

long-term care pressures in community



Mrs. Rita Gionet, Alternate Level of Care client enjoying a game of bingo with Tanya Cachagee, Activation Coordinator, SSCHS.

n November Health Services 20, 2007 a group of people representing a variety of interest groups gathered at the Town Hall to discuss the topic of "Alternate Level of Care" and its impact on the community of Chapleau. The session was hosted by Services de santé de Chapleau



(SSCHS), and guest presenters from the Community Care Access Centre (CCAC). Persons in attendance represented a variety of groups including family members of Long Term Care applicants, senior groups, SSCHS Board, Town Council, residents of Cedar Grove Lodge, Aboriginal health care providers, and Community Services.

Alternate Level of Care (ALC) is the designation given by a physician in the hospital to patients who are no longer in need of acute medical services, however for a number of possible reasons are no longer able to reside in their home. For the most part these are persons who are elderly, who have multiple care needs that cannot be

met in the home, have exhausted all resources available to keep them in their homes, and who are waiting to enter Long Term Care (LTC), Chronic Care, Rehabilitation, Retirement Home, or other type of residence. As an ALC patient, these persons are required to apply to three LTC Care residences, in addition to other appropriate residence/or service that can meet their care needs and to which they choose to apply to. ALC can be thought of as "room and board" in a hospital setting until such time that they can gain admission to their service/residence of choice. There is a daily fee for ALC which is established by the Ministry of Health and Long Term Care (MOHLTC) and is

equivalent to the LTC co-payment rate. This rate is geared to a person's income, as determined by their Notice of Assessment from the most recent Income Tax year.

As ALC, when a LTC bed from their selection of three is offered, regardless of the location of this residence or their choice of preference, the person MUST accept it. Should the ALC patient refuse the first bed offer made, discharge plans will be implemented for them to return to their home or community. It is still possible for the person to remain on the LTC waitlist for their residence of preference and they will move up the wait list as established by the Community Care Access Centre (CCAC) until such time that a bed becomes available in their preferred residence at which time a bed offer will be made to them by CCAC.

The issue of ALC has become one of importance across the province of Ontario and for the MOHLTC as a large number of acute care beds are being used for these patients, thereby causing hospitals to have to refuse or cancel acute care admission, or have acute care/emergency patients admitted to hospital in another community. At SSCHS there are a total of 12 acute care beds, and in

there have been several occasions in which these beds have been occupied up to 50% by ALC patients. The length of time an ALC patient remains in hospital may vary from a few days to over a year. With increasing numbers of ALC patients, SSCHS faces a bed shortage and quite possibly may need to declare a crisis for these patients in order to have them moved up in priority for LTC placement. Unfortunately this usually results in persons being admitted to LTC in other communities, away from their family, friends, social groups and community in

which they have resided

in for many years and

contributed to in many

ways. At present the

wait time for admission

to LTC in Chapleau is

over two years and for

this information session

to those in attendance,

as well as this article is

to inform the

community of this

important subject, and

to encourage the

members of the

community to come

The purpose of

some nearly three.

the past three years

their homes longer.

Also identified was a need for alternate, affordable, assisted living/retirement home accommodations that would meet the needs of those with increasing care needs but who are still relatively independent and who are not in need of a LTC admission. Such accommodations would alleviate the pressures of our existing LTC waitlist, ALC bed use, as well as shortage in LTC beds. Just as importantly, it would allow for our residents of Chapleau to remain in their community.

It is hoped that our community, like many other communities, will see the need to address the concerns relative not only to the subject of ALC, but also for the care needs of our increasing aging population. These issues are not uniquely a hospital problem, but rather a community problem, and it will take a community solution of we are going to make a difference.

For more information on ALC, LTC, Respite Care, and community services as offered by SSCHS, please contact Erin Pilon, Discharge Planner, at 864-1623. Community Care Access Centre services can be reached by calling their head office in Sudbury at 1-800-461-2919.

High -19 Low -31 Monday High -14 Low -28 Tuesday High -15 Low -26 Wednesday High -15 Low -34 Thursday High -21 Low -31

together and discuss ways in which the number of ALC admissions can be reduced, as well as how use of community services as offered by SSCHS and CCAC can be effectively used in order to keep persons in

NEW DROP OFF LOCATION FOR CHAPLEAU EXPRESS ADS STARTING MONDAY JANUARY 21, 2008 WILL BE AT

The Chapleau Innovation Centre (formerly the Bank of Montreal building)

The Chapleau Express P.O. Box 457 Chapleau (Ont.) P0M 1K0 Telephone - Fax : 705-864-2579 e-mail : chaexpress@sympatico.ca Published every Saturday/Sunday Deadline for receiving ads is Wednesday at 4 p.m. The Chapleau Express is delivered free of charge to every household each Saturday. If you have any comments, please feel free to contact us. Subscriptions: \$70.00 per year (Canada) \$150.00 U.S per year (U.S.A) Canadian Publications Products Sales Agreement #130183799

