may be used by the Ministry of Natural Resources to send you further information related to this forest management planning exercise. If you have questions about the use of your personal information, please contact Don Mark at 705-564-7360.

Renseignements en français : Diane Gibson au (705) 869-6470.



# La francophonie en folie

## ÉRIC LAROCHELLE EN SPECTACLE

100% garanti ou argent remis! C'est le 24 février prochain que le Centre culturel présentera le spectacle d'Éric Larochelle intitulé « Ça va être bon en titi! ». Et comme première partie, PunkyFier, un groupe d'ados du secondaire vous divertira.

Éric Larochelle est un faiseur de chansons. Son spectacle se veut à la fois drôle et touchant. S'accompagnant à la guitare ou au piano, il sait comment rejoindre les spectateurs. Grâce à des textes émouvants et authentiques, il nous fait entrer dans un univers marquant.

On ne compte plus les prix reçus depuis le début de sa carrière en 2003, le prix du public au concours national de la chanson Francophone de Petite-

Vallée, 4 mentions lors du Festival international de la chanson de Granby et le Prix ROSEQ remis par Réseau Ontario en 2008.

Dans une langue vivante et imagée, Éric Larochelle raconte avec aplomb des histoires, parfois crues, qui font rire et pleurer. Il a un parler qui lui est propre, un peu terroir, mais proche de la vie. Les chansons se suivent et ne se ressemblent pas. On le suit dans ses aventures guettant la mélodie mélancolique ou le sourire complice qui annonce l'ironie de son prochain texte.

Un artiste 100 % garanti par Réseau Ontario. Personne ne sera déçu, ça va être bon en titi!



### Ligne d'avis juridique

Le service vise à donner aux clients francophones l'occasion de discuter de leurs questions et difficultés juridiques ainsi que de s'informer sur leurs droits et sur leurs responsabilités. Le service sera offert gratuitement au numéro sans frais : 1-87 POUR AVIS (1-877-687-2847).

## RÉGIME DE PENSION CANADIENNE

Une représentante de Service Canada sera à Chapleau le vendredi 5 mars pour faire une présentation sur le Régime de pension canadienne ou CPP. Elle donnera de l'information sur le sujet et il y aura une période de

questions. La session en français est à 13 h au centre d'innovation situé au 12, rue Birch.

Pour plus de renseignements, veuillez appeler le centre d'innovation au 864-9434.

## ACTIVITÉS À VENIR...

### février

- 10-14: Voyage de ski à St-Donat (Trillium)
- 14: La fête de la St-Valentin
- 15: Journée nationale du drapeau canadien et Fête du Patrimoine
- 15: Journée de la famille - congé (CCLH, ESCT, SC, FPLUS)
- 16: Tournoi de ballon-panier - Chapleau Public School - 7<sup>e</sup> et 8<sup>e</sup> (Trillium)
- 16: Service Canada (Centre d'innovation de Chapleau)
- 16: Programme d'appui aux parents (Sacré-Coeur et FormationPLUS)
- 17: Mercredi des cendres
- 17-19: Carnaval d'école (Sacré-Coeur)
- 19: Tournoi de ballon-balai - 7<sup>e</sup> et 8<sup>e</sup> (Trillium)
- 17-20: Carnaval de Chapleau
- 18: Tournoi de ballon-balai avec Fatima (Sacré-Coeur)
- 22: Présentation - Équipe NET (Trillium)
- 22: Présentation du planétarium mobile de Science Nord- semaine (Trillium)
- 24: Tournoi de ballon-panier à Wawa - 7<sup>e</sup> et 8<sup>e</sup> (Trillium)
- 24: Souper du 35<sup>e</sup> du Centre culturel Louis-Hémon (CCLH)
- 24: En première "PunkyFier" à 19 h (CCLH)
- 24: Spectacle d'Éric Larochelle à 19 h 30 (CCLH)
- 26: Ralliement-succès (Sacré-Coeur)
- 26: Présentation des PPO - lutte anti-drogue (Trillium)

