Local News Weekly

Delivered Free to Every Household

CHAPLEAU EXPRESS

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Chapleau High School campaign benefits hospital and Tsunami relief

By Jim Prince

Gail Bignucolo, CEO, Chapleau Health Services (SSCHS) accepted the Chapleau High School student council donation from this year's Tree of Lights Campaign.

The cheque, totaling $1,400 and representing about half the total collected, will go towards the Bignucolo Residence Courtyard Project.

"The Board of Chapleau Health Services would like to express its deep appreciation for all the school council's hard work and generosity in raising funds for the Courtyard Project," said Bignucolo.

This is the second time the Student Council has assisted the hospital. Two years ago they donated to the Emergency Room renovation campaign and helped SSCHS in reaching that goal.

The presentation marked the culmination of another successful year for the Tree of Lights effort. The approximately $2,800 raised was up from previous years.

The members of the student council met recently, and after a discussion concluded the funds collected would be split equally between the Courtyard project and the Tsunami Relief Fund.

Meanwhile, interest in the Chapleau High School Students Council has risen this year and there has been an increase in the number of students, particularly from grade 9, participating on the Students Council.

There were several reasons for this, said Cheryl Boucher, Chapleau High School faculty member and Council advisor. She said the students realize that if they want a say, this is how to go about it.

The Hospital Court Yard project will provide a secure environment in an outdoor setting for the seniors at the Bignucolo Residence.

First baby of the year arrives safely

By Jim Prince

Chapleau's New Year's Baby arrived one week, four hours and twenty minutes after the stroke of midnight January 1st, 2005.

Aden Boucher came into the world at the Chapleau General Hospital born to Tania Huard and Mathew Boucher and is a brother to Nathan 8, and Jeremy, 6 years. The first baby of the year weighed in at 7 pounds 9 ounces and along with Mom was quickly at home with the family. Both were doing fine.

The Chapleau Hospital Auxiliary showered the two with many gifts. some of them knitted and sewn by the Auxiliary members, providing the new child with a genuine community welcome.

"Province ready to take a role" in wake of Domtar closure says Brown

By Jim Prince

A delegation from Chapleau was to meet with the provincial Natural Resources Minister Friday as efforts continue to offset the effects of the announced closure of the Domtar mill in this community.

The meeting, scheduled for David Ramsey's constituency office in New Liskeard, was arranged by his parliamentary assistant and MPP for Algoma-Manitoulin, Mike Brown.

In preparation for the meeting, Brown spent last Monday in Chapleau consulting with the Township Council and others to try and come up with some measures to counter the effects of the closure.

Domtar announced on January 6 that effective March 6, 2005, it and Tembec, the community's two largest employers had concluded a deal which will close the Domtar operation and increase production at the Tembec sawmill.

Although approximately 67 Domtar employees will be negatively affected, there will be a net loss of approximately 32 jobs.

In the deal between the two forestry giants, Tembec will take over Domtar's current wood supply, and create 49 new positions for a third shift.

Algoma- Manitoulin MPP Mike Brown discussed the Domtar Mill closure with Chapleau Mayor Earle J. Freeborn, the Chief of the Chapleau Cree First Nation , Wade Cachagee and Township Deputy Mayor Bud Swanson with Councillors Andre Byham and Richard Bignucolo

Of that number, a total of 15 Tembec employees, previously scheduled to be laid off this year, will fill the positions internally.

Tembec's mill will increase its annual production to 147,000mfbm from 111,000mfbm at

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LETTER TO THE EDITOR

Dear Mr. Editor,

Thank you for this space in your newspaper.

The Chapleau Ski Club has been operating in this community for 51 years. A lot of time, effort and money has been invested to bring many, many hours of entertainment to one and all. I can't even begin to tell you how many hours are spent brushing the hill and the cross-country trails.

Sometime between the afternoon of Tuesday January 4th and the morning of Wednesday January 5th, someone entered the premises and stole many items including two machines used for brushing the hill and the trails! If this equipment is not recovered, we will not be able to do the brushing and therefore we might not be able to open next year.

This is a devastating blow to our small club. Over the years, we have had many challenges: the loss our fearless leader - Daniel Lemieux, the tripling of our liability insurance within three years and several other break-ins, just to name a few.

Every time someone breaks and enters our facilities, it costs us money. We have had to replace the back door, including the frame, countless times over the years. Many thanks to the generosity of Collins Home Hardware for replacement doors. Knowing all this, we have always kept our rates at a reasonable price so that as many people as possible could afford to participate.

We have been very lucky as we have had the support of many organisations in town and we are forever grateful for that.

I encourage anyone to call the Crime Stoppers toll free number if you have any information regarding this or any other break-in. I also encourage you all to be generous when our members approach you for a donation towards our annual ski-a-thon/snowboard-a-thon in February.

See you on the slopes,
Doris Boucher

André (Andy) Thibault
Jan 18, 1995

In Loving Memory of a Husband, Father, Grandfather, Great-Grandfather, and Son-in-law, Who left us 10 years ago.

To a beautiful life, came a suddn end,
You lived as you died, everyone's friend.
You were always thoughful, loving and kind,
What wonderful memories you left behind.
You left us so suddenly,
Your thoughts unknown,
Leaving a legacy that was all your own.
Treasure him Lord in your garden of rest,
For here in our world he was one of the best.

Love and missing you,
Your family.

Obituary

Orma Morris (ne) Riley

In loving memory of Orma Morris, the family announces with great sorrow her sudden death on January 4th, 2005, at Cassellhome residence in North Bay.

She is predeceased by her loving husband Jack Morris, dear friend and companion for many years, Ernest Pilon. Loving mother of Jack (Jackie) of Chapleau, Beverly (Len) of Sudbury, Marguerite of Ottawa. Sadly missed and lovingly remembered by grandchildren and great-grandchildren, nieces, nephews, and many friends.

Spring internment will take place in Chapleau

Obituary

Yvonne Marie Pineault
(Nee Gauthier)
1919-2005

The family announces with great sorrow her passing at the Chapleau General Hospital on Tuesday January 11, 2004. She was predeceased by husbands Léo Dumontelle (1942) and Gerard Pineault (1980) and sister Antoinette Lemieux (1982) Loving Mother to sons, Leo (Lyne) Pierrefonds, QC., Richard (Mavourneen) Prince George, BC., daughter in law Jean McPhail of The Pas, MB., Grandmother to, Jennifer (Daryl) Hoskins, The Pas, MB., Shaley Hoogendoorn (Robert), Coquitlam, BC., Luke (Kelsee), Joseph and Alex Pineault, Prince George BC., David Gallant et Mathieu Gallant, Pierrefonds, QC., Great grandmother to Matthew and Megan Hoskins of The Pas, MB., and Arianne Gallant, Pierrefonds, QC. Dear sister of Cecile Pineault, Trois Rivières, Loretta (Gary) Parent, Garson, Lucienne Gauthier, Sudbury, Lucien (Jeanine) Gauthier, Chelmsford, Romeo (Tiny) Gauthier, Mattawa, numerous friends, in-laws, nieces and nephews that all loved and cherished her.