THANK YOU

January 11,2008

Dear Citizens of Chapleau:

On behalf of the Meals of Hope Food Bank, I would like to express a huge "Thank You!" for your abundant kindness this Christmas season. Many individuals, businesses, schools and groups have given very generously to the food bank. This kindness has stocked our shelves and set us on a good foot for the new year. May you see God's blessing on your own needs as you have reached out to help others in theirs. Since February 7, 2005, every Monday, including holidays, there has been a hearty meal served, as well as a Food Bank and Clothing Bank offered, at the Chapleau Pentecostal Church. This "user friendly" program is intended to give a helping hand and encouragement to anyone in need. Any contributions can be dropped off at the church at 9 Elm St., or at 26 Pine St. W. Thank you for caring about others, Sincerely, Dan Lee

OBITUARY FREEBORN - Donald, Boyd April 19th, 1922 - January 11th, 2008

Died in Mindamoya Hospital following a lengthy illness. Donald was born in Millbank Ontario, the eldest son of Earle J. Freeborn and Agnes (nee McAdam). Predeceased by his loving wife Mary Lou, he leaves behind his children, Peter and wife Ann Marie Weaverthorpe in England, Daune and wife Kim Freeborn of Kagawang Ontario, Bonnie and husband Ronald Campbell of Ottawa, Ontario, and Heather and husband Russell Jacquay of Bowmanville, Pennsyvania, eight grandchildren and one great grandchild. Donald is survived by his brothers Elmer Freeborn of Chapleau ON, Rodney and wife Elaine Freeborn of Chateauguay, PQ. and Earle and wife Nancy Freeborn of Chapleau ON. He is also survived by his sisters Elizabeth Dunne, Shirley Taylor, and Earline Nadeau all of North Bay Ontario. Predeceased by his brother Douglas. Donald was a veteran of the Second World War, serving as a pilot in the Royal Canadian Air Force as a Flight Lieutenant, piloting Lancaster Bombers. Donald was decorated with the Distinguished Flying Cross (D.F.C) and Bar. Upon leaving the Airforce, Donald became a test pilot for Canadair in Montreal. Donald's entire career involved flying. Cremation has taken place, and a Memorial service will be held at a later date at The First United Church in Gore Bay Ontario. The family would like to thank Dr. M Bedard and the staff of Mindemoya Hospital for all the care and compassion they gave Donald and his family during his final days.

Senior activities to be enhanced

Turning Point in partnership with the Chapleau Senior Citizens Club is pleased to announce the enhancement of senior activities presently held in the **Elderly Persons Centre** at Cedar Grove.

At a recent monthly meeting of the Chapleau Senior Citizens Club, members in attendance completed a survey regarding their interests in terms of activities. Presently, their interests include: ARTISTIC WORKSHOPS: Painting, Photography, Quilting, Knitting, Crocheting, Weaving, Sewing.

GAMES:Bingo, Bridge, Scrabble, Virtual bowling.

FITNESS:Exercise class, Stretching class Dancing (ballroom, line, square, etc.) GARDENING: Indoor, Outdoor. COMPUTERS:Internet course, Email course. SEMINARS:Health topics, Elder Abuse, Nutrition class. TRAVEL:Local outings ,Out of town shopping trip, Out of town cultural trip. MEALS:Potlucks, Cooking classes.

We are looking to recruit new members (age 50+), volunteers, and instructors/facilitators.



Bénévole Laurette Gaudreau assistant les clients Paulette Tremblay et Réjeanne Côté à la boutique "Entre Amis" située à Cedar Grove. Volunteer Laurette Gaudreau, helping clients Paulette Tremblay and Réjeanne Côté at the "Between Friends" store located at Cedar Grove.

Should you wish to join the Chapleau Senior Citizens Club, you will find a sign-up sheet at Cedar Grove. Look for the bulletin board beside the elevator on the first floor. A member of the club will then contact you with further details. Annual membership fee is \$10.

If you are interested in becoming a volunteer or facilitating an activity for the club, please forward your letter of interest and resume to Sylvie Sylvestre at Turning Point, P.O. Box 1605, Chapleau.

SHOP LOCALLY

Chapleau Energy Services Corporation

is accepting resumes for the position of Apprentice Lineperson.

Please submit your resume to: Chapleau Energy Services Corp. PO Box 670, Chapleau, ON P0M 1K0

No later than February 1, 2008

Chapleau Energy Services Corporation

est à la recherche d'un apprenti-lignard.

S.V.P. faire parvenir votre résumé à: Chapleau Energy Services Corp. C.P. 670, Chapleau, ON P0M 1K0

Pas plus tard que le 1 février





THANK YOU

We would like to thank everyone who sent flowers and cards in memory of Gilberte Labranche who passed away on October 22, 2007. Your kind gestures will always be remembered.