### mars

- 3: Carnaval d'école - ski à Kamiskotia et pêche sur glace (Trillium)
- 5: Service Canada - présentation sur le CPP à 13h (Centre d'innovation)
- 4-11: **Semaine de la francophonie** (CCLH, ESCT, SC, FPLUS)  
**Les activités locales sont en caractère gras**
- 4: **Pièce de théâtre "Slague"** à 19h30 (Centre culturel Louis-Hémon)
- 5-11: **Exposition "La francophonie ontarienne: d'hier à aujourd'hui!"** à Trillium
- 9: **Soirée "Dieu Merci"** à Trillium à 19h (Trillium et AFEC)
- 10: **Conférencier Christian Pilon - élèves du secondaire** (Trillium)
- 11: **Conférencier Christian Pilon - élèves du primaire** (Sacré-Coeur)
- 11: **Souper et conférencier Christian Pilon à 17 h 30** (CCLH et FPLUS)
- 12-19: **Semaine de relâche** (Sacré-Coeur et Trillium)

## ÉCOUTER "LE LOUP" VAUT LA PEINE!

Durant deux semaines, les gens pouvaient tenter leur chance à gagner un billet pour le "Fish Derby" de Chapleau.

Sylvain Boucher, animateur, avait un temps où il demandait aux gens d'appeler pour tenter leur chance à mettre leur nom dans le tirage. Tu devais être la x<sup>e</sup> personne à appeler ou même un matin tous les gens qui

appelaient méritaient une chance.

Le tirage a eu lieu le vendredi 5 février lors de l'émission « Tout l'monde debout » et l'heureuse gagnante est Ginette Pilote.

Un remerciement au comité du Northern Pike Fish Derby d'avoir fait un don du billet.

**Le Loup, la voix du Nord - 95,9 FM**

## SLAGUE, L'HISTOIRE D'UN MINEUR

Le Centre culturel Louis-Hémon vous recommande de voir la pièce de théâtre "Slague" qui sera présentée le jeudi 4 mars. Slague, une production du Théâtre du Nouvel-Ontario de Sudbury, est le témoignage d'un homme qui a voulu et veut encore réparer une faute, mais surtout un hymne à la parole, la parole qui permet de continuer.

**Synopsis:** Une table de cuisine et le récit d'un homme en fauteuil roulant, Pierre DeLorimier, alcoolique invétéré dans la quarantaine et rescapé d'un accident au fond de la mine. Cette mine où il travaillait avec son fils. Son fils a eu moins de chance.

Seul en scène, Jean Marc Dalpé, incarne cet homme ravagé parce qu'il a voulu combattre. Une pièce saisissante et intelligente, un langage franc et direct, parfois cru, aux allures d'un cri étouffé, voici un univers qui ressemble étrangement à celui de Jean Marc Dalpé.

En Mansel Robinson, l'auteur originaire de Chapleau, Jean Marc a découvert un confrère. Ses oeuvres charpentées par la poésie virile du

muscle et de la machine se hissent au rang des classiques canadiens. Jean Marc Dalpé est le traducteur tout désigné pour mettre en valeur la dramaturgie de cet Ontarien du Nord, tout comme il l'a fait si brillamment avec *Trains fantômes*.

Geneviève Pineau, la directrice artistique du TNO, a tout de suite été séduite par ce projet et son approche du monde souterrain. Emballée par la lecture, lorsque Jean Marc Dalpé l'a informé qu'il souhaitait, non seulement traduire, mais interpréter le personnage de Pierre DeLorimier, elle a été conquise. Cela l'aura certainement inspirée, car le jury de Théâtre Action a tenu à saluer son merveilleux travail pour livrer avec finesse et simplicité l'histoire percutante des gens du Nord de l'Ontario en lui décernant le Prix d'Excellence Artistique, catégorie avant-scène.

SLAGUE - L'histoire d'un mineur, une pièce intimiste et bouleversante.

