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CHAPLEAU EXPRESS

Vol. 16, Issue 24, February 25, 2012

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Ontario's action plan to transform health care "Realignment of Health Care Services in the Cochrane District" Information session to be held in Chapleau on March 2nd, 2012

Ontario is launching an Action Plan to transform the health care system and deal with the demographic challenges as well as the province's deficit.

The Action Plan for Health Care in Ontario will ensure families get the best health care where and when they need it, while ensuring all Ontarians get better value for their health dollars.

The Plan will make the necessary and responsible

decisions regarding funding priorities and ensure funding is shifted to where we get the best value and it will provide new measures to prevent illness in the first place and to help Ontarians stay healthy. It will give Ontarians better access to family doctors and nurse practitioners through after hours care and same-day and next-day appointments. The plan will save Ontarians time, keep them healthier, and help them avoid trips to hospital. It will support Ontario's seniors who want to live independently at home, in their communities, by providing more home care supports.

To achieve these goals, Ontario will bring planning for family health care under the Local Health Integration Networks (LHINs) — ensuring that patients will have a more seamless experience in the local health care system from their family doctor to hospitals and improving the quality of care that seniors receive at home. Ontario will also seek to move more routine procedures into specialized not-for-profit clinics in

instances where it's clear that these clinics can provide patients with safe, high-quality care at better value.

The Action Plan for Health Care in Ontario builds upon the significant progress that has been made in improving Ontario's health care system since 2003 and is the next step in the McGuinty government's plan to protect health care for our children and grandchildren.

"We can't keep spending our health dollars the way we used to. If we don't change, we simply won't be able to guarantee sustainable universal public health care for ourselves, our children and our grandchildren. That's why our Action Plan will get better value for our health dollars and put patients first," says Deb Matthews, Minister of Health and Long-Term Care

The government is committed to maintaining its investment in health care to provide the right care, at the right time, in the right place. The number of seniors in Ontario will increase by 43 per cent over the next decade. At current spending levels, the senior

population is projected to cost Ontario \$24 billion more annually by 2030 — 50 per cent more than today.

In 2010 and 2011, over 271,000 emergency room visits were made to Ontario hospitals that could have been treated in alternative primary care settings.

In 2009, there were 140,000 unplanned instances of patients re-admitted to hospital within a month of their original

discharge.

The information session will be held on March 2, 2012 in the community hall at the Chapleau Recreation centre from 11:30 a.m. to 1:00 p.m.

"Everyone is invited to attend, members of the public as well as other agencies. This is your opportunity to discuss and provide input into the health services in your community and region, and how they can be best delivered

with the limited resources available. Basically the government is saying there are extremely limited new dollars coming into health care, so how can we change how service is delivered to be more cost effective. They are looking for input from community members. I strongly encourage everyone to attend" says Gail Bignucolo, CEO, Services de Chapleau Health Services.

125 DAYS UNTIL THE CHAPLEAU HIGH SCHOOL REUNION

Long Term Forecast

Friday	High -4 Low -10	
Saturday	High -9 Low -13	
Sunday	High -8 Low -16	
Monday	High -4 Low -17	
Tuesday	High -4 Low -12	
Wednesday	High -5 Low -11	

Another successful event for Chapleau. Our own 2012 Northern Pike Ice Fishing Derby is now history !

Thanks to everyone who participated, played safe and enjoyed this outing with family and friends.

Many thanks to the generous support shown this year by the Chapleau Businesses.

Your gifts and cash donations were very much appreciated and made a huge difference to the success of the event.

I would like to take this opportunity to thank my ice derby committee: Michael Levesque, Roger Perreault, Elizabeth Michaud and Emily Taylor.

A huge thank you goes to the volunteers assisting for the Friday and Saturday, Richard Beaudoin helping Michael Levesque at the Civic Centre Check-in Station, Lee & Sue Burk (Como Lake Resort), Barbara Groves and Jacqueline Groves, (she drove all the way from Cobalt to help), and Me Bill Groves for registration, weighing fish amongst other things at the arena.

The volunteers from the Snowmobile Club, Dale Desmoulins and Sylvain Langelier did a fine job patrolling the lake under the direction of Roger Perreault.

This was another great derby, one that the committee and volunteers as well as Chapleau can be proud of. It was a cold one but I think everyone, being the Northerners they are, enjoyed themselves.

I would like to thank the Mayor and Council for having the faith in the ice derby committee to run an efficient event by supporting with financial assistance should it be necessary. We are again pleased to state that this assistance was not required but certainly appreciated just the same.

Thanks for another great experience !

*Bill Groves, Coordinator
Chapleau Northern Pike Ice Fishing Derby 2012*

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Latest in Midget Husky Action



'On-ice coaching by Midget Coach - Kirk Ellis'

By Susan Lindquist

On the weekend of Feb 17-19, 2012, the Chapleau Midget Huskies participated in the 8 team deep Temiskaming Shores Challenge Cup.

On Friday night, the Huskies faced league rival Kapuskasing. Coming out with a strong fore-check, the Huskies found themselves up 3-1 at the end of the first period. At the 3 minute mark of the 2nd period, Kap sniped a power play goal and then within 2 minutes tallied 2 more to take the lead going into the third period. The Huskies tried to keep the fore-check going but got caught short; in the end. (Final Score Kap 5, Chapleau 3)

Game 2 saw the Huskies facing off

against a new opponent from East Nippising. This is the first time this year we've met and this would be important to both teams as the N.O.H.A. divisional playdowns will be hosted by East Nip at the end of March. Again, the Huskies came out flying, notching 2 quick goals in the first period and 2 more in the second. With the score 4-1 going into the 3rd period, the coaching staff thought WOW, we're dominating! The score should be 8 or 9 - 1. With one period, left the pace changed, the Huskies got off their typical team game and started playing more as individuals. We banged in 1 more goal but as the game was closing East Nip was coming on stronger.

With one minute left, they popped in 2 goals and as the final buzzer went there was a questionable one that the Ref waved off. (Final Score Chapleau 5, East Nip 3)

In Game 3, the Huskies found themselves in a must-win situation facing off against Cochrane. The first period saw end to end hockey with no score. Then at the 10:48 mark of the 2nd period, Cochrane sniped one and 40 seconds later took another. Going into the 3rd, the Huskies were playing desperate. Again, it was a must-win situation and we could not get one past the Cochrane line. At the 5 minute mark, Stephane Houle broke the ice and scored with a nice pass from Brandon Wright, but time was running

out. With the goalie pulled to give us an extra attacker, and the Huskies determined, Cole Hamel found the back of the net with assist going to Cole Crockford and Kealan Tremblay tying it up 2-2 with 1:06 minutes left in the game. Yeah, it may have been nice to come back with a win, a loss and a tie, but it wasn't good enough to advance in the tournament. We we're only one goal away from a tie for first place in the round robin. We needed a win against Cochrane!

In the remaining seconds, the goaltender was pulled again. The Huskies made their last rush and with Jeremy Pilote batting a rebound out of the air towards the open net...OMG... it missed by centimetres. With 10 seconds left, Cochrane came down and took the empty netter (Final Score Cochrane 3, Chapleau 2).

Captain Kirk, (Huskies coach) stated that it all went back to Game 1 against league rival Kap. The Huskies had them by the jugular but let up and gave them a chance to breathe; and that is what knocked us out of this tournament. Interestingly, it was Kap vs Cochrane in the championship final game the next day; a game which had

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to go into sudden death overtime before Kap came out the winner 3-2.

Looking forward, the Midget Huskies have since revived the Chapleau FRIENDSHIP TOURNAMENT which will begin round robin play here at the Moore Arena on Saturday, March 3rd at 10 am with home team Chapleau Huskies versus Wawa Legionnaires. Following a skills competition at 2 pm, the Timmins Flyers will face off against the Wawa Legionnaires at 3pm.

The Saturday night 8 pm game will have the Chapleau Huskies facing the Timmins Flyers. Sunday's games are for winners take all. SEE YOU THERE!