> Armand Morneau and Robert Labranche Family

Saturday 7 p.m. Bilingual Tous les 3e samedis 19h Bilingue Permanent Deacon Ted Castilloux Diocese of Moosonee ST. JOHN'S CHURCH 4 Pine Street West 864-1604 Sunday Service

Anglican Church of Canada 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

OISSE NOTRE-DAI DES-SEPT-DOULEURS (Foleyet)

Liturgy of the World Sundays 11 a.m. Liturgie de la Parole Dimanche 11h Mass every 2nd & 4th Sunday at 4:00 p.m. Messe sux 2e et 4e dimanche à 16h

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

Séance d'information sur les pressions dans les soins de longue durée dans la communauté

2007, des personnes représentant divers groupes d'intérêts se sont réunies à l'hôtel de ville pour discuter de « l'autre niveau de soins » et de son impact sur la communauté de Chapleau. La séance s'est déroulée sous les auspices des Services de santé de Chapleau Health Services (SSCHS) et incluait des présentations de membres du Centre d'accès aux soins communautaires (CASC). L'auditoire était composé de représentants de divers groupes, notamment de membres des familles de candidats aux soins de longue durée, de groupes de personnes âgées, du Conseil d'administration des SSCHS, du Conseil municipal, de pensionnaires de Cedar Grove Lodge, de fournisseurs de soins aux Autochtones et des s e r v i c e s communautaires.

L'autre niveau de soins (ANS) est la désignation donnée par un médecin de l'hôpital aux soins fournis aux patients qui n'ont plus besoin de soins médicaux de courte durée mais qui, pour diverses raisons, ne peuvent plus demeurer chez eux. Pour la plupart, ce sont des personnes âgées qui ont besoin de soins divers qu'elles ne peuvent pas

Le 20 novembre recevoir chez elles, qui ont épuisé toutes les ressources disponibles leur permettant de rester chez elles et qui attendent leur admission dans un établissement de soins de longue durée (SLD), de soins chroniques, de réadaptation, de retraite ou dans un autre type de résidence. En tant que patients de la catégorie ANS, ces personnes doivent présenter une demande d'admission à trois établissements de SLD et peuvent également, si elles le désirent, demander l'admission à d'autres résidences ou services appropriés qui peuvent leur fournir les soins nécessaires. On peut comparer l'ANS « à la chambre et pension » en milieu hospitalier jusqu'à l'admission au service ou à la résidence choisi. Le ministère de la Santé et des Soins de longue durée (MSSLD) détermine le tarif quotidien de l'ANS qui est équivalent au tarif de la quote-part des SLD. Ce tarif est basé sur le revenu d'une personne déterminé par son avis de cotisation de l'année d'imposition la plus récente.

En tant que patient ANS, peu importe le lieu de la résidence ou sa préférence, la personne DOIT accepter le lit de SLD qui lui est offert dans un de ses trois choix. Si elle refuse la première offre, des plans de congé seront élaborés afin qu'elle retourne chez elle ou dans sa communauté. Elle peut encore demeurer sur la liste d'attente de la résidence qu'elle préfère et elle progressera sur la liste d'attente établie par le CASC jusqu'à ce qu'un lit se libère dans cette résidence, auquel cas, le CASC le lui offrira.

La question de l'ANS a pris de l'importance dans tout l'Ontario et pour le MSSLD car un grand nombre de lits pour soins de courte durée sont occupés par les patients ANS, ce qui oblige les hôpitaux à refuser ou à annuler des admissions aux soins de courte durée, ou à faire hospitaliser des patients nécessitant des soins de courte durée ou urgents dans une autre communauté. Les SSCHS comptent 12 lits pour soins de courte durée et, au cours des trois dernières années, jusqu'à la moitié ont été occupés à plusieurs reprises par des patients ANS. Le séjour à l'hôpital d'un patient ANS peut aller de quelques jours à plus d'une année. En raison du nombre croissant de patients ANS, les SSCHS connaissent une pénurie de lits et peuvent fort bien être amenés à déclarer une crise pour ces patients afin de les



Mme. Rita Gionet, cliente, autre niveau de soins, s'amusant en jouant au Bingo avec Tanya Cachagee, coordinatrice activite.

utiliser efficacement les

placer en priorité en SLD. Malheureusement, ce processus fait habituellement que des personnes sont admises aux SLD dans d'autres communautés, loin de leur famille, de leurs amis, de leurs groupes sociaux et de la communauté dans laquelle elles ont vécu pendant de nombreuses années et à laquelle elles ont apporté diverses contributions. À l'heure actuelle, le temps d'attente pour être admis aux SLD à Chapleau est de plus de deux ans et dans certains cas, près de trois ans.