## CHRISTIAN PILON : VOYAGEUR

### L'HISTOIRE D'UN VOYAGE DEVENU PASSION

Le 29 mai 2005, Christian Pilon d'Ottawa, agent de service pour l'Association canadienne de protection médicale, est embarqué dans un canot d'écorce avec huit autres personnes pour un voyage de 2 500 km entre Lachine, au Québec, et Winnipeg, au Manitoba, dans le cadre du documentaire Destination Nor'Ouest, présenté l'an passé sur les ondes de TVA et TFO.

Au bout de ce périple de 100 jours, c'est Christian Pilon, le voyageur, qui est descendu du canot. Le 27 octobre 2006, ce dernier a tourné le dos à un emploi bien payé pour raconter son aventure ainsi que pour transmettre sa passion pour l'histoire et pour la culture franco-ontarienne, autochtone et métisse.

« Je n'avais plus rien à apprendre là-bas. Mon voyage m'avait vraiment changé », avoue-t-il aujourd'hui alors qu'il parcourt l'Ontario et l'ouest du Québec en conférencier, et ce, autant pour les

écoles que pour les entreprises.

*Un voyageur, un vrai*

À chacune de ses conférences, c'est vêtu en véritable voyageur et chantant de bon cœur que l'homme de se présenter à son public. Si le tout peut avoir l'air légèrement théâtral, Christian Pilon refuse qu'on l'associe à un comédien. Pour lui, ses vêtements datant du 19<sup>e</sup> siècle sont son uniforme et son métier, c'est celui d'un voyageur. Après tout, depuis plusieurs centaines d'années, seulement neuf personnes, dont lui, peuvent se vanter d'avoir fait la route des voyageurs comme le faisait ceux de 1806.

Soulignons que c'est à la suite de son expérience à L'écho d'un peuple que Christian Pilon a décidé de faire le grand saut et de se consacrer à temps plein à ses conférences. C'est également à cette occasion qu'il s'est également véritablement reconnecté avec la culture franco-ontarienne, lui qui est métis.



# Family movie night: what to watch; what to eat?



(NC)—Family movie night at home is for many a weekly treat across Canada. It's a time when families come together and enjoy a good movie and create treasured memories.

With Family Day and the Oscars just around the corner, this is a great opportunity to think about another event to scrapbook about. But let's face it, with parents and kids both trying to pick the

movie of the night, it can be somewhat challenging. However, some creative approaches may help reach consensus.

Why not choose a movie that was a favourite of the parents when they were young, to create a stronger sense of family history?

Or, choose a movie from the year your child was born. The Academy Awards database at [www.oscar.com](http://www.oscar.com)

provides a list of Academy Award winning movies by year.

Other ideas might include watching the original version of a recent popular remake.

With the movie selection made, make sure everyone has comfortable seating. Then it's time to bring out the snacks! Popcorn is always a favourite for movies, and today there are many brands of microwave popcorn that don't contain any trans fats.

To make microwave popcorn even more fun for your family, Monica Braz from McCormick Canada, the leading manufacturer of spices and seasonings in Canada, suggests seasoning a bowl with Club House popcorn seasonings. "These popcorn seasonings are unique in the market because they are also formulated to be healthier. They

don't contain any artificial colours or flavours, and you won't find trans fats or MSG on the ingredient lists, and kids love them!"

There are ten varieties of Club House popcorn seasonings to choose from, including traditional flavours like White Cheddar, Salt 'n Vinegar, or Ketchup, to newer varieties like Rajin'

Cajun or Sweet & Salty. The regular retail selling price is around \$3.99, although prices will vary by store.

Braz also suggests letting kids season their own popcorn. "Instead of sharing a large bowl that may not cater to differing topping tastes, try a smaller bowl for each that can be sprinkled with their own favourite Club

House popcorn seasoning."

Nothing tastes better on a cold winter night than warm popcorn. One of this continent's traditional snacks, eating popcorn has been popular in North America for centuries.

For more information on Club House popcorn seasonings, call 1-800-265-2600 or go to [www.clubhouse.ca](http://www.clubhouse.ca).