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Larry Martel shares memories of volleyball voyages by Chapleau High School championship team of 1979-80 coached by Steve Cavalier

Chapleau Moments

by Michael J. Morris



Larry Martel's story about the Chapleau High School champion volleyball team started when I shared a link on Facebook to a Globe and Mail article about the rammed earth home built by Steve Cavalier and his wife Sylvia Cook at Colbourne, Ontario. Steve had posted the link to the article. Steve taught English at CHS, and in 1979-80 was Larry's Grade 13 English teacher as well as the Senior Volleyball team coach.

One thing leading to another, as it usually does, Larry agreed to do some "low level research" into the team, as he referred to it, and six versions later, he had shared the story of the championship team. Larry, the son of Lorna (Edwards) and Aldee Martel graduated from CHS, then the University of Western Ontario, then earned his designation as a Certified General Accountant and works as a comptroller.

Not one to stand in the way of a good story, which Larry has written about the "volleyball voyages" and his coach and friends of 1979-80, I am delighted to share it with you. Thanks for

the memories Larry. I was teaching at CHS in 1979-80.

By LARRY MARTEL

Chief asked me to jot down some memories of our volleyball voyages in 1979-80. He mentioned the fact that Don Swanson had commented on the event and that they had been contacted by our coach at the time, Mr. Cavalier. The memories started to flood into my old head, I started to put some ideas down and noticed later that I couldn't stop smiling while I was remembering (likely in a distorted ill-sequenced manner) the best memories of that time. I might not have known it then, but I now know that Chapleau was a pretty cool place to grow up.

My older two kids went to a high school with an enrolment larger than the population of Chapleau. I mean Chapleau in the day when there were three burners puffing freshly burned spruce parts into the air.

When I tell people that I went to a high school with a maximum attendance (not on a warm spring day) of 300, some people laugh. The one great thing about

going to a small school is that, even though I was a moderate athlete at best, I managed to 'make' some teams and enjoy some great trips to wonderful metros like Marathon, Manitowadge, Geraldton, Thunder Bay and Wawa. I forged great friendships. I got to learn a lot from great coaches like Ross Hryhorchuk, the Chuchmans, Doug MacLean, Mr.(Elmer) Rosenberg, and Chris Knowles.

Volleyball was different. When I was in grade ten, I had no idea that I could play volleyball. During one of those lunch-time inter-house games I had the good fortune of playing next to Rhonda Jones. We were doing our best to smack the ball back over the net for the glory of Chimo House ... Go Chimo!!

She was the one that told me that I wasn't too bad and should try out for the team. Well, I worked up the nerve and made the second string as a setter. When I did get to play, I filled in for Shane Evans. Can you imagine trying to play second fiddle to one of the biggest personalities in our school? It was terrifying!

Luckily for me, I had two energetic, organized, tactical and talented coaches. Andre Cyr and Les Jones taught us the fundamentals and had us diving for balls until we felt like we were going to die. That was usually



Chapleau High School championship volleyball team of 1979-80. Back from left Steve Cavalier (coach), Dan Morin, Dan Tebbutt, Don Swanson, Robert Serre, Brad Gilbert, Steven Millson. Front row from left Tim Morin, Billy Hong, Larry Martel

around the same time that Andre would start laughing at us for being weak. I learned a lot from both of these guys. Andre is now linked to our family through marriage and I followed in Les's footsteps by going to Western and becoming a bean counter.

When I got to the senior team, things got interesting very quickly. Mr. Cavalier was the coach and this guy was passionate about the game. He played growing up and had the height and coordination that allowed him to be a very good player. When he coached us, the man could still play. What really clicked with us was that Mr. C. could hit the ball. He hit the ball very hard.

He got our attention quickly and we knew very early on

how lucky we were.

When he moved to teach in Chapleau, he brought a new dynamic to CHS volleyball. He had a no-nonsense approach to the game and brought in some creative plays that really worked with our small team. Unfortunately, we didn't get a great turn out for the team that year (lucky me) as hockey took first crack at some of the better players.

The year turned out well nonetheless. The senior team won the Eastern championship in 1979-80. We had a great trip to the cottages down the hill at the goose (motor hotel). Here is what I remember or how I have chosen to reclassify my memory of this time.

After the round robin session, we

ended up tied for first place and had to participate in a play down with Marathon and Wawa. The first game was against Wawa. They had the coolest warm up routine ever. One at a time, they would run up to the net, do a block, land and do a back roll summersault. Mr. Cavalier told us that they were a good warm up team and that we should finish them quickly. Well it was just Wawa after all. C ya 15-7.

Next came Marathon. I've been to Marathon. Marathon hits your nose first about 5 miles from Marathon. Fozzy said that "their town smells and they have ugly uniforms". Who would know better than Fozzy? He has family there for God's sake.

Cont'd on P.8



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Council Meeting: January 23rd, 2012

Minutes of the regular meeting of council held Monday, January 23rd, 2012 at 6:30 p.m. In the civic centre council chambers. Present: Mayor A. Byham, Councillors: L. Crichton-Bernier, L. Lacroix, D. Greig, R. Bertrand. CAO: A. Pellow, Treasurer: L. Jones. Declaration of pecuniary interest(s): Pursuant to the Municipal Conflict of Interest Act R.S.O. 1990, Chapter M. 50, Section 5, Councillor L. Lacroix disclosed a pecuniary interest and the general nature thereof as follows: Disbursement sheet - January 19, 2012, cheque # 020139 - reason - owner-operator of Lacroix Bus Lines, cheque #020180 - reason - co-owner of ACE Contracting. Councillor R. Bertrand disclosed a pecuniary interest and the general nature thereof as follows: Payroll #2 January 19, 2012 Employee ID #161 - reason - son and Employee ID #4 - reason - sister. RESOLUTION 4-24: R. Bertrand - L. Lacroix. That the minutes of the regular meeting of the 90th High School Reunion Committee held December 14th, 2011 be approved as prepared and the following resolutions are hereby ratified by the Council: CHSRFC RESOLUTION 18-99: Lorne Swanson - Earle Freeborn. That the agenda for December 14, 2011 meeting be accepted as prepared. Carried. CHSRFC RESOLUTION 18-100: Helen Muise - George Evans. That the minutes of the regular meeting of November 23, 2011 be accepted as presented. Carried. CHSRFC RESOLUTION 18-101: Lorne Swanson - Earle Freeborn. That the CHS 90th Reunion Festival Committee recommends to the Township Council that we purchase some memorabilia from Clarington Promotions Inc. Carried. CHSRFC RESOLUTION 18-102: George Evans - Earle Freeborn. That the CHS 90th Reunion Festival Committee recommends to the Township Council that the Hospital Auxiliary be permitted to hold a draw at the Saturday dance on June 30, 2012. Carried. CHSRFC RESOLUTION 18-103: Earle Freeborn - Lorne Swanson. That the CHS 90th Reunion Festival Committee recommends to the Township Council that the Committee purchase a printer (wide format) to allow for enlarging of

pictures. Carried. CHSRFC RESOLUTION 18-104: Lorne Swanson - Nadia Fortin. That we hire Alliance Security out of Timmins for security for both Friday & Saturday night. Carried. CHSRFC RESOLUTION 18-105: Earle Freeborn - George Evans. That the CHS 90th Reunion Festival Committee recommends that the Township Council gratefully accepts the offer of Mr. Charlie Purich, a graduate of CHS, to organize a reunion of the CHS students who played hockey for Chapleau in the glory days of the 60s & 70s, such hockey-planer reunion to coincide with the CHS 90th Reunion Festival, and THAT the Committee will include the hockey-player reunion in its information blitz directed at former students of CHS. Carried. CHSRFC RESOLUTION 18-106: Nadia Fortin - Lorne Swanson. That the meeting adjourn at 20:30 p.m. Carried. RESOLUTION 4-25: L. Lacroix - R. Bertrand. That the minutes of the regular meeting of the Council held Monday, January 9th, 2012 be approved as prepared. Carried. RESOLUTION 4-26: R. Bertrand - L. Crichton-Bernier. That the minutes of the regular meeting of the Leisure and Culture Services Committee held Tuesday, January 10th 2012 be approved as prepared and the following resolutions are hereby ratified by the Council: LCSC RESOLUTION 12-1-01: Pam Morin - Mike Fortin. That the Leisure & Culture Services Committee recommends to Council that we put a tender for DJ/Band for the Carnival Dance Saturday, February 18, 2012. Carried. LCSC RESOLUTION 12-1-02: Mike Fortin - Pam Morin. That the Leisure & Culture Services Committee recommends to Council that Council provide transportation to the United Church for the Card Tournament during the Carnival for the seniors. Carried. LCSC RESOLUTION 12-1-03: Pam Morin - Mike Fortin. That the Leisure & Culture Services Committee recommends to Council that we advertise again for the Vault Intern position. Carried. LCSC RESOLUTION 12-1-04: Pam Morin - Mike Fortin. That the Leisure & Culture Services Committee recommends to Council that pending the approval of Pierrette's grant application for the Club