Born Feb 12th, 1919 in Papineauville, QC, migrated to Biscotasing with her family and later in her late teens to Chapleau in search of employment where she married and raised her family and remained ever since. She was a member of the Sacred Heart Church, Catholic Women's League. Yvonne will always be remembered for her kind and generous heart. Her entire family will miss her unconditional love and support.

The family will receive friends at Sacred Heart Church on Saturday January 15th from 09:30 a.m. to 11:00, followed by a funeral mass to celebrate her life. A reception will follow in the church community hall.

Our sincere thanks and appreciation to Dr. Frank Broomhead, the Chapleau General Hospital and all its fine nurses and staff for all the care and comfort extended in Mom's time of need. Also many thanks to Mom's special friend Goldie Morris for being a pillar of strength and always being there for her. Remembrance donations can be made to "The Heart and Stroke Foundation" and/or "The Chapleau General Hospital" in her memory, would be greatly appreciated. Gilmartin Funeral Home in charge of funeral arrangements. (800) 439-4937

Funérailles

Yvonne Marie Pineault
(née Gauthier)
1919-2005

C'est avec tristesse que la famille annonce son décès à L'hôpital Général de Chapleau mardi le 11 janvier 2005, à l'âge de 85 an set 11 mois. Épouse de feu (Léo Dumontelle, 1942) Gérard Pineault, (1980) sœur de feu Antoinette Lemieux (1982). Mère de Léo (Lyne), Pierrefonds, Qc. , Richard (Mavourneen) Prince George, CB. Belle-mère de Jean McPhail, The Pas, Mb. Grand-mère de Jennifer (Daryl) Hoskins, The Pas, Mb., Shaley (Robert) Hoogendoorn, Coquitlam, CB., Luc (Kelsee) Pineault, Joseph et Alec Pineault, Prince George, CB. , David et Mathieu Gallant. Arrière-grand-mère de Matthew et Mégan Hoskins et de Arianne Gallant. Elle laisse dans le deuil plusieurs sœurs et frères, Cecile Pineault, Trois Rivières, Qc., Lorette (Gary) Parent, Garson, Ont., Lucienne Gauthier, Sudbury, On., Lucien (Jeannine) Gauthier, Chelmsford, On., Roméo(Tiny) Gauthier, Mattawa, On., plusieurs nièces et neveux et beaucoup d'amis. La famille et ses amis vont manquer son amour inconditionnel et son appui constant.

Elle est née à Papinauville, Qc, le 19 février 1919 et a émigré dans sa jeunesse à Biscotasing en Ontario avec ses parents et plus tard elle s'est rendu à Chapleau en recherche d'emplois, ou elle s'est marié, et a élevé sa famille et a demeuré ici jusqu' a présent.

La famille va recevoir les Amis à l'église Sacré Coeur Samedi le 15 janvier à partir de 09:30 à 11:00 a.m. Suivit par une messe pour célébrer sa vie. Réception par après à la sale communautaire de la paroisse. Dons commémoratifs à la foundation "Heart and Stroke" ou à "L'Hôpital Général de Chapleau" sera grandement appréciés.

Nos sincères remerciements au Dr. Frank Broomhead et son équipe à l'Hôpital Général de Chapleau pour tous leurs efforts et conforts qu'ils ont rendu à notre Mère dans ses dernières heures. Sincères remerciements à son amie Goldie Morris pour son aide et appuis pendant toutes ces années. Arrangements funérailles par le Salon Funérailles Gilmartin
(800) 439-4937

ATTENTION!
Grade 8 Students

Reaching to the Future

GLS1O
Learning Strategies

Chapleau High School will again be offering GLS1O, Learning Strategies, to any student presently registered in Grade 8.

Classes will run from 3:30 6:30 on Tuesdays and Thursdays at Chapleau High School. They will begin on February 1, 2005.

Upon successful completion of the course students will receive 1 credit towards their high school diploma.

For further information and registration forms please contact Chapleau High School at 864-1452.

THANK YOU

The Long Term Care Christmas Bazaar recliner draw donated by Tembec-Chapleau was held December 23rd,2004. The General Manager, Mr. Mel Jones, drew the lucky ticket . Pictured above is Mr. Mel Jones, congratulating the winner, Mrs. Julie Beaulieu. The Activation Department fundraised an outstanding $1025.00 on the draw which will benefit all the Residents.

Thank you TEMBEC for your generous donations. It is appreciated more than you know.

From the staff, Tanya Cachagee and Sylvia Westerman, and Residents of the Activation Department.

Sans emploi? Destination carrières est prêt à vous aider.

- Consultation individuelle
- Testage
- Appui à la recherche d'emploi
- Programmes de retour à l'emploi
- Ateliers
- **Résultats**

Financé par **Canada**

destination carrières services d'emploi
Collège Boréal
career link centre employment services

À **Chapleau**, composez le 1-800-361-6673 poste 4010 pour faire un rendez-vous.

Are you unemployed? Career Link Centre can help you.

- One on one career counselling
- Testing
- Job search support
- Return to work programs
- Workshops
- **Results**

Funded by **Canada**

destination carrières services d'emploi
Collège Boréal
career link centre employment services

To schedule an appointment in **Chapleau**, please call 1-800-361-6673 ext 4010

Snowmobile trail patrollers trained as season getting underway

By Jim Prince

With area snowmobile trails now open on what was described as a limited basis, the Chapleau Arctic Snowmobilers Club is ready for another year.

Sales of trail permits are at approximately the same level as last year, and the club has been busy preparing the trails, a process which has been delayed because of a lack of snow and cold temperatures.

In the meantime, a total of five persons recently graduated from a course for Trail Patrollers.

"Their role is to generally to promote snowmobiling and to provide assistance to users of the many kilometers of trails surrounding Chapleau," said Roger Perreault, the president of the local club.

He praised those community members who completed their training, noting they are all volunteers.

"Hopefully a few more would be interested so we would offer another course," stated Perreault.

Cellular telephone service confirmed for this coming June

By Jim Prince

The start up date was revealed last Wednesday during a meeting of the Northern Mayors Group held in Wawa.

Adnet Communications Network from Sault Ste. Marie presented an outline on the cell phone service initiative.

Chapleau Mayor Earle J. Freeborn said people on Superior Wireless Text are presently receiving analog service. "However, it will be changed to Digital 1X, which is the latest cell service technology." For instance, it will provide email and call display.

"This digital network will begin in Chapleau first, in June 2005," stated the Mayor.