**4 BEDROOM HOUSE FOR SALE**  
 Located on corner lot 25 Queen St. Newly renovated throughout. New windows, siding, flooring, kitchen and large back deck including a 14'x12' Gazebo. Paved driveway. Fenced in yard and a 8x20 shed Efficient woodstove and electric heat. Very clean, well maintained and pride of ownership.  
 Selling due to relocating and priced to sell.  
**SERIOUS INQUIRIES ONLY**  
 Call Richard at 864-0135



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Tembec is a large, diversified and integrated forest products company that stands as the global leader in sustainable forest management practices. With operations principally located in North America and in France, the Company employs approximately 8,000 people. Tembec's common shares are listed on the Toronto Stock Exchange under the symbol TMB and warrants under TMB.WT. Additional information on Tembec is available on its website at [www.tembec.com](http://www.tembec.com)

**Student employment opportunity**

Must be 16 years of age minimum. Will be working 8 hour shifts,  
Saturdays and Sundays. Labourer/clean-up position.

For more information about Tembec, please visit us online. If this challenge interests you, please send your resume, in the strictest confidence to: **Mike Martineau, Tembec Chapleau Sawmill, 175 Planer Road, Chapleau, Ontario, P0M 1K0. Fax: 705-864-0928 Tel.: 705-864-3045. E-mail: [mike.martineau@tembec.com](mailto:mike.martineau@tembec.com)**  
*Please note that only selected applicants will be notified.*

[WWW.TEMBEC.COM](http://WWW.TEMBEC.COM)



The Aboriginal Peoples' Alliance (Northern Ontario) - APANO is a regional organization servicing a number of communities in North Eastern Ontario. It is a not-for-profit organization that develops and implements social, cultural and recreational activities to meet the needs of our Aboriginal communities

**EMPLOYMENT OPPORTUNITY  
CHAPLEAU, ONTARIO**

**ASSISTANT TO THE ABORIGINAL FAMILY SUPPORT WORKER  
PART TIME POSITION (20 HOURS PER WEEK)**

**JOB SPECIFICATIONS**  
 The Aboriginal Family Support Worker will be responsible for the delivery of a community-based program that supports the healthy birth and development of OFF reserve Aboriginal children ages 0-6 years. Develop parenting classes that emphasize traditional and western practices

**JOB QUALIFICATIONS**

- Working knowledge of basic computer skills, proficient in word processing and ability to learn spreadsheet program
- Knowledge of Aboriginal culture and tradition values is essential
- Commitment of improving the health conditions of the Aboriginal Community
- Should possess strong organizational and interpersonal skills
- Able to work as part of a team or on own with minimal supervision
- Excellent oral and written skills
- The ability to speak the Cree Language an asset

**CLOSING DATE: Monday February 22, 2010 at noon**

**FORWARD RESUME TO:**  
 Aboriginal Peoples' Alliance (APANO)  
 P. O. BOX 1795  
 Cochrane Ontario  
 POLICO  
**Fax: 705-272-2563**  
**Email: [apanomain@puc.net](mailto:apanomain@puc.net)**

Meegwetch to all applicants, however, only those selected for an interview will be contacted.



The Aboriginal Peoples' Alliance (Northern Ontario) - APANO is a regional organization servicing a number of communities in North Eastern Ontario. It is a not-for-profit organization that develops and implements social, cultural and recreational activities to meet the needs of our Aboriginal communities

**EMPLOYMENT OPPORTUNITY  
CHAPLEAU, ONTARIO**

**COMMUNITY ACTION PROGRAM FOR CHILDREN (CAP-C)  
ABORIGINAL FAMILY SUPPORT WORKER**

**JOB SPECIFICATIONS**  
 The Aboriginal Family Support Worker will be responsible for the delivery of a community-based program that supports the healthy birth and development of OFF reserve Aboriginal children ages 0-6 years. Develop parenting classes that emphasize traditional and western practices