Marie Chapdelaine, that we approve the installation of two floor shuffle board games in the Community Hall to coincide with the installation of the new tile for the Community Hall. Carried. LCSC RESOLUTION 12-1-05: Mike Fortin - Pam Morin. That the Leisure & Culture Services Committee recommends to Council that the Leisure and Culture Services Committee explore other floor game options for the floor in the Community Hall. Carried. LCSC RESOLUTION 12-1-06: Mike Fortin - Pam Morin. That we adjourn at 6:02 pm. Carried. RESOLUTION 4-27: L. Lacroix - R. Bertrand. That the minutes of the special meeting of the Council held Monday, January 10th, 2012 be approved as prepared. Carried. RESOLUTION 4-28: L. Lacroix - L. Crichton-Bernier. That the minutes of the special Budget meeting of the Council held Monday, January 16th, 2012 be approved as prepared. Carried. RESOLUTION 4-29: L. Lacroix - L. Crichton-Bernier. That the minutes of the regular meeting of the Chapleau Economic Renewal Committee held January 17th, 2012 be approved as prepared and the following resolutions are hereby ratified by the Council. CERC RESOLUTION 32-150: R. Lynn - S. Fuller. That the Chapleau Economic Renewal Committee opens nominations for the position of Committee Chairperson. Carried. CERC RESOLUTION 32-151: S. Fuller - R. Lynn. That the Chapleau Economic Renewal Committee records the following nominations for the position of Committee Chairperson: R. Lynn nominates T. Black for Committee Chairperson. S. Fuller nominates T. Black for Committee Chairperson. T. Black accepts the nomination for Committee Chairperson. The vote for T. Black to be Committee Chairperson is unanimous. Carried. CERC RESOLUTION 32-152: R. Lynn - S. Fuller. That the Chapleau Economic Renewal Committee closes nominations for the position of Committee Chairperson. Carried. CERC RESOLUTION 32-153: R. Lynn - S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that Mr. Terry Black be appointed Chairperson of the

Chapleau Economic Renewal Committee. Carried. CERC RESOLUTION 32-154: R. Lynn - S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that the Agenda be approved. Carried. CERC RESOLUTION 32-155: R. Lynn - S. Fuller. The Chapleau Economic Renewal Committee recommends that Council continue the Economic Recovery Program to the end of 2012 by employing the Economic Development Specialist for an additional 3 months from October to December 2012. Deferred to completion of Service Delivery Review Project CERC RESOLUTION 32-156: S. Fuller - R. Lynn. The Chapleau Economic Renewal Committee recommends that Council direct the Economic Development Specialist to research potential funding assistance for the continuation of the Economic Development Program in 2013. Carried. CERC RESOLUTION 32-157: R. Lynn - S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that \$7,500, which is the Township's share of the remaining funds allocated to the Website (Consultants) in the 2011 Economic Development Budget, be reserved for Website development in the 2012 Budget. Carried. CERC RESOLUTION 32-158: S. Fuller - R. Lynn. The Chapleau Economic Renewal Committee recommends to Council that \$4,500, which is the Township's share of the remaining funds allocated to Activity Support in the 2011 Economic Development Budget, be reserved for use in the 2012 Budget specifically for Wages and Benefits for the Economic Development Specialist position. Deferred to completion of Service Delivery Review Project CERC RESOLUTION 32-159: R. Lynn - S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that \$2,451.49, which is the Township's share of the remaining funds allocated to Travel in the 2011 Economic Development Budget, be reserved for use in the 2012 Budget specifically for Wages and Benefits for the Economic Development Specialist position. Deferred to completion of Service Delivery Review Project

160: R. Lynn - S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that \$1,354.48, which is the Township's share of the remaining funds allocated to Training in the 2011 Economic Development Budget, be reserved for use in the 2012 Budget specifically for Wages and Benefits for the Economic Development Specialist position. Deferred to completion of Service Delivery Review Project CERC RESOLUTION 32-161: S. Fuller - R. Lynn. The Chapleau Economic Renewal Committee recommends to Council that \$2,202.32, which is the Township's share of the remaining funds allocated to Advertising in the 2011 Economic Development Budget, be reserved for use in the 2012 Budget specifically for Advertising. Carried. CERC RESOLUTION 32-162: R. Lynn - S. Fuller. The Committee directed the Economic Development Specialist to draft the guidelines for a process of Due Diligence to be used for future investment attraction opportunities. Carried. CERC RESOLUTION 32-163: S. Fuller - R. Lynn. Meeting adjourned at 1:05 p.m. Carried. RESOLUTION 4-30: L. Lacroix - L. Crichton-Bernier. That the minutes of the regular meeting of the Fishing Advisory Committee held January 18th, 2012 be approved as prepared and the following resolutions are hereby ratified by the Council. CFAC RESOLUTION 5-25: N. Tessier - C. Plourde. That the Chapleau Fishing Advisory Committee recommends to Council the Agenda be approved with additions. Carried. CFAC RESOLUTION 5-26: N. Tessier - T. Bemister. That the Chapleau Fishing Advisory Committee recommends to Council that J. Broomhead be authorized to inquire with the Township Treasurer as to the appropriate methods of revenue generation available to the Committee and to formulate a resolution for Council's consideration. Carried. CFAC RESOLUTION 5-27: N. Tessier - T. Bemister. Meeting adjourned at 8:25 p.m. Carried. RESOLUTION 4-31: L. Lacroix - R. Bertrand. WHEREAS the Council of the Corporation of the Township of Chapleau wishes, pursuant to Section 407 of the Municipal Act to establish

an operating line of credit in the amount of Five Hundred Thousand (\$500,000.00) dollars to meet, until the taxes are collected, the current expenditures for the Corporation for the year 2012; And WHEREAS the total of amounts previously borrowed under Section 407 of the Municipal Act that have not been repaid is Zero (\$0.00) dollars; And WHEREAS the amount of the estimated revenues of the corporation as set out in the estimates adopted for the current year and not yet collected (or, if the same have not yet been adopted, the amount of the estimated revenues of the Corporation as set forth in the estimates adopted in the year 2011) is Six Million Four Hundred and Sixteen Thousand Forty Three dollars and Ninety Two cents (\$6,416,043.92); And WHEREAS the amount to be borrowed under this by law and the amounts of borrowings that have not been repaid does not in the aggregate exceed from January 1st, to September 30th, in the year, 50 percent of the total estimated revenues for the year and from October 1st, to December 31st, shall not exceed 25% of the total estimated revenues for the year. NOW THEREFORE be it resolved that By-law 2012-02 being the Municipal Borrowing ByLaw be considered read a first, second and third time and finally passed this 23rd day of January 2012. Carried. RESOLUTION 4-32: R. Bertrand - L. Lacroix. WHEREAS Section 317(1) of the Municipal Act, (2001) provides that the Council of a local municipality may, in 2011 before the adoption of the estimates for the year, pass a by-law to levy a sum not to exceed that which would be produced by applying the prescribed percentage (or 50 percent if no percentage is otherwise prescribed) of the total adjusted tax levy on individual properties for the previous year, NOW THEREFORE be it resolved that By-law 2012-03 being a By-Law to provide for an interim tax levy be considered read a first, second and third time and finally passed this 23rd day of January 2012. Carried. RESOLUTION 4-33: D. Greig - L. Crichton-Bernier. WHEREAS Section 8 of the Municipal Act, S.O. 2001, Chapter 25, provides that the powers of a municipality under this or