The service will be expanded to cover the Highway 17 Lake Superior route from Sault Ste. Marie to Thunder Bay later.

Mayor Freeborn said there will be an information package sent out from AdNet to describe the technology and the service.

With this information, potential cell phone subscribers will be able to purchase equipment which will work elsewhere in the province.

La francophonie en folie
2 ans, ça se fête !

Deux ans déjà...

C'est le deuxième anniversaire de la page mensuelle "Francophonie en folie". Il me semble que ce n'était qu'hier que nous avons lancé le concours pour avoir un titre à notre page francophone. Ryen Martel avait gagné le concours.

Après deux ans, nous sommes toujours là et sommes curieux de savoir si vous lisez religieusement la page ou si vous la lisez en survolant ou bien même que vous la lisez qu'à l'occasion ?

Si vous ne l'avez pas déjà fait, vous pouvez répondre à cette question en allant au site web francophone énumérant les activités variées de notre communauté et des environs : www.francochapleau.ca ou bien appelez-nous soit au 864-1126 ou au 864-2763.

Bonne lecture!

Lancement du recueil tant attendu !!!

En parlant d'anniversaire, depuis dix ans, le centre Formation*PLUS* organise annuellement une journée de lecture à Chapleau. Pour la dixième édition de celle-ci, il nous fera plaisir de lancer un recueil collectif écrit par les gens de la communauté. Nous avons visé à produire un livre qui refléterait la variété de talents qu'héberge notre village. Ce recueil renferme l'apogée de nos efforts : des textes et poèmes écrits par grands et petits, débutants et professionnels pareillement.

Lire c'est... fascinant, passionnant...

Formation*PLUS* sera donc fier de présenter ce recueil le mardi 25 janvier à 19h30 au 40, rue Birch. Tel que promis, chaque auteur-e recevra gratuitement une copie du recueil lors de ce lancement. En plus, il y aura un certain nombre de recueils en vente ce soir-là. À la fin de la soirée, un léger goûter sera servi et il y aura aussi un tirage pour un prix de présence. Bienvenue à tous au lancement!

Formation*PLUS* tient sincèrement remercier les auteurs-es et les commanditaires ainsi que tous ceux qui ont participé à sa production, principalement Joseph Gagné qui a coordonné le tout l'été dernier.

Le recueil est un petit bijou à lire en tout temps ou lors de la 10e journée de lecture qui aura lieu le jeudi 27 janvier . De la part de tous les membres de l'équipe, nous vous souhaitons une bonne lecture!

Stephen Faulkner (Cassonade) s'amène à Chapleau

S'il est un artiste de la chanson auquel l'épithète d'indépendant colle parfaitement, c'est bien Stephen Faulkner. Véritable légende de la chanson au Québec, le voici de retour avec un merveilleux spectacle solo, «Capturé vivant», inspiré de son nouvel album «live».

Stephen Faulkner, auteur-compositeur et interprète, débute en 1972, à 18 ans. Il accompagne Plume Latraverse et on l'appelle Cassonade…Il collabore à l'album « Pommes de Route » de Plume Latraverse et part en solo en 1976

En 1978, Faulkner présente un premier disque sous le nom de Cassonade. Il se taille une réputation de cowboy urbain avec son style rock très particulier.

Faulkner poursuit sa route avec un country/moderne, qui nous a donné quelques classiques comme « Si j'avais un char » et « Mon grand cheval noir d'amour ».

En 2000, Stephen publie «Tessons d'Auréole » un projet musical plus swing qui lui vaut le prix Félix pour auteur compositeur au gala de l'ADISQ en 2001. Plus récemment, il nous offrait un premier album LIVE, «Capturé Vivant ». Proche du folk, du country et du jazz, les chansons de Stephen Faulkner tressent la culture et les aspirations du Québec avec la musique des voisins du sud. C'est le jeudi 3 mars que le Centre culturel présentera le spectacle « Capturé vivant ». L'occasion sera belle pour reprendre contact avec Stephen Faulkner ou peut-être préférez-vous Cassonade?

Photo : Stephen Faulkner ou peut-être préférez-vous Cassonade...

Qui a dit qu'il ne se passe pas rien à Chapleau!!

Calendrier d'activités à découper et garder...

JANVIER

janvier	Mois anti-tabagisme
23 au 29	Semaine de l'alphabétisation familiale
25 au 31	Examens (T)
25	Lancement du **Recueil** de textes et de poèmes (FP)
26	**Cours** de garde d'enfants (SC) (FP)
27	10e **Journée de lecture** (FP) (T) (SC)
29	**1er atelier** de la série "Grandir avec mon enfant" (FP)
31	**Inscription** aux cours du soir (FP)
31	Lancement du **Concours Bout'Chou** (CC)

FÉVRIER

2	**BINGO** recommence (CC)
4	Lancement "Fierté du Nord"
9	Portes ouvertes (8e année) (T) (SC)
12	**2e atelier** de la série "Grandir avec mon enfant" (FP)
16 et 17	**Inscription** de la maternelle (SC)
16 et 17	Finales NSSSAA: ballon-panier (g) et volleyball (f) (T)
17	**Concours Bout'Chou** (CC)
18	Carnaval des écoles Sacré-Coeur et Fatima

MARS

mars	Mois de la nutrition
1 et 2	Finales NWOSSAA : ballon-panier (g) et volleyball (f) (T)
3	**Spectacle** "Steven Faulkner" (CC)
6 au 20	Semaines de la francophonie
6	**Spectacle de variétés** (T) (SC) (CC) (FP)
8	**Soirée "Franco-Fun"** (T) (SC) (CC) (FP)
9	Remise des bulletins à Sacré-Coeur
10	**Portes ouvertes** organismes francophones (CC)(FP)
11au 20	Semaine de relâche (T) (SC) (FP)
23	Sacrement de pardon (2e anné e) (SC)

AVRIL

7 et	**Thé et Bazaar** (UCFO)
10 et 11	Semi-finales NSSSAA : badminton (T)
17 et 18	Finales NSSSAA : badminton (T)
20	Soirée des parents (tentatif) (T)
15 et 16	**Vente de livres** (SC) (FP)
27	Finales NWSSAA : badminton (T)

MAI

1 au 7	Semaine de l'éducation
7	Confirmation (SC)
11	Journée de jumelage avec les 8e de Sacré-Coeur
11 et 12	Semi-finales NSSSAA : soccer (T)
12	Demers, Lajoie et Monette (en journée) (T)
12	**Demers, Lajoie et Monette** (en soirée) (CC)
16	**Grimm-Grimm** (CC)
fin mai	Voyage d'école à Ottawa (T)

JUIN

début juin	Banquet athlétique et culturel (T)
2	Remise de certificats et de diplômes (FP)
4	Bal des finissants-es (tentatif) (T)
13 au 17	Testing provincial en mathématiques 9e année (T)
18	**La Fête de la Saint-Jean** (CC)
20 au 24	Voyage à Ottawa (SC)
27	Remise de diplômes (SC)
28	Remise de diplômes (T)

Dates à déterminer :

Spectacles – Improtéines, Y'a ketchose et carnaval (T)
Assemblée générales annuelles (CC) (FP)

À noter : Les dates ci-dessus peuvent changer.