Cette séance d'information ainsi que cet article avaient pour but de renseigner la communauté sur ce sujet important et d'encourager ses membres à se regrouper et à voir comment réduire le nombre d'admissions à l'ANS et services communautaires offerts par les SSCHS et le CASC afin que les gens puissent demeurer chez eux plus longtemps. Il est aussi nécessaire d'avoir d'autre hébergement abordable, avec assistance ou en maison de retraite qui répond aux besoins grandissants de personnes qui sont encore assez indépendantes et n'ont pas besoin d'être admises aux SLD. Ces arrangements allégeraient notre liste d'attente pour les SLD, l'utilisation de lits de l'ANS ainsi que la pénurie de lits de SLD. Tout aussi important, ils permettraient aux résidents de Chapleau de demeurer dans leur communauté.

Nous espérons que notre communauté, comme beaucoup

d'autres, verra la nécessité d'aborder les préoccupations concernant non seulement l'ANS mais aussi d'offrir les soins dont notre population vieillissante a besoin. Ces problèmes ne touchent pas seulement les hôpitaux mais aussi la communauté et il faudra une solution communautaire si nous voulons arranger les choses.

Pour obtenir d'autres renseignements sur l'ANS, les SLD, les soins de relève et les services communautaires offerts par les SSCHS, veuillez communiquer avec Erin Pilon, planificatrice des congés, au 864-1623.

On peut joindre les services du Centre d'accès aux soins communautaires en appelant le bureau principal à Sudbury au 1 800461-2919.



SERVICES DE SANTÉ DE **CHAPLEAU** HEALTH SERVICES

UAL MEMBERSHIP FEES **COTISATION ANNUELLE**

Pursuant to the Corporation's By-laws, in order to vote at the Annual General Meeting of Services de santé de Chapleau Health Services, persons must have their corporate membership fee of \$2.00 paid on or before April 11, 2008. The memberships go on sale February 1, 2008.

En revue des règlements de la corporation, les membres de la corporation doivent avoir payé leur cotisation annuelle de 2\$ avant le 11 avril 2008 pour avoir le droit de voter à l'assemblée générale annuelle. Les cotisations seront en vente dès le 1er février, 2008.

Memberships are available at the Chapleau General Hospital or from Directors of the Board of Directors of Services de santé de Chapleau Health Services.

On peut obtenir une carte de membre à l'hôpital Général de Chapleau ou auprès d'un directeur(trice) du conseil d'administration des Services de santé de Chapleau Health Services.

Pimii Kamik Gas Bar & Gift Shop

Located on the Chapleau Cree First Nation winter hours

will be from 7 a.m. - 9 p.m., 7 days a week Drop by and check out our line of Authentic Native Crafts, Unique Gift Ideas, Jewellery, and Gift Certificates TOO!

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

Your Propane Refilling Station



Special to the Ontario Federation of Snowmobile Clubs: So you've decided to Take A Friend Snowmobiling preferably, a newbie or someone that hasn't snowmobiled in years. How you shape the experience will determine if snowmobiling wins another convert, so please make their first ride enjoyable, safe, comfortable and during daylight hours. We won't get a second chance to make a good first impression!

The first thing to remember is that your friend isn't an experienced rider, even if he or she used to ride years ago. What you take for granted may be totally foreign to that person. So start with the three S's slow, simple and short... because chances are that your normal ride will seem like a marathon to an uninitiated friend. Remember, your goal is to make the person love snowmobiling, not be turned off it for life.

Before the ride, feed your friend well so their body has the fuel to stay warm (take a few snacks along, just in case). Keep your friend hydrated before and during the ride with water, energy drinks or hot chocolate. No caffeine or booze!

Many firsttimers suffer cold because of regular outdoor or even ski clothing, or gear that didn't fit properly. So dress your friend warmly in outerwear that fits, is layered and made especially for snowmobiling. Err on the side of being too warm; better to remove a layer than to wish for one you left behind. Be sure your friend wears a properly fitted helmet and has working hand and thumb warmers. Unless the temperature is positively balmy, put a

chemical toe warmer in each of their boots and gloves. If your friend gets cold, that's what he, or especially she, will remember most about your ride.

Next, make sure your friend has the most comfortable sled available, even if that means yours. Putting the person on an old clunker or a high-powered performance sled is asking for trouble. To optimize their experience, you want to showcase snowmobiling with the smoothest riding, easiest handling, cleanest technology, and comfort-loaded sled available. Take the time to adjust the suspension and handlebars as necessary for your friend's weight and size.

Don't start the ride without a thorough orientation. Knowledge equals confidence, so use a map to give your friend a complete briefing on your route, your intended stops (including potty breaks) and the proposed duration of the trip. Keep the person updated at each stop along the way. Be sure to plan a route that is beginner level easy, scenic, and above all, smooth. You want to make it fun and enjoyable, not fearful, uncertain or daunting.

Whatever your choice, aim for under two hours, including several short breaks and remember, you'll be riding slower than usual. so plan accordingly. At the end of that time, you want to be back at your starting point or no more than half an hour away. Thus, if two hours is enough riding, you won't be dragging a weary, cold and increasingly annoyed friend the long way back. The other alternative is to go an hour and a half, then stop for a leisurely lunch and ride an hour return. Remember. overdoing distance or duration could spoil their ride.