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Council Meeting: January 23rd, 2012

Cont'd from P.4

any other Act shall be interpreted broadly so as to confer broad authority on the municipality to enable the municipality to govern its affairs as it considers appropriate and to enhance the municipality's ability to respond to municipal issues; AND WHEREAS Section 9 of the Municipal Act, S.O. 2001, Chapter 25, provides that a municipality has the capacity, rights, powers and privileges of a natural person for the purpose of exercising its authority under this or any other Act; AND WHEREAS Section 10 (1) of the Municipal Act, S.O. 2001, Chapter 25, provides that a single-tier municipality may provide any service or thing that the municipality considers necessary or desirable for the public; AND WHEREAS the Ministry of Community Safety and Correctional Services established the Court Security Prisoner Transportation (CSPT) Program to assist municipalities in offsetting their costs of providing CSPT services in their communities; NOW THEREFORE be it resolved that By-law

2012-04 being a by-law to enter into an agreement with the Ministry of Community Safety and Correctional Services for funding assistance under the Court Security Prisoner Transportation Program be considered read a first, second and third time and finally passed this 23rd day of January 2012. Carried. RESOLUTION 4-34: D. Greig - L. Crichton-Bernier. That the following cheque register sheets be approved as prepared by the Treasurer. Cheque Numbers Jan 19, 2012 020088 - 020198 \$ 381,746.16, Payroll No. 2 FT Jan 19, 2012 \$26,142.42, Payroll No. 2 PT Jan 19, 2012 \$5,141.44, Payroll No. 2 Lib an 19, 2012 \$ 2,680.09. Total \$415,710.11. Carried. RESOLUTION 4-35: L. Lacroix - R. Bertrand. That Council approve a \$10,000.00 contribution towards the Northeast Superior Forest Community Corporation 2012 Program; And Be it further resolved that the CAO advise the NSFCC that Council will review its funding commitment annual; And

Be it further resolved that the CAO request the NSFCC manager to email to each member of Council, the approved minutes of NSFCC Board Meetings. Carried. RESOLUTION 4-36: L. Crichton-Bernier - R. Bertrand. That Council authorize Mayor Byham to sign Mrs. Tahise Demers' petition with respect to keeping the Chapleau Public School open. Carried. RESOLUTION 4-37: R. Bertrand - L. Lacroix. That Council approve a \$1,250.00 contribution in support of the hiring of an intern for the Mayor's Group. Carried. RESOLUTION 4-38: L. Lacroix - R. Bertrand. That Mr. Rick Smith be appointed to the Public Works Committee. Carried. RESOLUTION 4-39: L. Lacroix - R. Bertrand. That Council approve the commendation from the Economic Development Specialist with respect to the hiring of Mrs. Charley Plourde for the position of Economic Development Assistant. Carried. RESOLUTION 4-40: L. Lacroix - L. Crichton-Bernier. That Council schedule a special

meeting of Council for February 6th, 2012 at 6:30 pm with respect to the Service Delivery Review Project. Carried. RESOLUTION 4-41: L. Lacroix - L. Crichton-Bernier. That Council approve the Economic Development Specialist's recommendation dated January 20th, 2012 with respect to the sale of Chapleau Ultimate Fishing Town T-shirts during the Northern Pike Ice Fishing Derby, the Winter Carnival and the 90th High School Reunion. Carried. RESOLUTION 4-42: L. Crichton-Bernier - L. Lacroix. That Council request the Director of Leisure and Culture Services with guidance from the Leisure and Culture Services Committee to prepare a draft RFP for the sale of advertising on the Township's Arena Zamboni. Carried. RESOLUTION 4-43: D. Greig - L. Lacroix. That Council purchase 20 promo spots for airing prior to the Northern Pike Ice Fishing Derby from JJAM FM in the amount of \$200.00 plus HST. Recorded Vote. A. Byham - Yea; L. Crichton-Bernier - Nay; L. Lacroix - Yea; D. Greig - Yea; R. Bertrand - Nay; Carried. RESOLUTION 4-44: L. Lacroix R. Bertrand. That Mayor Byham be authorized to travel to Thunder Bay or Toronto with respect to local Forest Industry matters, in accordance with the municipal travel policy. Carried. RESOLUTION 4-45: L. Lacroix - R. Bertrand. That Council authorize Mayor Byham to communicate Council's concerns to TBay Tel with respect to wireless service technology in Chapleau. Carried. RESOLUTION 4-46: L. Lacroix - R. Bertrand. That Council support the upcoming Northeast Superior Conservation Economy workshop with an in-kind contribution of \$5,000.00. Carried. RESOLUTION 4-47: L. Lacroix - D. Greig. That Mayor Byham be authorized to execute a

Professional Services Agreement between the Corporation and eSolutions Limited dated January 20th, 2012 with respect to the Township's new web site. Carried. RESOLUTION 4-48: L. Lacroix - R. Bertrand. That Council direct the CAO to re-advertise the School Crossing Guard employment opportunity at the revised hours of employment with a daily rate of pay of \$30.00. Carried. RESOLUTION 4-49: L. Lacroix - L. Crichton-Bernier. That Council move into camera at 7:45 p.m. for the purposes of reviewing advice that is subject to solicitor-client privilege, including communications necessary for that purpose with respect to the sale of industrial equipment and the Monk Street Project. Carried. RESOLUTION 4-50: L. Lacroix - R. Bertrand. That Council move out of camera at 8:05 p.m. Note: Upon Council rising from its in camera session, the CAO verbally reported in open Council, that Council had reviewed two matters concerning


solicitor-client privilege, including communications for that purpose, related to the sale of industrial equipment and sidewalk and curb construction matters with respect to the Monk Street Project. Carried. RESOLUTION 4-51: L. Lacroix R. Bertrand. That Council approve the release of the draft letter received from the Township Solicitor dated January 23rd, 2012 concerning the sale of industrial equipment. Carried. RESOLUTION 4-52: R. Bertrand - L. Crichton-Bernier. That the CAO be authorized to: 1. Set up a teleconference with the Township Engineer concerning sidewalk and curb construction matters with respect to the Monk Street Project. 2. Forward to the Township Solicitor various letters received from the Township Engineer concerning sidewalk and curb construction matters with respect to the Monk Street Project. Carried. RESOLUTION 4-53: D. Greig - R. Bertrand. That Council adjourn at 8:06 p.m. Carried.

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864-1870



NOTICE TO TAX PAYERS
The first instalment of the 2012 Interim Tax Billing is due February 29th, 2012.

A 1.25% penalty is imposed for late payment in addition to 1.25% per month per instalment on overdue accounts.

AVIS
AUX PAYEURS DE TAXE
Le premier versement de la facturation intérim des impôts fonciers de 2012 est dû le 29 février, 2012.

Une pénalité de 1.25% sera imposée aux paiements en retard en plus de 1.25% d'intérêt par mois au compte qui nest pas payé à temps.

L. Jones
Treasurer/Tax Collector
Trésorier/Percepteur



Please stop by the Centre at 28 Golf Road or 14 Strathcona Street or call 705-864-1886 for more information or to register.

The Chapleau Child Care Centre de Garde d'Enfants is now offering Music, Science, Fitness, French and Art Programs plus so much more

Conquer your fear of getting a needle

(NC)—Varying fears – from simple butterflies to needle nightmares to flat out needle phobia – persist everywhere in all parts of the world. Adults and children alike wrestle with the knowledge that periodically, we just must do it.

“Overcoming the fear of needles is so important for good health maintenance,” says Stephanie Bell at

LifeLabs, a leading diagnostic centre. “In the course of life, a blood test is often required to accurately diagnose a health condition. If such tests are avoided due to the needle, a treatable condition might develop into something more serious.”