(T) École secondaire catholique Trillium, (SC) École Sacré-Coeur, (CC) Centre culturel Louis-Hémon, (FP) Formation*PLUS*

Grandir avec mon enfant

Formation*PLUS* offrira des sessions d'un tout nouveau programme «Grandir avec mon enfant». Les parents participants auront l'occasion de collaborer et de partager tout dans le but de grandir avec leurs enfants.

«Grandir avec mon enfant» répond à un besoin de ressources en français et s'adresse aux francophones intéressés à améliorer leurs compétences parentales et à aider leur enfant dans son apprentissage.

Le programme comprend dix modules. Chaque module se base sur un thème et contient un plan détaillé. Les activités servent à conscientiser le participant à l'importance de son rôle en tant que parent. Les thèmes abordés seront : explorons notre rôle de parent, communiquer pour se faire comprendre, l'écoute active, la discipline positive, …

Le première session qui touchera le thème « Explorons notre rôle de parent » aura lieu à Formation*PLUS* au 40, rue Birch le samedi 29 janvier 2005 de 13h à 16h. Nous vous prions de réserver votre place dès maintenant en composant le 864-2763.

Conseil utile : Ne monopolisez pas la conversation! Lancez une idée et attendez ensuite pour encourager l'enfant à poursuivre.

3 contests under the theme

My Chapleau… Mine to cherish, mine to build.

Starts January 16, 2005 & ends February 11, 2005

Presented by: CHAPLEAU EXPRESS

Winners will be published in the Chapleau Express on February 20

1. Colouring contest (for youth ages up to 11 yrs old)

The participants will draw and colour a picture of ***an activity in Chapleau that he/she enjoys partaking in***. The picture will be done in colour (no black and whites) with paint, coloured pencil or crayons on an 8 ½ X 11 plain white sheet of paper. The participant will put his/her name, address and telephone number on the back of the picture. The winner will not necessarily be judged for the talent, but rather the winning picture will portray a scene that best describes the joy and enthusiasm of the characters, and the description of the activity. These must be personal initiatives, and not school projects.

1st prize $100 2nd prize $50 3rd prize $25

2. Random Acts of Kindness contest (for teenagers aged 12 to 18 yrs old)

The participants will record and report ***random acts of kindness done toward fellow Chapleau citizens***. These acts of kindness must demonstrate effort on the part of the person doing it, and attention to the needs of the person receiving it. The acts of kindness will not result in a financial transaction it must be a free act of generosity. The participant will fill a random act of kindness report, and have it confirmed and signed by the receiver of the act. The report forms can be picked up at Aux Trois Moulins confectionery or Chapleau Village Shops. The winners will not necessarily be judged for the quantity of acts, but rather for the quality and originality of the acts themselves. These must be personal initiatives, and not school projects.

1st prize $200 2nd prize $100 3rd prize $50

3. Writing contest (for adults 19 yrs and older)

The participants will compose a short story about ***an experience or anecdote that best demonstrates the positive aspects of life in Chapleau***. The short story will be typed, single-spaced, and no longer than one 8 ½ X 11 page. The winning stories will not be judged on grammar and spelling, but rather the qualities of the stories that meet the theme of the contest. The entries can be in French or in English. The Chapleau Express will translate the winning short stories.

1st prize $200 2nd prize $100 3rd prize $50

All cash awards will be in Chapleau dollars, redeemable at participating local businesses.

The **businesses**
interested in being part of the Chapleau dollar awards
are asked to contact The Chapleau Express at 864-2579. You will need to leave a message, and we will call you back to provide the details of your participation. We will not solicit your business. If you want the Chapleau dollars redeemable at your location, you will need to get in touch with us **before Friday, January 21, 2005**.

Amazing Race
meets
FEAR FACTOR
at Gus's II Family Restaurant

Enjoy delicious international specialties, and collect points to win fabulous prizes!

Activities and Special Meals for January & February

DATE	DESTINATION	BONUS ACTIVITY
January 17/05 (Mon)	Canada	None
January 23/05 (Sun)	Dusseldorf (Germany)	"Thank You" in German
January 30/05 (Sun)	Ecuador	None
February 07/05 (Mon)	Fes (Morrocco)	Trivia Question
February 15/05 (Tues)	Greece	None
February 23/05 (Wed)	Helsinki (Finland)	Trivia Question

You still have time to pick up your Passport. Join Now!

Chapleau Seniors' Walking Group

Where: Chapleau High School
(Meet at the cafeteria)

When: Every Tuesday & Thursday

Time: 10:10 a.m. to 11:10 a.m.

All Seniors Welcome

FREE BUS SERVICE
(Meet at Cedar Grove, 9:55 a.m.)
Funded by: Services de santé de Chapleau Health Services
Independent Order of Odd Fellows

For more information, call 864-1610

Heart Health Cœur en santé
This program is supported by the Government of Ontario
Make it a Healthy Day! Visez Santé dès aujourd'hui!

L'ergothérapie en milieu de travail

Par Dean Arnold

L'ergonomie est la science qui consiste à concevoir le milieu d'une personne afin de contribuer à un rendement maximal.

Le milieu de travail d'une personne doit correspondre à ses capacités. Une bonne ergonomie prévient les blessures et favorise la santé, la sécurité et le bien-être du personnel.

L'utilisation des principes de l'ergonomie peut accroître la productivité d'une travailleuse ou d'un travailleur et la qualité de son travail.

Les employeurs peuvent mettre en œuvre un programme qui comprend des lignes directrices que le personnel doit suivre, qui contribue à un milieu de travail efficient, qui prévient les blessures et l'apparition de troubles chroniques d'ordre médical et qui aide les employés à reprendre le travail après une blessure.

Les ergothérapeutes ont une formation ayant trait à la structure et au fonctionnement du corps humain ainsi qu'aux effets d'une maladie ou d'une blessure.

Ils peuvent aussi établir comment les composantes d'un milieu de travail peuvent contribuer à un milieu sain et efficace ou à un milieu qui peut causer des blessures ou des maladies.

Un ergothérapeute peut aider les employeurs à identifier des risques qui peuvent entraîner des blessures au travail et à déterminer comment ils peuvent les éliminer.

Les ergothérapeutes ont une formation en matière de conception de milieux qui répondent aux besoins des gens et qui permettent un fonctionnement optimal.