Before departing, walk your friend around the sled to demonstrate controls and operation. Let the person ride around an open area to get the hang of it. Discuss what to expect, trail etiquette, hand signals and what to do if your friend is having a problem or discomfort. Arrange frequent breaks so that he or she will never have to ride for too long if something needs attention or fixing. Always ride with a rear view mirror to keep a constant eye on their

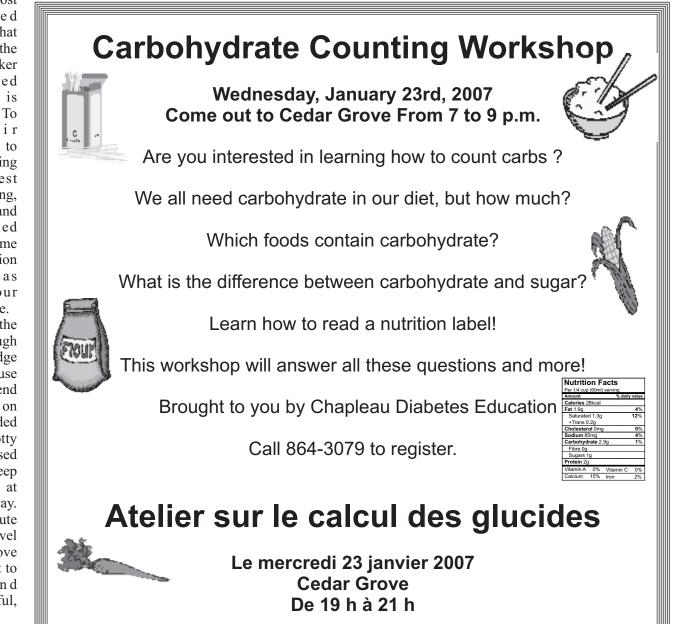
progress and, in a group, ensure that your friend rides second, preferably with an experienced rider(s) behind who can also watch out and assist.

Finally, you've had years of practice, so don't show off, push the envelope or challenge your friend beyond their capabilities or comfort zone. Also, don't be afraid to rein the person in if he or she seems to be taking unnecessary risks or trying too hard. After all, your goal with Take A Friend Snowmobiling is to deliver a fun experience that leaves them wanting more!

Until next time, the Ontario Federation of Snowmobile Clubs invites you to Go Snowmobiling this winter. Check out trail status reports at ofsc.on.ca

Craig Nicholson is the author of "Canada's Best Snowmobiling: Your Ultimate Ride Guide" (order at: w w w . s n o w goercanada.com) and the National Touring Editor for Snow Goer Canada Magazine. As "The Intrepid Snowmobiler", he also pens a syndicated newspaper column and hosts a radio program, while appearing regularly on Snowmobiler Television. The opinions expressed are solely those of the author. For more info, click on www.intrepidsnowmobil er.com





Souhaitez-vous apprendre à calculer les glucides?



Nous avons tous besoin de glucides dans notre régime alimentaire, mais combien?



Quels aliments contiennent des glucides? Quelle est la différence entre « glucide » et « sucre »?

Apprenez à lire l'information nutritionnelle sur les étiquettes!

Cet atelier répondra à toutes ces questions et à beaucoup d'autres!

Une présentation du Programme d'éducation des diabétiques de Chapleau



Appelez le 864-3079 pour vous inscrire.



Our Lady of Fatima News



Those who did their best academically in all subjects received the ACHIEVEMENT A W A R D. T h e recipients were Mackenzie McLeod-Greig, Gracie McLeod-Greig, Sarah M c L e o d - Greig, Summer McWatch, Kassie Friend, Kodiak Jolivet, and Joshua LaRochelle. The BEST EFFORT AWARD is given to those who consistently perform to the best of their ability throughout the term. This term the following students received this award: Faith Jolivet, Jordan Glabb, Ryleigh Woodcock, Kenny Bouvier, Aurora Bouvier, Trinity

Vanbuskirk, Robin Raposo, Alex Nicol, Zacakary Glabb, and Tyler Friend.

A set of awards are given to those students who are helpful to their peers, who display consistent kindness to all others throughout the school, and beyond. These a w a r d s f o r C H R I S T I A N DEVELOPMENT were received by: Gino McWatch, Jacy Jolivet, Nigel Neshawabin, Sarah McLeod-Greig, Jordan Glabb, Ryleigh Woodcock, Zachary Glabb, Alex Nicol, and Carley Woodcock.

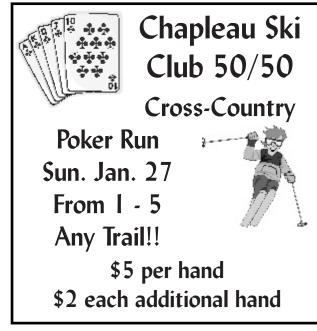
Congratulations to all, and keep up the good work!