**JOB QUALIFICATIONS**

- University/college education or equivalent work experience in the area of Health or Human Services field with a focus on parental needs and the needs of infants and children - Early Childhood Educators will be seriously considered
- Working knowledge of basic computer skills, proficient in word processing and ability to learn spreadsheet program
- Counselling skills an asset
- Knowledge of Aboriginal culture and tradition values is essential
- Commitment of improving the health conditions of the Aboriginal Community
- Should possess strong organizational and interpersonal skills
- Able to work as part of a team or on own with minimal supervision
- Excellent oral and written skills
- The ability to speak the Cree Language is an asset

**CLOSING DATE: Monday February 22, 2010 at noon**

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# Ontario Weather Review January 2010

January 2010, with its lack of snow, will be remembered wryly by outdoor enthusiasts as part of “the winter of our discontent.”

The month started and ended with mean temperatures below normal. However, starting around January 10, Ontarians experienced almost two weeks of mean temperatures above normal. Southern locations recorded many days with mean temperatures above the freezing mark. Even some northwestern and central Ontario locations also had a day or more of mean temperatures above, or close to, 0°C. As a result, many locations reported above-average mean temperatures for the month.

Except for locations in the traditional snowbelt areas, this month was drier than normal throughout the province. Records were broken in the categories of least snowfall and least total precipitation for three sta-

tions. However, although this month was characterized by intense rainfall events, overall the monthly rainfall values fell within normals. Those individual events did result in one precipitation record being broken for the highest single-day total.

Severe Weather One of the defining characteristics of the winter of 2009-2010 so far has been the relative lack of significant storm systems. Regions in the traditional snowbelt areas – near Lake Superior, Lake Huron and Georgian Bay – have received some significant lake effect snow events this winter. However, away from the Great Lakes, snow continues to be a relatively scarce commodity.

The most significant storm of the month occurred from January 23 to 25. During that time, a large low pressure system moved up from the American southwest and went through Lake Superior, before exiting into the

province of Quebec. This storm brought plentiful amounts of moisture with it, along with mild temperatures for many parts of the province.

The first part of the province to feel the impact of the storm was northwestern Ontario, in the Lake of the Woods area. Precipitation began as a messy mix of snow, ice pellets and freezing rain early on January 23 as temperatures remained just below the freezing mark. An extended period of freezing rain occurred later that morning, stretching from the Atikokan area westwards into Dryden and Kenora, as temperatures continued to hover just below zero. By late that day, the freezing rain had changed to snow and had begun to accumulate noticeably. By the time the system finally pulled out of the area late in the day on January 25, many areas in the northwest – including the Kenora, Sioux Lookout, Red Lake, Pickle Lake and Big

Trout Lake regions – had received between 15 and 25 centimetres of snow. The Thunder Bay area had lesser amounts of snow, with precipitation remaining mixed with rain through much of the event there.

In southern and central Ontario, the storm didn't move in until January 24 and then concluded the next day. However,

temperatures were well above the freezing mark, resulting in the precipitation falling all as rain. General amounts for the two-day period were between 15 and 25 millimetres. The area from Cobourg east towards the Ottawa area, however, experienced significantly more rainfall than that, with the Cobourg area report-

ing a storm total of 64.4 millimetres. And the Ottawa airport washed away its one-day January rainfall record when 43.6 millimetres fell on January 25. This broke the former standard of 33.6 millimetres, set on January 15, 1995. Some local flooding was also reported in portions of Eastern Ontario due to the heavy rainfall.

Location	Snowfall	Normal	Difference from normal	Least snow since
Elliott Lake	7.0	81.4	-74.4	1964
Wawa	18.4	74.9	-56.5	1956
Sudbury	24.1	63.8	-39.7	1981
Chapleau	21.0	58.3	-37.3	1983
Kapuskasing	23.6	60.8	-37.2	1963
S. Ste. Marie	45.5	81.7	-36.2	1983
Trenton	13.8	46.7	-32.9	2006
Thunder Bay	8.8	41.2	-32.4	2003
North Bay	31.8	63.0	-31.2	1961
Warton	97.0	125.2	-28.2	2009
Toronto City	10.0	38.2	-28.2	2006
Hamilton	16.8	43.2	-26.4	2008



Services de santé de  
Chapleau Health Services

We are currently seeking qualified candidates for the following position:

**1 TEMPORARY PART-TIME SECRETARY/RECEPTIONIST – ADMISSIONS**  
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Students may apply!