Que peut faire une personne pour faire appel à une bonne ergonomie en milieu de travail?

1. Adopter une approche proactive pour prévenir les blessures en milieu de travail.
2. Suivre les lignes directrices formulées par les employeurs, qui peuvent prévenir des blessures et des maladies.
3. Signaler les risques ou les mauvaises conditions de travail ou le comportement de membres du personnel susceptibles d'entraîner des blessures ou des maladies en milieu de travail.

Adapté de la série « Tips for Living » de la American Association of Occupational Therapy.

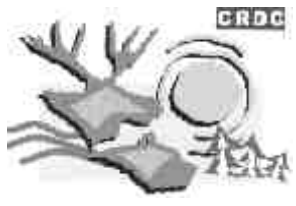
PUBLIC NOTICE

Nine Wildlife Tourism Development Proposals from the Chapleau Regional Development Corporation for the Chapleau Crown Game Preserve
(Marshall, Panet, Mageau, Lipsett, Lloyd, Brutus and Racine Townships)
Territorial District of Sudbury

The Ministry of Natural Resources is reviewing nine Land Use Permit/Work Permit applications for three wildlife viewing stations, one moose viewing platform, three picnic areas (including one interpretive trail) and two canoe/kayak access points. The use of bait will be used at the three wildlife viewing stations to attract wolf, bear, lynx, mink, weasels, pine martin, eagles and osprey. The proposed development of these sites is for the purpose of tourism and economic development in the Chapleau area.

If you require further information on these proposals or wish to comment, please contact:

Ministry of Natural Resources
Mark Hamerski, Area West Technician
190 Cherry Street
Chapleau, ON
P0M 1K0
Telephone: (705) 864-3157
Facsimile: (705) 864-0369
E-mail: mark.hamerski@mnr.gov.on.ca



Deadline date for comments is February 15, 2005.

Comments and personal information regarding this proposal are collected under the authority of the Public Lands Act to assist in making decisions and to determine further public consultation needs relating to the proposal. Comments and opinions which do not constitute personal information as defined by the Freedom of Information and Protection of Privacy Act, will be shared among MNR, CRDC, other ministries involved, etc, and may be included in study documentation that is made available for public review. Personal information will remain confidential unless prior consent to disclose is obtained. However, this information may be used by the Ministry of Natural Resources to seek public input on other resource management surveys and projects.

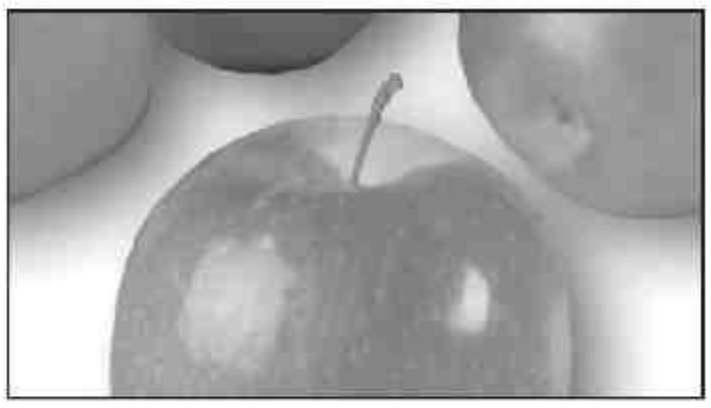
FOOD & NUTRITION

Apple treats for kids

(NC)—Kid-friendly snack ideas courtesy of Washington Apple Commission:

- Thinly slice a tart apple and add to grilled cheese sandwiches.
- An apple makes a perfect edible bowl. Core and hollow out an apple and fill with your favourite custard or pudding.
- Melt one bag of caramel squares and dip apple wedges into the sauce. For an extra special touch, add sprinkles or chopped nuts before the caramel hardens.
- Cut apple into cubes and thread onto skewers alternating with your favourite snacks such as bananas, dried apricots, gummies or marshmallows.

News Canada



Apples: Canadians 86, Americans 65

(NC)—We all know the old adage "an apple a day keeps the doctor away." And while Canadians eat 32 per cent more apples each year than Americans.

Canadians eat 86 apples per person each year while Americans eat 65 – we're still falling short.

Apples are a delicious source of fibre. One medium apple contains, on average, five grams of fibre, more than most cereals. While some people remove the peel, it's important to note that this is where one-third of the fibre, as well as many disease-fighting antioxidants, are found. Apples are also a source of Vitamin C (providing 15% of the recommended daily intake) and contain no fat, sodium or cholesterol.

Reaching your goal of "an apple a day" is easier than you think. Just rinse and eat out of hand or for a fresh change add an apple to your favourite dish. It's that simple. For more information or to find delicious recipes using Washington apples, visit www.bestapples.com.

-News Canada

Apples with Spiced Caramel and Mascarpone

(NC)—The combination of spiced caramel with the rich mascarpone makes this a perfectly luxurious late night snack or decadent finish to an elegant meal. It's a sure winter winner!

1 cup	35% cream	250 mL
1/4 tsp	each ground cardamom, cinnamon and ginger	1 mL
Pinch	each ground nutmeg and cloves	Pinch
2 cups	caramel squares, unwrapped	500 mL
1/4 cup	mascarpone cheese	50 mL
6	Washington Gala apples	6

In saucepan, blend cream with cardamom, cinnamon, ginger, nutmeg and cloves. Heat over low heat just until bubbles form around edge of pan. Remove from heat and let stand 30 minutes. Return pan to medium low heat, add caramels and stir frequently until melted, about 10 minutes.

Transfer caramel to ovenproof serving bowl. Spoon mascarpone into centre. Bake in 350°F (180°C) oven until caramel is bubbling and cheese begins to melt, about 3 to 5 minutes. Remove from oven and let sit 5 minutes before serving. Caramel will be very hot.

Quarter apples, remove core and cut into thick wedges. Provide skewers for dipping apple wedges. Serve with mascarpone and caramel.

Makes 6 servings.

For more delicious recipes, visit the Washington Apple Commission site at www.bestapples.com.

- News Canada

Know your apples

(NC) Ontario fruit fans – the wait is over. Washington State apples are back and as fresh, crisp and loaded with character as ever. But which will be the apple of your eye this season? The super-sweet Fuji, the versatile Granny Smith, the brazen Braeburn, the endearing Cameo or the sassy Pink Lady? Each is just as tempting as the next.

Ontario consumers are reaching for apples in record numbers – 7.12 kg per person in 2003, an increase of more than six per cent from the previous year.

"Canadians love apples," says Rebecca Baerveldt, Deputy Export Director, Washington Apple Commission. "Try some of the different Washington apple varieties available to find the one that satisfies your palate. By experiencing the flavours and understanding best usage, you can pick the apple that's just right for you."