NOTICE

The Ministry of Training, College and Universities, EMPLOYMENT ONTARIO, will have a Consultant in Chapleau on:

Thursday, January 24th and Friday January 25th, 2008.

The Employment and Training Consultant, Chantal Rousseau, is available to provide information and answer questions regarding apprenticeship training and certification. She can be reached at 363-5856 during her stay in Chapleau or at the Ministry of Northern Development and Mines office located in the MNR building, 190 Cherry Street. For more information or to schedule an appointment ahead of time please call 1-877-275-5139 or her direct line at (705) 235-1951.





Tree of Lights 2007

\$5.00 Mom & Dad His Family Sa Famille Patrick, Chantal, Ryan Hughes Kevin Hughes Rachel Rousseau **His Family** Barbara Jones Raymond, Debra, Mackenzie, & Emma Portelance Julie Glabb Lindsey Hawthorne Molly McGillis Guy & Margaret Henderson David Henderson William Ivey Ian Ritchie Simone Lasanté Darren & Gisele Barlow Ryan, Kellie, Taryn, & Patrick McCarthy David, Susan, Brandon, & Kaylea Cockburn Tanya Kessler & Ayla & Adam Cormier Jay & Gert Hardie Don& Matt Crooks Karen Burns **Claire Charron** Anonymous Sylvie Rioux **Rene Rioux** Gert Rioux Pat, Brenda and Scott Swanson & Goheen Swanson & Goheen Swanson & Goheen Pat and Brenda Swanson Brenda Swanson Brenda Swanson Vikkie Burkholder Rossie & Chunk Dunker Lina Card Tanner Chisholm Nancy Rodrigue Paulo Rodrigue Donna Roy & Denis Lortie & Family Tina McGill Tara K. Lannigan Babineau Family **Debbie Lewis** Jean-Marie Besnier **Chantal Rioux** Walter Edwards Rolf and Line Fuchs Michael Serre Verna Serre Mr. and Mrs. Robert Serre and Claudia Joanne Boyle and Family

Juvit Moreau Rael Baux Crystal L'Homme Flavia and John Bruneau Jim McGill Heather Pilon Sarah Medaglia Denise Cooper Chester Burkholder **Gaston Demers** Sharleen Lavoie

Gail Murray Margie Saari Jean-Guy & Beth Belair We, The Kent family **Rachel Rioux** Linda Larcher Suzanne Lemieux Anonymous Fabian Picody

Andre Pilote Lynne & Danny Fournier Levis Bouchard **Bud Swanson** Alain Bouchard Tamie & Chunk & Girls Tamie, Chunk Lortie & Girls Patrice Gauthier Sara Doyle Olive McAdam Maartje Wright A.J.Bowes Pat Tangie Valerie Cvr & Stephane Dovon Lise Charron Leopold & Charlyne Michaud

In Memory/Honour of Kevin Hughes **Bill Hughes** Nelson Rousseau **Kevin Hughes** Daniel Yantha Kurt Renz Randy Martin Marcel Maurice George Herron Robert Greer **Family Members** John Henderson Rita and Jules Daigle Mv Father James Uhlman M..& Mme. Ernest Francoeur Rachell aw Our Family & Friends

Family & Friends Alice O'Hearn **Michael Phillips** Anita & Rouselle Crooks Ann Burns Fernand Charron John Lennon Arthur Martin Maude & Zenon Rioux Martin & Family Doris Simpson Nellie & Russell Goheen, Barb & Bill Laronde, Fred Goheen Esther & Bill Swanson Bonnie Domingue, Evelyn & Lionel Corston The Lord Jesus Christ The Lord Jesus Christ Rita Dubé My Brother Devin Jean-Claude Girard Jeanne Rodrigue & J-P Frappier

Jonathan Gionet & Richard Lapage Irene Savoie My Mother Parents Leonard & Elizabeth Wood Raymond Besnier Mike Pageau CPL. Nielson Edwards "NATO" Rolf Karl Fuchs Senior & Louis & Annette Labrosse John Serre John Serre

John Serre John Serre Felipo Alamar Jr. Canadian Troops Mike L'Homme Carmine Bucciarelli Claude McGill **Canadian Troops** Frank Medaglia Kenneth & Ruth Campbell John & Elizabeth Burkholder **Claude Demers** Katheen Dessin, Edward O'Riley Canadian Troops Kerttu Saari The Martyrs Private Benjamin Gilbert Valois Blais Jean Henderson Danny Lemieux Celine Dion Ada Picody & Margret Memegos Edward/Jeanne Pilote Yves Fournier (father) Roland Bouchard (father) athoring Ouimo Ruth Swanson (Prusky) Ghislain Richard Brad MacLeod (papa) Lilianne Lacroix (nini) Hilaire Gauthier Family members who have passed Burton McAdam Shane Wright Ken Bowes Lena & Allan Tangie Rosaire Michaud Juliette Plourde Michaud Leona Szopka Matt Castonguay Robert Lasante James Hetfield Josie St. Germaine Uncle Brad Family & Friends