Bell points out that LifeLabs conducts more than 50 million, physician-requested

diagnostic tests every year. “And it's evident that getting a needle is never as bad as people build up in their heads,” she says. “If you're still queasy, start by thinking of your skin as being very porous. The ultra fine needle is not going to pierce it but will just slip through one of a billion tiny pores.”

Take a look at these additional tips from LifeLabs to

manage your fear:

- Share it. Tell the person giving the needle that you have an anxiety so he or she can help you feel more comfortable.

- Don't look. Turn your head away from the needle during the whole procedure. From preparation to injection, it usually takes about a minute.

- Distract yourself. Talk during the process, read a

magazine, or think about something wonderful you've done, or will do.

- Relax. Muscles tense up when we're nervous or afraid which will make it worse. Think about something enjoyable and visualize it in your head.

- Breathe deeply. This will help minimize the slight pinch of the injection.

- Don't move. It will all

be over in just a few seconds – and you'll likely realize it wasn't so bad after all.

For extreme fear:

- Numb the spot. Topical anaesthetics are available at your local drug store.

For parents:

- Set an example by rolling up your sleeve enthusiastically and demonstrating how painless the process can be.

Get Your Groove On With The Road To Tophet!

And the countdown continues!! Kharisma Pictures begins shooting the feature film The Road to Tophet in just two weeks, and things are really picking up speed!! In just a short while, Chapleau will be transformed into the true Hollywood Way North, and there are so many great ways that YOU can be a part of it!!

Always dreamed of being in the movies? Now here's your chance! We will be having our General Casting Calls Monday the 27th and Tuesday the 28th of February between 1 –

3pm, and 4:30 – 6:30 pm. If you want to be an actor, be an extra, or get involved with the crew, we want to meet you, so don't miss this great opportunity!!

As The Road to Tophet gains momentum, we want to take every opportunity to celebrate with you Chapleau! This weekend, Saturday February 25, come to Aux Trois Moulins for The Road to Tophet Dance Benefit!! Enjoy fine catering by Denise's Flowers & Such and enter into our fabulous door prizes! Featuring widely acclaimed blues rocker Rusty McCarthy, this promises to be an event

not to be missed!

Rusty is one of the finest blues & jazz guitarists on the scene today. He has shared stages with the likes of the Blues Brothers, Jeff Healey, Jerome Godboo, the Bare Naked Ladies, Alannah Miles, Tom Cochrane, Holly Cole, Lou Reed, Sting, Steve Earle & Elvis Costello, Laura Hubert and the

list goes on! He tours internationally and has made several television appearances. This year saw the release of his 4th CD - 'Letter to Kilkenny' (celtic/roots) And his 5th CD 'October Blues' (blues). A jazz guitar CD is in the works for spring.

What a treat to have such a special guest to spend the

night with...so come on out Chapleau! Doors open at 8 pm, tickets are \$10 adv/\$12 at the door. This promises to be an evening to be remembered so get your tickets today!!

All of us here with Kharisma Pictures are so thrilled to be working up here in the north, and can't wait to meet all

of you here in Chapleau who are making this experience so special for us. We want to meet you, so come on out and spend some time on The Road to Tophet!!!

For more information, tickets, or any questions, we love to hear from you!!theroadtotophet@gmail.com



Rusty McCarthy wows the crowd at the Water Tower Pub in Sault Ste. Marie

NOTICE TO TRUCKERS 2012 SPRING LOAD RESTRICTIONS

Under the Highway Traffic Act, the province enforces reduced load restrictions on trucks to protect Ontario's highways during spring thaw, when road damage is most likely to occur.

Restriction on permits issued under the Highway Traffic Act:

All annual and project permits for moving of heavy vehicle loads, objects or structures, in excess of limits set out in the Act, unless otherwise specified are not valid on any highways during the months of March and April, in the southern portion of Ontario, and March, April and May in the northern portion.

For this restriction, the province is divided, west to east, by a line formed by the Severn River to Regional Rd. 169; Regional Rd. 169 from Washago to Hwy. 12;

Hwy. 12, from Regional Rd. 169 to Hwy. 7, north of Sunderland; Hwy. 7, from Hwy. 12 to Regional Rd. 7B at Carleton Place; Regional Rd. 7B to Hwy 15; and Regional Rd. 29 to Arnprior.

Single trip permits, for moving of overloads on highways not designated in Schedules 1, 2 and 3, may be issued, but are subject to axle controls established by the Ministry of Transportation.

Reduced load limits will be in effect where and when signs are posted depending on road and weather conditions.

SCHEDULE 1 HIGHWAYS MARCH 1 TO APRIL 30, 2012

THERE ARE NO HIGHWAYS IN THIS SCHEDULE HAVING A REDUCED LOAD PERIOD.

SCHEDULE 2 HIGHWAYS MARCH 1 TO MAY 31, 2012

WHEN SIGNS ARE POSTED, THE FOLLOWING HIGHWAYS WILL HAVE A REDUCED LOAD LIMIT FOR THEIR ENTIRE LENGTH:

538 554 563 651 667 670

WHEN SIGNS ARE POSTED, THE FOLLOWING HIGHWAYS WILL HAVE A REDUCED LOAD LIMIT FOR THESE LISTED LOCATIONS:

HWY.#	LOCATION	HWY.#	LOCATION
129	16.2 km north of Jct. Hwy. 554 to 48 km south of the south Jct. of Hwy. 101	638	2.5 km north of east Jct. Hwy. 17 north to 1.3 km east of west Jct. Hwy. 17
532	6.4 km north of Jct. Hwy. 556 to end of Hwy. 532	7088	Havilland Shores Dr., west side Hwy. 17, 0.3 km from Hwy. 17 west 1.3 km
546	0.6 km north of Jct. Hwy. 17 north to end of Hwy. 546	7089	Havilland Shores Dr., east side Hwy. 17, from Hwy. 17 east 0.6 km
548	Maple St. (Hilton Beach) south to southwest limits of Richard's Landing	7045	Macintyre Rd., from Hwy. 17 north 1.5 km to Jct. of Trout Lake Rd.
556	Hwy. 532 to Hwy. 129		
557	2.7 km north of Jct. Hwy. 17 (Jct. of Granary Lake Rd.) north to end of Hwy. 557		

SCHEDULE 3 HIGHWAYS/ROADS MARCH 1 TO JUNE 30, 2012

WHEN SIGNS ARE POSTED, THE HIGHWAYS/ROADS WITHIN THE FOLLOWING TERRITORIES WILL HAVE A REDUCED LOAD LIMIT:

Aberdeen & McMahon	Devon Landing	Garden Lake	Horseshoe Bay	Red Rock	Vixen Lake
Aweres 1 S.L.B.	Esher-Como-Healy	Gaudette & Hodgins	Northland Lake	Sultan	Wabos
Aweres 2 S.L.B.	Fenwick, Pennefather & Vankoughnet	Goulais Mission	Patton & Montgomery	Tilley	Wharnclyffe
Devil's Lake	Galbraith-Morin	Havilland S.L.B.	Peace Tree	Vankoughnet & Aweres	
		Hawk Junction			

ontario.ca/truckloads



Chapleau Moments

Cont'd from P.3

Ironically, the game against Marathon did in fact live up to their town's name. It went on for what felt like hours. We were tired young guys. I didn't think that we could do it, but Donald kept us in the game. Don was focussed. He hit the ball hard and most got through the blocks. When they didn't get through, they hit the floor like meteorites. Our captain had this intense stare that made me too afraid to succumb to my fear of losing. He and Dan-Dan had a great connection that day.

Mr. Cavalier yelled out orders and we carried them through. He reminded

the young squad to mix it up a bit as the other team would triple block Don. He called a couple of timeouts that I can remember. In one timeout, he showed a calmness that helped get us focussed. On another timeout, he surprised me and yelled with positivity and passion that energized us to get over the tiredness and pull off the win.

I remember the other Chapleau team members, who were sitting in the bleachers waiting for us to get this over with so we could go home. They were yelling encouragement from the bleachers. The guys on the bench couldn't sit down. There was an enormous energy flowing

from our friends and team mates to get it done. So we did. 28-26.