With nine varieties of Washington apples available in Ontario stores, the chart below will help you navigate the apple aisle. Are you a Fuji or a Cameo or maybe a Pink Lady? Try them all and find your perfect apple.

- News Canada

APPLE VARIETY	TASTE PROFILE	SALADS	PIE	SAUCE	BAKING	FREEZING
Braeburn	Sweet, spicy and crisp	•	•	•	•	•
Cameo	Sweet, zingy and crisp	•	•	•	•	
Fuji	Super sweet and crisp	•	•	•	•	•
Gala	Sweet, fragrant and crisp	•	•	•	•	•
Golden Delicious	Sweet mellow and crisp	•	•	•	•	•
Granny Smith	Tart, hard and crisp	•	•	•	•	•
Jonagold	Tangy-sweet crisp	•	•	•	•	
Pink Lady	Tangy-tart and crisp	•	•	•	•	
Red Delicious	Sweet and crisp	•				

Tex Mex Turkey Skillet

Cooking Technique: Boil-Simmer
Prep Time: 30 minutes
Cooking Time: 20-30 minutes
Yield: 4 servings (2 1/2 cups each)

Ingredients

25 ml (2 tbsp)	vegetable oil
250 ml (1 cup)	uncooked long-grain rice
350 ml (1 cup)	medium or spicy chunky salsa
1 can (14-1/2 oz)	chicken broth
500 ml (2 cups)	chopped zucchini
125 ml (1/2 cup)	chopped onion
250 ml (1 cup)	frozen whole kernel corn
375 ml (1-1/2 cups)	chopped cooked Butterball turkey
250 ml (1 cup)	shredded Mexican blend cheese
114 ml (4 oz)	chopped fresh cilantro (optional)

Directions

Heat 15 ml (1 tbsp) of the oil in large skillet over medium heat. Add rice; cook and stir until rice turns light golden brown, about 3 minutes. Add salsa and broth; stir to mix. Cover skillet, reduce heat to low and simmer 15 minutes or until rice is tender.

In a second skillet, heat the remaining 5 ml (1 tbsp) oil over medium-high heat. Add zucchini and onion. Cook and stir 5 minutes or until vegetables just start to brown on edges, adding corn after 3 minutes. Add turkey to vegetables and set aside until rice is done.

Stir vegetables and turkey into rice mixture. Continue heating 2 minutes or until turkey is hot. Sprinkle with cheese, cover, remove from heat and let stand 5 minutes.

If desired, sprinkle with cilantro.

**Recipe courtesy of Butterball Turkey*

-News Canada

Nutrition Facts

Amount per Serving		%Daily Value*
CALORIES	550	
Total Fat	20 g	31%
Saturated Fat	8 g	38%
Cholesterol	85 mg	
Sodium	1150 mg	47%
Total Carbohydrate	55 g	18%
Dietary Fiber	3 g	12%
Sugars	4 g	N/A
Proteins	37 g	75%

Vitamin A 20%, Vitamin C 20%, Iron 20%, Calcium 20%

**Per cent Daily Values are based on a 2,000 calorie diet.*

Turkey's not just for the holidays

(NC)—Most Canadians start the New Year off with resolutions and good intentions of clean living and healthful eating after the holiday binge. This means cutting out the foods we enjoyed over the holidays, right? Wrong. When maintaining a healthful lifestyle, most things in moderation are not considered a danger to your health. Other foods that are so often perceived as "treats" are actually really good for you, like turkey.

Turkey is a great source of protein and has fewer calories, less cholesterol and less fat than other meats. In addition to turkey's lower fat content, the fat found in turkey is less saturated than other meats. The nutrients packed into turkey such as phosphorous, niacin and protein, play an important role in the development of good teeth, strong bones and the renewal of energy. Turkey can be a healthful alternative to any meat in your favourite dish.

"Turkey not only tastes great, but it is also packed with vitamins and nutrients that are an important part of a healthy diet," says Sue Mah, registered dietitian and nutrition consultant. "Turkey is at the top of the 'lean' meat list and because turkey is so versatile, you can really be creative in how you serve it."

Think you can only serve turkey one way? Think again. Butterball offers a range of products including: lean turkey burgers, turkey bacon and prepared turkey breasts that are ready for roasting and make it a snap to include into your daily meals.

Good health doesn't mean you have to sacrifice great food. Turkey makes everyday a special occasion and is a nutritious choice all year round.

For more tips and information, visit www.butterball.ca.

News Canada

Island Turkey Salad

Cooking Technique: Bake
Prep Time: 20 minutes
Cooking Time: Up to 10 minutes
Yield: 4 servings

Ingredients

50 ml (1/4 cup)	shredded coconut
285 g (10 oz)	fresh Romaine lettuce, chopped
1 can (8 oz)	pineapple chunks, drain, reserve juice
1	fresh mango, peeled, cut 1/2" cubes
250ml (1 cup)	seedless red grapes
375 ml (1-1/2 cups)	cooked Butterball turkey, cubed
50 ml (1/4 cup)	honey mustard
50 ml (1/4 cup)	honey roasted almonds, sliced

Directions

Preheat oven to 177°C (350°F). Place coconut in shallow baking pan and toast in oven 6 minutes or until lightly browned, stirring once. Place lettuce on a large serving platter, decoratively arrange pineapple, mango and grapes. Sprinkle turkey over lettuce mixture. Whisk together honey mustard and reserved pineapple juice. Drizzle over salad. Sprinkle with almonds and toasted coconut. Serve immediately.

Serving Suggestions

When entertaining, try hollowing out halved pineapples and filling with the salad!

**Recipe courtesy of Butterball Turkey*

-News Canada

Nutrition Facts

Amount per Serving		%Daily Value*
CALORIES	310	
Total Fat	10 g	16%
Saturated Fat	3.5 g	18%
Cholesterol	35 mg	12
Sodium	210 mg	9%
Total Carbohydrate	39 g	13%
Dietary Fiber	5 g	21%
Sugars	— g	N/A
Proteins	20 g	40%

Vitamin A 80%, Vitamin C 20%, Iron 15%, Calcium 8%

**Per cent Daily Values are based on a 2,000 calorie diet.*

Talkin' turkey –

Give your holiday leftovers a lift

(NC) It "whipped" the potatoes and even the pumpkin pie. According to a recent survey conducted by Leger Marketing and Butterball Canada, the Christmas dinner leftover that Canadians love most is turkey. Leftover turkey is good in the fridge for about three days so unless you relish the thought of turkey sandwiches for breakfast, lunch and dinner you are going to have to get creative. Here are some innovative ideas for leftover lovers courtesy of Butterball:

- Pizza pizzazz – add turkey to your toppings for a punch of protein with a holiday twist.
- Take stock – making turkey stock is much easier than you may think. Once you've pulled every last piece of juicy turkey off the bones, boil what's left to make homemade stock for soups, gravy and many more recipes. Freeze the stock in ice cube trays to add flavour to your recipes all year long.
- Festive Mexican fare – wrap turkey in a whole wheat tortilla with jalapeño spiked Monterey Jack cheese and a spicy salsa to create tasty turkey tacos.
- Snack attack - when friends and family drop by, turkey nachos make a nutritious appetizer or afternoon snack. Layer baked tortilla chips with partly skimmed mozzarella cheese, leftover turkey and any veggies that you may have kicking around in the fridge. Once heated in the oven they'll be gobbled up in a flash.
- Add leftover turkey to a can of vegetable soup for a hearty and healthful lunch.