Lurleen Blais Shawn Jobin Ron Fisher Manon Fisher Alain & Therese Gauthier Neil Hiscock Demers Family Carla Guthrie Al Tremblay Louayne Plouffe Gisele Lapierre Kelly & Kirk Ellis Jeanette Bosse Shirley Casson Anonymous Marius & Therese Demers Sylvie & Jacques Lafrance Tim Cecile Nicolas Morin Tony Morin Manuela Michelizzi-Bott

Claire Lavoie Cassandra Comte **Rene Fortin** Yvon Papineau Donald & Ingrid Famille Paul Robitaille Hamill Family Sylvie Lapointe Maria Rousseau Raymond Dionne Edouard Demers Maurice Louise Doyon Jocelynne Bernier Andrea & Joshua Martel Makayla, Gavin, Emlyn Parry Denis Lapierre Chris Madson Francoise Houle Elizabeth & Robert Guindon Nancy Sylvestre Sandra Ruffo Tony Ruffo Cathy Ansara Edith Larocque Peggy Domingue Alain Domingue Carla Eisner Brenda Armstrong Solange & Jean Louis Richard Ghislain Richard, Solange & Jean Louis Richard Ray E. Bouchard Henry & Bonnie Desbois Percy Encil Doug Greig Olive Byce Betty, Sandra, Brenda, Joanne, Val, Lise, & Betty-Ann Robert Tremblay Flavia & John Bruneau Pamela Boucher Giselle Scott Jacinthe Richard Anonymous Cathy Petrosky Melanie O'Riley Pam Ladouceur Morris Nakogee Gerald Wesley

\$10.00 We, The Kent Family Shannon McCarthy

Monica Tremblav Carolyn Kay Ross Hryhorchuk

Jason Riopel Mason, Cheryl, Anne, Andrew, Micheal The Orton Family Ken Card Angele & Raynald Boulet Georgette Lacroix Chapleau Elementary Teachers Gerry & Cheryl Boucher Joanne Plourde Sara Heiti

Donald Jobin Joan Sprague Denise Duguay **Our Canadian Soldiers Claude Demers** Nana & Grampa Guthrie Murry Hawkins All My Deceased Relatives Rose Roy Jonas Hopkins Laurette Bosse Piche Yvon Morin Cliff Burton (of Metallica) Claude Demers Celeste et Rita Lafrance Lawless Cecile Uncle "Big Nose" Pepere Tony Zio Mimmo, Zio Mimanchi e ti voglio tanto bebe.Ungiorno ci vediamo. Auguri di Buon Natale! Joanne Dionne Grandma & Grandpa **Kevin Hughes** Collin Pellow Noella Servant Richard Stewart

Blais Boys

Rene Lapointe Nelson Rousseau Joanne Dionne Claude Demers Parents defunts Rita Bernier Our Grandma Bernier Our Great Grandma Kerttu Saari My Father Paul Emile Lapierre My Dog Buster Esther Grondin Guindon & Tourigny Families Denis Thibeault Armand & Barbra Ruffo Vicky Menzie Ruffo George Ansara Mary-Ann Armstrong Keenan Christopher

Lena Tangie (Mom) Spriit Boy Donat Babin My Loving Wife, Glorina Encil Deceased Lumberjacks Shelley Ann Byce

Jacob St.Amand Louayne Plouffe Guy & Léonne Pepin Simon Marquis Innocence Mona Redbreast My Nana - Glorina Encil "Grandpa" Joe John/Elmeda Nakogee Paul Jackpine & Theresa Panamick

Caroline Morvan & Jeanne Rochon Jon Gionet, Poppa & Nana McCarthy Albert Tremblay Family Frank Kay William Hryhorchuk Eleanor Hrvhorchuk Pierre Riopel (Boer War Veteran)

Beatrice Card Kevin Hughes, Deceased Relatives Beatrice Card. Deceased Relatives Canadian Troops, Ferdinand Boulet Dave Lacroix, Lillian Lacroix

Shane Wright, Peter Simpson Tony Palmerio, Carmine Bucciarelli Roland Bouchard, My Family Vada & Eldon Warren, Morley Warrer

André Byham & Dianne Bourgeault Family Members Rita Doyle Denis Ladouceur

Lina Cloutier Nellie & George Mitchell Saunders Jesse Reed Kathy Elson Chantale & Ron Pullen Shawn Maurice

Pierrette & Yvon Noel Lise McCarthy

Fernande Doyon Christie Fisher Randy Thibeault Marie-Paule & David Comte Travis Family Alana Comte & Rene Fortin Natasha Comte Bernie Black