I remember the final play to win the tournament. Millson bumped the ball to me at center, I pushed it to the power side and Rob smashed it home. This is the way that I remember it and Rob will vouch for me. Nothing but the truth, so help me Rob!!

Mr. Cavalier: Our English teacher who played ball at Trent University. He was an amazing spiker and taught us so much about the game. He was also great to talk to on our long trips. A fine leader, a great singer / guitar player and good example for a bunch of small town

kids.

Dan (Dan-Dan) Morin: Great athlete and superior setter. He lined up the ball and Don hammered it home. He had the weirdest serve and the other team could not return it. Superior sense of humour.

Dan Tebbutt: Good weak side hitter. With Don and Rob, the weak side was all that was left, but Dan filled the bill. One of my best friends growing up. Drove a 250 blue motorcycle.

Donald (the hammer) Swanson: Power like crazy. Laughed at everyone's jokes. All round nice guy and our captain. We didn't even have to vote.

Rob Serre: Another amazing spiker. I can't

think of a sport that he was not good at. Rob is one of those guys that is friends with everyone. He was my power hitter, my 'pat me on the back' guy and another great friend.

Brad (Fozzy) Gilbert: Brad was another good outside hitter and the 'glue like substance' that keeps a team together. He was my first ever best friend and the first Toronto Maple Leafs fan that my Dad let into our home. He drove a 250 red motorcycle and is the funniest person that I have ever met.

Stephen Millson: Great server and strong spiker. Did you know that Stephen had a humongous sense of humour? He was a really quiet guy; straight to the point, but when you got to know him he always had a great perspective. He probably doesn't know it, but I learned a lot from Stephen.

Tim (Demo) Morin: By far the best all round athlete that I have ever had the pleasure to meet. A great setter and hitter. Also one of the best people and loyal friends in the world. A true leader leads by example and his name is Timmy.

Billy Hong: Billy had a huge spike. He would spike with his fist closed. I always

found that weird, but the other team took notice like crazy. A huge personality who always had the best of intentions at heart. He was the innovator who convinced us to get these cool (we thought) orange team jackets. Mr. Walsh (J.B. Walsh. the schpp; was not impressed as the school colours of blue and light blue were difficult to detect in these bright orange jackets. He was right, but the trouble was worth it. We bonded even after the games thanks to Billy.

Larry Martel: Dan-Dan was our star setter and he owned the right to Don, so I set the ball to Rob, Billy, Fozzy, Danny T and Steven and they smashed the daylight out of it.

I was thrilled to make the team and enjoyed all of the practices, games and long trips with the guys. When Rob and I get together (never often enough) we annoy our kids with our best memories of our sports ventures ... not sure it is all true .. but good enough to make us laugh propose a toast to ourselves once or twice.

My email is mj.morris@live.ca, and I look forward to more stories from Chapleau High School students as the 90th anniversary approaches.

AVIS AUX CAMIONNEURS LIMITES DE CHARGES AU PRINTEMPS 2012

Conformément au *Code de la route*, la province applique des limites de charges aux camions pour protéger les routes de l'Ontario pendant le dégel au printemps saison au cours de laquelle les risques de dommages à la chaussée sont élevés.

Limitation relative aux autorisations accordées conformément au Code de la route

Tous les permis annuels et de projet visant à déplacer, au moyen de véhicules lourds, des charges, des objets ou des structures dont les dimensions excèdent les limites établies dans le Code sont, sauf indication contraire, invalides sur toute route au cours des mois de mars et d'avril, dans le Sud de l'Ontario, et au cours des mois de mars, d'avril et de mai dans le Nord de l'Ontario.

Aux fins de cette limitation, la province est divisée en deux parties, de l'ouest à l'est, par une ligne formée par la rivière Severn jusqu'à la route régionale 169; de la route

régionale 169, à Washago, jusqu'à la route 12; la route 12, de la route régionale 169 jusqu'à la route 7 au nord de Sunderland; la route 7, de la route 12 jusqu'à la route régionale 7B à Carleton Place; la route régionale 7B jusqu'à la route 15; et la route régionale 29 jusqu'à Arnprior.

Des permis de déplacement unique de charges excessives sur les routes non désignées dans les annexes 1, 2 et 3 peuvent être accordés, mais sont assujettis aux contrôles d'essieux établis par le ministère des Transports.

La limite de charge réduite entrera en vigueur au moment et à l'endroit où des panneaux seront installés en fonction de l'état des routes et des conditions météorologiques.

ANNEXE 1 DU 1^{ER} MARS AU 30 AVRIL 2012

AUCUNE ROUTE EXIGEANT UNE CHARGE RÉDUITE N'EST DÉSIGNÉE DANS CETTE ANNEXE POUR LE MOMENT.

ANNEXE 2 DU 1^{ER} MARS AU 31 MAI 2012

AU MOMENT OÙ DES PANNEAUX SERONT INSTALLÉS, LA PÉRIODE DE CHARGE RÉDUITE S'APPLIQUERA AUX ROUTES SUIVANTES SUR TOUTE LEUR LONGUEUR :

538 554 563 651 667 670

AU MOMENT OÙ DES PANNEAUX SERONT INSTALLÉS, LA PÉRIODE DE CHARGE RÉDUITE S'APPLIQUERA AUX ROUTES SUIVANTES SUR LE TRONÇON INDIQUÉ :

ROUTE EMPLACEMENT

129 De 16,2 km au nord de l'intersection de la 554 jusqu'à 48 km au sud de l'intersection sud de la 101
532 De 6,4 km au nord de l'intersection de la 556 jusqu'à la fin de la 532
546 De 0,6 km au nord de l'intersection de la 17, vers le nord, jusqu'à la fin de la 546
548 De la rue Maple (Hilton Beach), vers le sud, jusqu'à la limite sud-ouest de Richard's Landing
556 De la 532 à la 129
557 De 2,7 km au nord de l'intersection de la 17 (Granary Lake Rd.), vers le nord, jusqu'à la fin de la 557

ROUTE EMPLACEMENT

638 De 2,5 km au nord de l'intersection est de la 17, vers le nord, jusqu'à 1,3 km à l'est de l'intersection ouest avec la 17
7088 De la promenade Havilland Shores, du côté ouest de la 17, de 0,3 km de la 17, vers l'ouest sur 1,3 km
7089 De la promenade Havilland Shores, du côté est de la 17, de la 17 vers l'est sur 0,6 km
7045 Sur le chemin Macintyre, de la 17 vers le nord sur 1,5 km jusqu'à l'intersection du chemin Trout Lake

ANNEXE 3 DU 1^{ER} MARS AU 30 JUIN 2012

* AUCUNE LIMITE DE CHARGE RÉDUITE SI SURLIGNÉE. AU MOMENT OÙ DES PANNEAUX SERONT INSTALLÉS, LA PÉRIODE DE CHARGE RÉDUITE S'APPLIQUERA AUX AUTOROUTES/ROUTES DES TERRITOIRES SUIVANTS :

Aberdeen & McMahon	Esher-Como-Healy	Gaudette & Hodgins	Northland Lake	Tilley
Aweres 1 S.L.B.	Fenwick, Pennefather &	Goulais Mission	Patton & Montgomery	Vankoughnet & Aweres
Aweres 2 S.L.B.	Vankoughnet	Havilland S.L.B.	Peace Tree	Vixen Lake
Devil's Lake	Galbraith-Morin	Hawk Junction	Red Rock	Wabos
Devon Landing	Garden Lake	Horseshoe Bay	Sultan	Wharnccliffe

ontario.ca/chargesdecamions



CHAPLEAU EXPRESS



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Stretch into spring

Back health tips for the outdoor enthusiast



(NC)—Those eagerly awaited spring days are beckoning outdoor enthusiasts everywhere. Whether you have a green thumb or enjoy outdoor sports or recreation, it is important to remember some basics of back care prior to exerting your muscles and joints.

For example, spring gardening does not have to be a pain in the back. Take a look at these valuable little tips from Alberta's chiropractors, for both gardening and for sports preparation:

Green Thumbs:

- Stretch before you head out. Take the time to prepare your body for activity and always warm up and cool down your muscles.
- Bend your knees to lift with ease. Keep

heavy loads such as potting soil close to your body, keep your back straight and bend your knees while picking up and putting down loads.