For more great leftover turkey recipes and ideas visit www.butterball.ca.

- News Canada

Superior East Community Futures Development Corporation
Is seeking a
Community Development Officer

Summary

Under the direction of the General Manager, the Community Development Officer will be engaged in providing initial intake for all CFDC clients in the Superior East Region as well as the promotion of all CFDC services. This is a part time position for 25 hours per week.

Preferred qualifications include:

- Proficiency in Microsoft Office Suite
- Degree or Diploma in a related field
- Strong communication skills
- Experience working in a team environment
- Ability to maintain confidential information
- Working with committees, project management skills
- Possess a valid driver's license, access to a vehicle and a willingness to travel

Ability to communicate in French verbally and in written form is mandatory.

The Superior East CFDC is federally funded and services the communities of White River, Wawa, Dubreuilville and Chapleau. A more detailed job description is available upon request. Interested parties should send their resumes by January 31, 2005 to:

Att: Dan Friyia, General Manager
P.O. Box 709, Wawa, ON P0S 1K0
Fax (705) 856-1107
friyia@onlink.net

La Société d'aide au développement des collectivités du Supérieur-Est
est à la recherche d'un(e)
Agent(e) de développement communautaire

Résumé

Sous la direction du directeur-général, l'agent(e) de développement devra assurer les formalités d'admission de tous les clients de la Société d'aide au développement des collectivités pour la région du Supérieur-Est, en plus de la promotion des services de la société. Il s'agit d'un emploi à temps partiel à raison de 25 heures par semaine.

Parmi les qualités recherchées, mentionnons:

- une compétence en Microsoft Office Suite
- un brevet ou diplôme dans un domaine apparenté
- une excellente habileté à communiquer
- de l'expérience antérieure au sein d'une équipe
- l'habileté à garder sous secret les informations confidentielles
- une capacité à travailler avec des comités, savoir gérer des projets
- un permis valide de conduire, l'accès à un véhicule et être disposé(e) à voyager

Une maîtrise du français parlé et écrit est obligatoire.

Subventionnée par le gouvernement fédéral, la Société d'aide au développement des collectivités du Supérieur-Est dessert les collectivités de White River, Wawa, Dubreuilville et Chapleau. Une description d'emploi plus détaillée est disponible sur demande.

Les intéressé(e)s sont prié(e)s de soumettre leur demande et c.v. au plus tard le 31 janvier 2005 à la compétence de:

Dan Friyia, directeur-général
C.P. 709 Wawa, Ontario P0S 1K0
Télécopieur (705) 856-1107
Friyia@onlink.net

...Continued from page 1

Present.

"This is serious," stated Brown in an interview following a meeting with Chapleau Township Council.

At the same time Brown appeared to hold hope the province will step in to take a role in assisting the community at this time.

"The province is extremely committed. I had this conversation with the minister Mr. Ramsay before the mill closure was announced and what we might do and he is excited about opportunities that are presenting themselves here and I want to leave it there. The province understands the severity of the hit here in Chapleau and will want to be part of the stabilization of the economy and hopefully a growth in the economy," stated Brown in the interview.

The MPP said one of the first steps will be to dust off a list of projects that need to be done. He added there is a possibility that other ministries can become involved.

The Chapleau Regional Development Corporation has been working on a number of initiatives to spur economic growth in the community and Brown said the Domtar closure gives added impetus to bringing some of these proposals forward.

Brown described the meeting Friday with Ramsay and the Township Council sitting down as a meeting of minds.

Brown said "I think there needs to be the direct reassurance of the minister he is going to work with the community to make sure that long term economic viability is here and that jobs are here. I think it's good for him to hear first hand and it's good for the minister to hear first hand some of the real numbers surrounding the closure and I think it will be good for the minister to hear about some of the community plans."

Attention Snowmobilers

Please drive carefully around Valentine Farm Bed & Breakfast. Be aware that you may encounter horses and riders in this area. Remember to stop at all stop signs and crossings, and if you meet a horse, PLEASE SLOW DOWN for the safety of all concerned.

Thank you for your cooperation.

We would like to invite all sports teams and cultural groups to help us showcase your accomplishments.

Because of our limited resources, we are unable to cover all the numerous activities that take place in Chapleau during the week. For this reason, we encourage the coaches and leaders to provide us with a small write-up of the activity that took place during the week. Simply send your pictures and text by e-mail. On some weeks, we do have to deal with a shortage of space, but we will keep your story and publish it in a subsequent week. In some cases, we may need to edit the text somewhat to ensure that it fits in the available space. Thank you for your participation and understanding.

GREAT WEST Timber LIMITED

Maintenance Supervisor & Production Shift Supervisor Management Positions

Great West Timber Limited is striving to be the safest, most efficient and quality driven facility in the sawmill industry.

We are looking for applications from dedicated individuals seeking challenging and rewarding employment to fill the above referenced positions.

Applicants must possess a minimum three (3) years work experience in a sawmill/maintenance facility. Supervisory experience or Trades Certification in the Maintenance/Production field definitely an asset.

Candidates possessing an Engineering Degree or Technician Background will be given preference for the Maintenance position.

Great West Timber Limited operates seven days per week and selected candidates will be required to work shift work. As part of the employment package, GWT offers an attractive wage scale and excellent fringe benefits.

Please submit a detailed resume outlining work experience, qualifications, educational background, references, etc. to:

Great West Timber Limited
Barbara Best, Human Resource Manager
P.O. Box 10670
Thunder Bay, Ontario
P7B 6V1
Fax: (807) 346-5708

Deadline for submitting resumes is February 11, 2005 at 4:00 p.m.

GREAT WEST Timber LIMITED

Certified Millwrights, Certified Saw Filers, Certified Electrician & Labourers

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We are looking for applications from dedicated individuals seeking challenging and rewarding employment to fill the above referenced positions.

Applicants for the trades positions must have a current certificate of qualification and a minimum five (5) years work experience in the trade.

Applicants for all positions must be a high school graduate with three (3) years work experience.

Great West Timber Limited operates seven days per week and selected candidates will be required to work shift work. As part of the employment package, GWT offers an attractive wage scale and excellent fringe benefits.