Excellent hours – Work every second week  
4pm to 8pm Monday to Friday  
8am to 4pm Saturday and Sunday  
& Provide holiday coverage during summer months.

**Qualifications:**

- Advanced proficiency in Windows, Word and Excel required
- Accurate typing and word processing skills
- Ability to demonstrate interpersonal and communication skills in dealing with the public in a courteous manner
- Advanced proficiency level in both oral and written English and French required
- Ability to demonstrate organizational skills and attention to detail in a high volume work environment
- General knowledge of Accounting Principles
- Knowledge of medical terminology a distinct asset, however training can be provided
- For in-depth job requirements, a job description is available.

Interested applicants may submit résumés by February 17, 2010 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.

www.sschs.ca

**CHAPLEAU SKI CLUB MOONLIGHT  
SKI-A-THON**

**Saturday February 27th, 2010  
5:00 p.m. - 10:00 p.m.**

- All current members and non-members, downhill or cross-country skiers welcome with a minimum pledge of \$25.00
- With every \$25.00 pledge you will receive an additional ballot towards the Grand Prize – iPod Touch – the more you earn the better your chances!
- Prizes for Youngest Participant, Oldest Participant, Best Dressed (Olympic Theme) & more!
- Hot dogs, soup and chili will be served to participants!

\*\*\*Tribute to the 2010 Winter Olympics\*\*\*

Pick up your pledge sheets and register at the Ski-Club or by contacting Leah Cyr at 705-920-3116 or leah\_cyr@live.ca

Don't have skis?  
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# RRSP season is upon us

## RRSP Checklist

- The RRSP deadline is March 1, 2010.
- To qualify as a 2009 deduction, contributions to your personal or spousal RRSP must be made on or before March 1, 2010.
- Determine your RRSP contribution limit for 2009 by referring to your previous year's Notice of Assessment from the Canada Revenue Agency (CRA), or visit the CRA website at [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca).
- Determine how much, if any, you have already contributed to your RRSP for 2009.
- You can take advantage of any unused 2009 RRSP room up to your contribution limit. You will receive a 2009 tax deduction for this amount as long as a contribution is made by the March 1, 2010 deadline.

## How do I set up an RRSP?

“Setting up an RRSP can be as simple as opening up a bank account,” explains Chartered Accountant Carmelo Linardi, Carmelo Linardi Professional Corporation in Newmarket.

“RRSPs are special tax-deferred savings plans that must be administered by qualified financial institutions such as banks, trust companies and insurance companies. These financial institutions are responsible for ensuring these tax-deferred plans meet and maintain very specific guidelines.”

Certain information is required – your Social Insurance Number (SIN); the type of plan you want to set up; and the beneficiary of the plan should something happen to you before you have withdrawn your funds on retirement.

“The type of plan you choose can be as simple or as complicated as you like,” explains Linardi. “While an RRSP provides the same investment choices as a non-registered plan, you can start out by making a straightforward investment such as a GIC or basic interest account.”

Many employers offer group RRSP plans. Certain amounts

are typically withdrawn periodically from your pay and contributed to the group RRSP – making saving and contributing easier. The main difference between a group RRSP and one you set up yourself is that, in many cases, a group RRSP has a set number of investment plans. If you set up your own RRSP, you can tailor your plans to your own needs and goals.

## How to save for an RRSP

An RRSP is one of the best savings and tax-deferral programs the government ever invented. But coming up with the cash to contribute can be a challenge, especially in a tough economy.

“People who learn to save when they’re young are better off financially as adults,” says Etobicoke Chartered Accountant Shailendra Jain, “And when it comes to RRSPs, any contribution is better than no contribution.”

“One of the best strategies for saving is setting up an automatic withdrawal system at the bank,” Jain suggests. “Have a fixed amount of money transferred from your chequing account to your RRSP every payday, before you have a chance to spend it.”