- Use the right moves and the right tools. Alternate your tasks, kneel to plant and weed, change positions frequently, pace yourself and always make sure that gardening tools are a comfortable weight and size for you.
- Take a break before it aches. Get up, move around, alternate tasks, repeat your stretch routine or sit back, relax and have a cool drink.

Outdoor Sports

If spring gardening is not your thing, you may want to start getting your body

geared up for outdoor activities such as soccer, tennis or golf. If you are a parent of a young sports enthusiast, it is equally important to help them prepare for outdoor activities. These training tips will help to prepare for spring sports:-

- Warm up your muscles before exercise. Proper warm up and stretching will help prevent injuries and strains on muscles and joints.
- Stay hydrated. Drink plenty of fluids before, during and after physical activity to ensure proper hydration.
- Proper nutrition is essential. A good, balanced breakfast and eating a healthy meal before and after

practice or a game provides proper nutrient replenishment and refuels the body.

- Safety and injury prevention are important when young athletes take to the field. Ensure your child wears suitable clothing and proper equipment that fits correctly.

- Ensure your budding star gets plenty of rest.

Eight to ten hours of sleep is essential for a growing and energetic young athlete. Lack of proper rest can catch up with your child and decrease performance—not to mention increase the chances of injury.

If you or your child experiences a sports-related injury, seek professional health care attention.


For example, doctors of chiropractic are trained to treat strains and sprains in all age groups and can provide advice on sports training, nutrition and injury prevention for young athletes.

More information, including how to find a chiropractor in your area, is available online at www.albertachiro.com.

Moments from the Past



THE ANGELIC ONES—Alter boys 1950's—back row, left to right, Fr. Lucien Bouillon, Raymond (Pit) Morin, Larry (Ton) Comte. Centre, left to right, Harry Richardson, Bobby Fink, Norman Wright. Front row, left to right, Richard Pilon, Louis Fortin, Joey Steen and Marcel (Punch) Morin.




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We will get back to you!

Chapleau
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Think about your heart



(NC)—It's the central organ of our entire body, but how many of us take our own heart for granted?

It operates for us day and night, constantly pumping the necessary oxygen and blood nutrients right up to the brain, and right down to the end of our toes.

If you don't think about your heart much you aren't alone – but it should be the opposite, healthcare specialists say. Anyone who wants to live a long and healthy life

should be doing everything possible to strengthen and protect his or her vital organs, especially the heart.

Current data shows that heart disease and stroke are two of the leading causes of death in Canada. The poorest cardiovascular conditions lead to more than 50,000 strokes across the country every year. This means someone has a stroke every 10 minutes.

“Getting your annual checkup is a

good start,” says Dr. Doug Tkachuk at LifeLabs, a leading diagnostic centre. “Doctors will assess your health and determine if a course of action, or a change in lifestyle is needed. Don't be surprised if, in addition to different testing, a guideline for healthy eating, enough rest, and regular aerobic exercise is also recommended.”

Testing advances
Medical science continues to study the warning signals for cardiac disease, giving us better and better ways to identify early, our heart's condition as well as the risk factors. Doctors now, for example, have the support of a few different tests. Artery inflammation and inflammation enzymes can be checked. Cholesterol build up can be tested and so can the level of the heart-healthy essential fatty acids. If you take ASA (acetylsalicylic acid) as a preventative, there is even a test to make sure it is working.

“Checking for inflammation of the artery walls is a serious marker for catching heart disease

early,” Dr. Tkachuk continued. “If inflammation is ignored, the all-important arteries can weaken and rupture letting plaque seep into the bloodstream. In an effort to mend this injury, your arteries send out

sticky cytokines to capture the leaking blood cells. As they clump together however, a clot can form large enough to block the artery and cause a heart attack.”

Dr. Tkachuk also points out that

since this type of damage can occur with no symptoms at all, doctors are now including inflammation testing for the most accurate assessment of a patient's heart condition.

North East LHIN
RLISS du Nord-Est

Realigning Health Care Services in the Cochrane District

Did you know that the...

North East Local Health Integration Network (LHIN) flows \$192 million each year to 58 health service providers to provide front-line care to 80,000 people living in the Cochrane District?

Are you getting the right care in the right place at the right time?

Join an independent facilitator from Northeastern Ontario and the North East LHIN and participate in a discussion on how to realign health care services in the Cochrane District to best meet your health care needs.

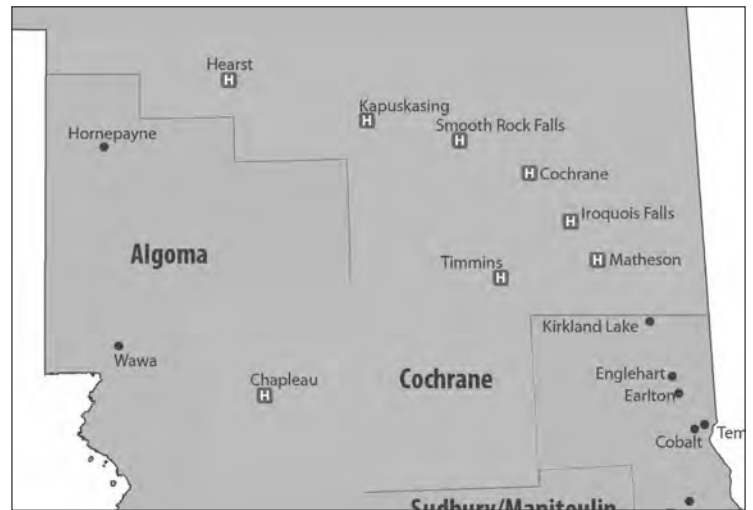
Date: Friday, March 2, 2012

Time: 11:30 a.m. to 1 p.m.

Place: Chapleau Recreation Centre, 14 Maple Street (Community Hall)

A light lunch will be provided.

Following a presentation, you will have the opportunity to offer one-on-one input on developing a more patient-focused, seamless and effective local health care system. **Everyone is welcome!** For more information, please contact Robyn Bangs at 1-705-840-1252.



Réaligner les services de santé dans le district de Cochrane

Saviez-vous que...

Le Réseau local d'intégration des services de santé (RLISS) du Nord-Est verse 192 millions de dollars chaque année à 58 fournisseurs de services de santé qui offrent des soins de première ligne aux 80 000 habitants du district de Cochrane?

Recevez-vous les bons soins, au bon endroit et au bon moment?

Joignez-vous à une facilitatrice indépendante du Nord-Est et au personnel du RLISS du Nord-Est pour discuter des façons de réaligner les services de santé dans le district de Cochrane de sorte à mieux répondre à vos besoins de soins de santé.

Le vendredi 2 mars 2012

De 11 h 30 à 13 h

Salle : Centre récréatif de Chapleau, 14, rue Maple (salle communautaire)

Un léger repas sera servi.

Après une présentation, vous aurez l'occasion d'offrir des commentaires individuellement sur la création d'un système de santé local qui est davantage axé sur le patient, uniforme et efficace. **Tout le monde est bienvenu!** Pour en savoir plus, veuillez communiquer avec Robyn Bangs au 1-705-840-1252.



THE CHAPLEAU HIGH SCHOOL REUNION

QUIZ



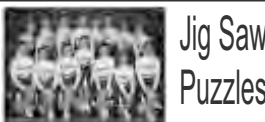
Who is the CHS graduate, who became one of Chapleau's best known citizens ever, and usually drove a Buick?

Last week's answer

Bev Machan was the CHS student who was the 1956 Winter Carnival Queen, appearing with carnival King B.W. Zufelt.



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Students Attend Rotary Leadership Camp



Lauren Hamill (left) and Courtney Doyle-Evans receive their Rotary Leadership Camp certificates from Student Council mentor Mrs. C. Boucher. The girls attended the Leadership Camp in Blind River sponsored by the Sault Ste. Marie Rotary

Club.