Please submit a detailed resume outlining work experience, qualifications, educational background, references, etc. to:

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P7B 6V1
Fax: (807) 346-5708

Deadline for submitting resumes is February 11, 2005 at 4:00 p.m.

THE LOCAL MARKET PLACE

THE LOCAL MARKET PLACE

ALL ADS ARE ACCEPTED AT Louis-Hémon Cultural Centre (69 Birch Street)

DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.

CLASSIFIED ADVERTISING RATES
Regular Classified Ads
First 25 words or less $6.00
Each additional word $0.15+GST

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.

APART'S FOR RENT
You need a decent apartment, with one or two bedrooms, semi-furnished or not, dryer and washer hook-up, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075 J23+4-RA

SEWING CLASSES
Basic level, starting Tuesday, January 18, and Thursday, January 20, for 10 weeks each. Maximum of 8 participants per class. Avoid disappointment and register early. Come into The Rustic Cupboard at 17 Lorne Street North, Unit 1.

ACTION CENTRE
Laid-off? Looking for work? Changing careers? Starting a business? We can help put you on the right track. 61 Birch Street 864-0178

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2000 VMAX 600 Triple Deluxe. Excellent condition, lady driven only, electric start, reverse. $4,300.00 or best offer. Call 864-0574 J23

FOR SALE
6-wheel argo with tracks, V2 engine, winch, cab, goes on land and water, no licence required, only 50 hrs since new. $11,000 or best offer. Call in Blind River 705-849-2389 J16

FOR RENT
1 Bedroom Apartment, fridge & stove included, laundry facilities, secured storage, parking & outdoor plug-in included. Utilities extra. Contact Bertrand Apartments at 864-0230 F14

FOR RENT
Large 1 bedroom apt. 700 sq. Ft., Fridge & stove included, storage, parking & outdoor plug-in. To view call Julie at 864-0677 J30

ALCOHOLICS ANONYMOUS
Offers help to anyone who desires to stop drinking. Open discussion meetings: Wednesday 7:30 p.m. & Sunday 2:00 p.m. Trinity United Church basement. Telephone contacts: 864-2321 and 864-1827
Ladies call 864-0138

FOR RENT
Large 2 bedroom apartment on Monk Street, with large parking space. Please call 864-0966 J23

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2 bedroom apartment, great location, W/D hookup, parking, yard. For appointment, call 864-2485 J30

CENTRE D'ACTION
Mis à pied? En quête d'emploi? Prêt à changer de carrière, ou fonder un entreprise? Nous pouvons t'orienter sur la bonne voie. Au 61, rue Birch 864-0178

FOR SALE
Snowboard & boots, $150 Excellent condition, call 864-0402 after 5 p.m. Contact: Sue Bowes

1988 250 Bravo Long Trap Running condition, selling as is, $200. Call 864-0402 after 5 p.m. Contact: Bob Bowes

FOR SALE
5 H.P. MTD snowblower, runs very well. 864-0677 J30

ALCOOLIQUES ANONYMES
Offre de l'aide à celui ou celle qui désire arrêter de boire. Les rencontres ont lieu tous les mardi soirs à 19h (7:00 p.m.) Au sous-sol de l'église Sacré-Coeur. Téléphonez au 864-2786
Les femmes 864-0138

Dr. Allan MacIvor
OPTOMETRIST
Chapleau Medical Clinic, Broomhead Rd.
Tuesday, January 18, 2005
10:00 a.m. to 8:15 p.m.
FOR APPOINTMENTS CALL
Toll Free 1-800-461-2883
or CALL 864-2340

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We sell parts for all makes and models of Major Household Appliances.
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Pour service en Français, contactez Diane au 864-1126

The Missanabie Local Services Board would like to thank all the following businesses for their support and donations towards our Christmas Turkey Bingo. It was a great success.

Aux Trois Moulins
Camille Robitaille Services
Chapleau Village Shops
Collins Home Hardware
Model Drug Store
NAPA Chapleau Auto Parts & Small Engine
Chapleau Valu Mart

If we have forgotten anyone, we apologize.

L'Intégration Communautaire Chapleau Community Living would like to inform the public of the Winner of the "Lite-Up Jeweled Christmas Tree Draw" held on December 11, 2004 is Rita Avoine, with ticket number 720.

Thank you everyone for your support.

The Chapleau Express is published every Saturday/Sunday.
Box 457
Chapleau (Ont.)
P0M 1K0

Telephone - Fax : 705-864-2579
e-mail : jprince@ontera.net

Deadline for receiving ads is Wednesday at 4 p.m.

The Chapleau Express is delivered free of charge to every household each Sunday. If you have any comments, please feel free to contact us.
Canadian Publications Products Sales Agreement #130183799

GOING TO CHURCH

Catholic Church
SACRED-HEART OF JESUS PARISH
PAROISSE SACRÉ-COEUR DE JÉSUS
26 Lorne Street North
-OFFICE-
21 Lansdowne Street N.
864-0747
Saturday/samedi
7 p.m. (Alternating French and English)
Sunday/dimanche
10 a.m. (Alternating French and English)
Fr. Gilles Grandmont

ST. JEAN DE BRÉBEUF (Sultan)
Liturgy of the Word
Liturgie de la parole
Sunday/dimanche 11 a.m.
Bilingual Mass every 3rd Sunday of the month at Noon
PERMANENT DEACON
Mr. Ted Castilloux
MANDATED
Mrs. Marguerite 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 School 9:45 a.m.
Sunday Services
11 a.m. & 7 p.m.
Family Night (ages 1-109)
Wednesday 7 - 8:15 p.m.
Pastor Dan Lee

TRINITY UNITED CHURCH
Corner of Beech and Lorne - 864-1221
Sunday Worship 11 a.m.
Sunday School
Kindergarten to Grage 8
Nursery
Pastor Rolly MacLean

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PAROISSE NOTRE-DAME-DES-SEPT-DOULEURS (Foleyet)
Liturgy of the World
Sundays 11 a.m.
Liturgie de la Parole
Dimanche 11h
Mass every 4th Saturday at 7 p.m.
Mess le 4e Samedi 19h

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

Need to get out of the house to cure those winter blues? Consider volunteering!

A draw was held on December 10th, 2004 at the Long Term Care Annual Christmas Bazaar for a blanket which was handcrafted and donated by Mrs. Lorraine Poulin.

Lorraine was present to draw the lucky ticket. Pictured above is Mrs. Lorraine Poulin, congratulating the winner, Mrs. Monique Brunette. The Activation Department fundraised an outstanding $485.00 on the draw which will benefit all the Residents.

Thank you Lorraine for your generous donation. It is appreciated more than you know.

From the staff, Tanya Cachagee and Sylvia Westerman and the Residents of the Activation Department.