Whether it’s

shoes, CDs or a \$5-a-day coffee habit, we all have that “latté factor” – some secret way of spoiling ourselves that is a likely place to cut spending and start saving.

“Remember that even small acorns can grow into mighty oak trees, and the amount you save is not as important as getting into the habit of saving,” says Jain. “Borrow books and magazines from the library instead of buying them. Bring your lunch to work, entertain friends at home and take the kids on a nature walk instead of to a movie.”

## Maximize your RRSP contribution – yes or no?

We often hear that contributing the maximum to our RRSP each year will allow us to maintain our current lifestyle in retirement, but is this true?

“The truth is, many people simply can’t afford to maximize their RRSP contributions each year,” says Chartered Accountant David Trahair, author of *Enough Bull: How to Retire Well Without the Stock Market, Mutual Funds or Even an Investment Advisor*. “It’s tough on top of all the other expenses like the mortgage, kids, vacations and other financial responsibilities.”

“The RRSP rules are designed so that if you maximize your RRSP contributions every year, you will build a retirement nest egg that will pay you an income of roughly 70 per cent of your pre-retirement earnings. Of course, each of us is unique and may need less than that, or even more,” adds Trahair.

“If you pay off all debts including the

mortgage, car loans and credit cards; if your kids have moved out; and if you are in reasonably good health after you retire; you may be fine with as little as 40 per cent of your pre-retirement income.”

## Remember the taxman when redeeming your RRSP

While RRSP savings can be withdrawn at any time, don’t forget that any amount you take out will count as taxable income for that year. Is it prudent, then, to leave a certain amount behind in the bank to pay the taxes?

“There are many variables that determine the amount of income tax you’ll have to pay when you withdraw funds from an RRSP,” says Chartered Accountant Gordon Jessup, a Partner with Fuller Landau LLP in Toronto.

“The withholding tax on withdrawals is usually very low,” he explains. “On a lump sum of up to \$5,000, it’s 10 per cent; on amounts over \$5,000 and up to \$15,000, it’s 20 per cent; and it’s 30 per cent on amounts over \$15,000.”

But if you have other sources of income, these amounts may not be sufficient to cover the amount of taxes you’ll owe.

“You may have

to pay quarterly tax installments,” Jessup continues. “The first time, many people are surprised at the amounts. But sometimes, there are options or strategies that can reduce what you owe.”

“If you’re retired and withdrawing minimum amounts from an RRIF, there may be little or no withholdings.”

Jessup recommends you consult a Chartered Accountant who will assess your personal situation and help you find the best plan to suit your needs.

## Is an RRSP for you?

“Before you make your RRSP contribution this year, take a look at your finances to see if you are making the right decision,” advises Chartered Accountant Bob Dieleman in Woodstock.

Consider these factors:

If you are approaching retirement and your tax bracket at retirement will be higher than what it currently is, you should likely not contribute to an RRSP.

If your current primary source of income is from dividends, then an RRSP contribution may not result in any income tax refunds this tax year.

When you cash in your RRSPs or RRIFs, these additional sources of

income could affect your Old Age Security (OAS) income with clawbacks, GST credits, Ontario property tax credits, and child tax benefits if you still have children under the age of 18.

All income is treated in the same manner when it is withdrawn from an RRSP and is taxed at your marginal tax rate. However, that same income, if earned outside your RRSP, might have been taxed at a much lower rate.

As an example (using 2009 Ontario tax rates) if you are single and currently earning \$21,000 including \$2,000 of pension income, \$6,000 OAS, \$10,000 Canada Pension Plan (CPP) and \$3,000 of interest, your total taxes would be \$784 before any refundable Ontario tax credits. An additional \$10,000 of income withdrawn from your RRSP would add \$2,358 to your tax bill. If that income had been earned as a capital gain outside your RRSP, you would have paid only an additional \$1,306 in taxes. And, if the \$10,000 was from eligible dividends, your total taxes would actually have decreased by \$434!