As well as developing their leadership skills, the girls made many new friends and will pass their leadership experiences on to the Chapleau High School students.

Prior to the presentation of the

Rotary Leadership and the Character Education certificates, all Chapleau High School students were treated

to a healthy breakfast of pancakes, ham, juice, smoothies and fruit prepared by Chapleau High School

staff. The breakfast, which has become a tradition at Chapleau High School, occurs on the first full day of each

semester to ensure students get off to a good start in their courses.

Chapleau High School students receive Character Education Certificates

Each month, one aspect of Character Education is promoted by the Chapleau High School staff. One student from each grade 9 to 12 is recognized for the way she/he presents that character attribute during the month. Pictured below are the recipients of Character Education certificates.



Front row left to right: Paige Tangie-Redbreast – Caring, Colt Meyer – Respect, Kassie Friend – Honesty and Integrity, Sarah Cooke – Honesty and Integrity, Taylor Langlais – Caring. Middle row left to right: Meagan Jean – Citizenship, Courtney Doyle-Evans – Respect, Tyler Friend – Respect, Amanda Billings – Honesty and Integrity, Nathan Fletcher – Citizenship. Back row left to right: Tamara Weeks – Caring, Lauren Hamill – Citizenship, Cole Hamel – Honesty and Integrity, Kodiak Jolivet – Citizenship, Sommer Holmes - Caring

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

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

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

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

APARTMENTS FOR RENT

VILLAGE SHOP APARTMENTS
2 & 3 bedroom Apt. available. Laundry on site, secured entrance. Please call Lucy 864-1114.

Large and small cabins as well as one house, all have electric heat. Plenty of parking for big trucks and equipment. Reasonable rates. For more information call after 9:00 p.m. (705)864-0589 as for Ray. Feb25

Semi furnished upper floor, 2 bedroom apartment located at 23 Grey St. S. Asking \$450.00 per month. Call 705-864-0499 for more info. Mar17

Bridgeview Motel

continues to have lots of upgrades including 42" HD flat screen TVs. Rooms by day, week or month. Call 864-1673

Have a good week end

Winner/Gagnant

Le gagnant de la cabane à pêche fabriquée par les étudiants de l'E.S.C. Trillium est M. Nick Orton avec le billet numéro 020 - the winner of the Ice fishing hut made by the students of E.S.C. Trillium is Mr. Nick Orton with ticket number 020.



Superior North Mobile Veterinary Services

will be welcoming new patients on **Wednesday, February 29th,** at the Aux Trois Moulins Motel. Please call Alyssa (705) 987-6893 if you would like to make a medical/surgical appointment for your pet



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THANK YOU

Thank you to the doctors and nurses and staff at the hospital for the good care we received. Also thank you to our friends and acquaintances for their prayers and good wishes. Also thank you to the people who did chores for us and brought food. We are now at home at 19 Young St.

Mary and John Joe Bernier

Chapleau Midget Friendship Tournament March 3 - 4, 2012

Chapleau Moore Arena

Saturday March 3, 2012
10:00 a.m. - 12:00 p.m.

Wawa Legionnaires vs Chapleau Huskies
2:00 to 3:00 p.m.

Opening Ceremonies / Skills Competition
3:00 p.m. to 5:00 p.m.

Timmins Flyers vs Wawa Legionnaires
8:00 p.m. - 10:00 p.m.

Chapleau Huskies vs Timmins Flyers

Sunday March 4, 2012
Semi Finals

10:00 a.m. - 12:00 p.m.

Championship Game

3:00 p.m. - 5:00 p.m.

Admission: by Donation

COME OUT AND SUPPORT YOUR MIDGET HUSKIES!



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Mémoires d'un quartier - Antoine la suite Tome 9 Louise Tremblay - D'essiambre
Mémoires d'un quartier - Evangéline la suite Tome 10 Louise Tremblay - D'essiambre

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The girl who played with fire - New Moon
Eclipse - Breaking Dawn
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Bougez au rythme de The Road to Tophet!



Rusty McCarthy emballe la foule au pub Water Tower, Sault Ste Marie, ON,

Et le compte à rebours continue! Kharisma Pictures commence le tournage du long métrage The Road to Tophet dans deux semaines, et les choses commencent à prendre de la vitesse! En peu de temps, Chapleau sera transformé en un véritable Hollywood, et il y a tellement de façon que VOUS pouvez en faire parti!

Vous avez toujours rêvé d'être dans les films? Voilà votre chance! Nous allons avoir des auditions le lundi 27 et le mardi 28 février entre 13 h et 15 h ainsi que 16 h 30 et 18 h 30 à l'ancien restaurant Starlite. Si vous voulez être un acteur, être un figurant (extra), ou simplement vous impliquer, nous voulons vous rencontrer alors, ne manquez pas cette belle occasion!

Tandis que The Road to Tophet prend son élan, nous voulons profiter de chaque occasion de célébrer avec vous! En fin de semaine, plus spécifiquement le samedi 25 février, venez Aux Trois Moulins pour une soirée de danse-bénéfice! Venez goûter aux petites finesses du traiteur Denise's Flowers &

Such, et mettez votre nom pour des prix d'entrée fabuleux! Soyez divertis par le musicien de blues Rusty McCarthy. Ça promet d'être un événement à ne pas manquer!

Rusty est l'un des meilleurs guitaristes de blues et jazz. Il a partagé la scène avec des grands noms comme Blues Brothers, Jeff Healey, Jerome Godboo, the Bare Naked Ladies, Alannah Miles, Tom Cochrane, Holly Cole, Lou Reed, Sting, Steve Earle et Elvis

Costello. Il a fait des tournées internationales et a passé à la télévision à plusieurs reprises. Rusty a sorti un quatrième CD cette année « Leter to Kilkenny » et un cinquième intitulé « October Blues ». Il prévoit en sortir un autre ce printemps.

Quel régal à avoir un invité de tel renommé pour nous divertir... alors venez en grand nombre! Les portes ouvrent à 20 h, les billets sont 10\$ à l'avance ou 12\$ à la porte. C'est une soirée qui sera mémorable.

Alors, achetez vos billets dès aujourd'hui!

Nous (équipe de Kharisma Pictures) sommes tellement ravis de travailler ici dans le nord, et nous avons hâte de vous rencontrer. C'est vous les gens de Chapleau qui rendez cette expérience si spéciale pour nous.

Pour plus d'information, billets, ou pour toute autre question, contactez-nous par courriel à theroadtotophet@gmail.com

On March 8, 2012, staff and students at Our Lady of Fatima School will take up the challenge to at least try one broccoli floret by 10:00 am. This is a fun way of celebrating Nutrition Month.

Let's talk about fruits and vegetables, and how good they are for our health; and keep posted for pictures of the day and the different taste reactions!

March is Nutrition Month

THE GREAT BIG CRUNCH

Thursday, March 8th at 10:00 am

- To promote healthy eating
- To increase fruit and vegetable consumption
- To have a healthy snack



Broccoli crowns have been sent to over 45 Greater Sudbury and Manitoulin area Schools.

Volunteers will then provide broccoli pieces for all students to chomp down on at 10:00 am.

This gives the teachers the opportunity to talk about fruit and vegetables.

Enclosed you will find some resources and broccoli facts.

Proudly sponsored by
Student Nutrition Advisory Committee



Looking for more information? Here are some popular links:

- www.dietitians.ca
- www.canadafoodguide.net
- www.Ontario.ca/EatRight
- www.sdhc.com
- www.eatrightbebright.ca

For more information please contact the Student Nutrition Program @ 705671-1941

Diane Giroux ext 234 OR
Mary Jane Drury ext 235

Nutrition Facts		
Calories 31 (129kJ)		
Broccoli - 1 Cup		
	% Daily Value ¹	
Total Fat	0.4g	1%
Sat. Fat	<0.1g	<0.1%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbs.	5g	2%
Dietary Fiber	2.4g	9%
Sugars	1.3g	
Protein	2.6g	
Calcium	42.0mg	
Potassium	287.6mg	

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Keurig Coffee Machines and we now carry over 50 different flavours of coffee, hot chocolate, tea and cappuccino.

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