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Classified ads **WORK**

**BUS TRIP TO TIMMINS**

Bus trip To Timmins organized by the Senior Club. Tues. February 16th. leaving from Cedar Grove at 8:30 p.m. and returning around 9 p.m. First come first serve. Cost of ticket: \$20.00. For info. and to get your ticket call 864-0692 before Sunday.

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# Eat breakfast, lose weight

(NC)—Mom told you breakfast was the most important meal of the day and she was right. You may think that skipping meals would help you lose weight, but research suggests the opposite. Skipping meals may actually promote weight gain and some research indicates that people

who skip breakfast are much more likely to have weight problems than those who don't. So think about what gets in the way of a healthy breakfast. Here are two common roadblocks and some tips to overcome them:

**Breakfast Roadblock #1...** Not enough time. For those who seem to never

have enough time in the morning for breakfast, the key is to keep quick, easy breakfast choices available. A great breakfast includes foods from three of Canada's Food Guide food groups – especially a whole grain, such as Multi-Grain Cheerios, some fruit or fruit juice and a

protein food like milk, yogurt, peanut butter or some nuts. These kinds of foods will give your body the energy it needs after fasting all night and keep you satisfied well into the morning. And if you're watching your weight, it's good to know that people who enjoy lots of whole grains tend to have healthier body weights than those who don't.

**Breakfast Roadblock #2...** No appetite for breakfast. If you're not a big fan of eating soon after you wake up you can wait a little while, but don't postpone it too long. If this means you need to eat breakfast during your morning commute to work, plan a breakfast you can eat on the way such as an

individual size yogurt, a juice box and a portable container with cereal to munch on. Running to catch the bus? Here is a recipe for jumbo breakfast cookies or bars you can munch on the way. Make these

on the weekend when you have a few more minutes to spare so you'll be able to grab them on weekday mornings as you head out the door. For more great recipe ideas visit [www.everydaycelebrations.ca](http://www.everydaycelebrations.ca).

## Cheerios Breakfast Bars or Cookies

### Ingredients:

- 1 1/4 cups (300 mL) sugar
- 1/2 cup (125 mL) butter or margarine, softened
- 1/2 cup (125 mL) peanut butter
- 1/4 cup (50 mL) water
- 1 tbsp (15 mL) vanilla
- 1 egg
- 1 1/2 cups (375 mL) all-purpose or whole wheat flour
- 1 cup (250 mL) old fashioned or quick cooking oats
- 1 cup (250 mL) raisins
- 1/2 tsp (2 mL) each baking soda and salt
- 4 cups (1 L) Cheerios\* cereal

Prep Time: 10 mins

Total Time: 35 mins

### Method:

- Heat oven to 375°F (190°C). Stir together sugar, butter, peanut butter, water, vanilla, and egg in a large bowl.
- Stir in remaining ingredients except cereal. Gently stir in cereal.
- Pour into ungreased 9x13-inch (23x33 cm) rectangular pan.
- Bake 15 to 20 minutes or until golden brown. Cool. Cut into bars.

Makes: 24 2-inch (5 cm) bars/cookies

Tip: To Make Breakfast Cookies: Make dough as directed above and drop by rounded 1/3 cupfuls (75 mL) 4-inches (10 cm) apart onto ungreased large baking sheet. Flatten dough to about 1-inch (2.5 cm) thick. Bake 11 to 13 minutes or until golden brown. Let stand 5 minutes before removing from baking sheets. Store loosely covered.



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## Chapleau Arctic Watershed Snowmobile Club News



The Chapleau Arctic Watershed is made up of hard-working volunteers and a few paid employees. Many times the paid employees put in just as much volunteer work as they do paid time. A good example of this is our mechanic Andre Pilote. He has been the mechanic for many years and put in many volunteer hours. He recently mentioned how much he would love to have a Snowmobile Club coat. The members were able to find him a coat and Vice President Kathleen Bouchard presented it to him. Thanks to Andre, other paid employees who put in many volunteer hours and the volunteers themselves for all the hard work they do!!