Emma, Lauren, & Olivia Hamill Isabelle Fournier Noella & Pierre Lafrance Joanna Tremblay Debbie & Marshall & Family Karen & Jean-Louis Nicol and Family

Linda Keay Mike St. Denis Anita Stephens Memegos Orville & Lillian Robinson Isabelle Perreault Côté, Larry Donivan Keeter Corston Renée Weber

Byham & Bourgeault, Deceased

Frank Doyle, John Doyle "Trapper" Dave Richard "Lep" Lepage Noella Servent Regis Cloutier Jack & Pat Mitchell, Maria & James

Dave Reed (father) Uncle Ross Uncle Murray Placide Champagne Fred Pullen Don Jardine (Flappy) Grandpa Cyril Claude Demers Normand Noel Irma & Armand Emond Ed & Janet McCarthy Denis Doyon Lise Doyon Doug Sprague Gordon Fisher Friends who have gone on Deceases Relatives Timothy Connelly George Travis All Deceased Relatives Gerald Comte; Gertrude Café All Deceased Relatives Baptiste & Thelma Chapados

Granny Borchardt Deceased Family Members Rita & Celestin Lafrance Dunn & Morris Grandparents Robert Fair Grama Thompson

Gramma Burns, Gramma Bernier, & Gramma Harris, Lucien Nicol & Pat Burns Grandpa & Grandma, Love, The Keay Girls Willie Memegos; Baptiste

Peter Simpson, Leigh Crozier Jean-Maurice Perreault,Rachel

Lynda Joly, Vi Harrison Cecil Corston, Luella Corston Wolfgang Weber, Romeo Charette

Dance Studio Manuela Michelizzi-Bott, Artistic Director (B.A., B.Ed., Canadian Certified Dance Instructor)

STEPS

Adult Dance Aerobic Classes

Winter Season ~ Limited spaces available Hip Hop: Tuesdays 7:30-8:30 Latin Dance: Thursdays 7:30-8:30 ~Chapleau Recreation Centre~

"Latin Fever"

6 weeks ~ Couples Dance Class Learn the hottest Latin dances! Wednesdays 7:30-8:30pm ON NOW!! École Sacre Coeur Gymnasium

Upcoming Events

~ Stretch and Strengthening Class Tone muscles, build core strength and gain flexibility

Anyone interested or for more information, contact Manuela via e-mail at steps.dance.studio@hotmail.com



CHAPLEAU Cheerleading

Carol & Michel Lasante & Family Simone Lasante Anonymous Andrew Portelance Maxim & Maya Bertrand Denise Sampson Nadeau Carole Guitard, André Ouellette Monique & George Black Nicholas Lasante Marion Cockburn **Brian Etter** Mr. & Mrs. Bradley Corston Winter Meyer Jack Mitchell Pauline M. Dillon Melanie Boucher Alma Jardine Tim Kanala Irene Larcher Lynn & Joe Turner Juliette Payette

Pamela, Clayton & Ashleigh Boucher

Theresa & Terry Taylor

Emile Ouellette & Mona Guitard Donat & Yvette & Marcel Langlois ElwoodGlabb,Robert Lasante Loved Ones, My Family My Father, Albert Tremblay Luella & Cecil Corston Peter Simpson, Shane Wright Jack & Pat Mitchell, Paul & Lea Roussel Bernard & Desneiges Lacasse, James Dillon Laurence Pigeon, Sharyn Schwarz Donald Jardine Raimo Kanala Joseph Larcher Family Margaret Turner, Joseph Turner William Payette Leonard & Thelma Taylor, Lawrence & Magdalen Metzger

Jonathan Gionet



Manuela Michelizzi-Bott, Head Coach (B.A., B.Ed., Canadian Certified Dance Instructor)(Ontario Cheerleading Federation Certified Coach) Junior Division: Grades 6.7 & 8

High School Division: Grades 9-12 A general meeting for interested participants and parents will be held on Wednesday January 16th, 2008 at 6:30pm in the École Sacre Coeur Gymnasium. Please use Gym Entrance.

To be considered for the team, you must attend the meeting.

For more information please contact Manuela at steps.dance.studio@hotmail.com

THE LOCAL MARKET PLACE

CHADWIC HOME. FAMILY RESOURCE CENTRE

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

ALCOHOLICS ANONYMOUS Offers help to anyone who desires to stop drinking. Open discussion meetings:Wednesday 7:30 p.m. & Sunday 2:00 p.m.Trinity United Church basement. Telephone contacts: 864-2321 and 864-1827 ALCOOLIQUES ANONYMES Offre de l'aide à celui ou celle qui désire arrêter de boire. Les rencontres ont lieu tous les mercredis soirs à 19h (7:00 p.m.) Au sous-sol de l'église Sacré Coeur. Téléphonez au 864-2786 Société Alzheimer Society meetings will be held at the Chapleau Hospital every 1st Monday of each month starting from 7:00 p.m. to 9:00 p.m. Narcotics Anomymous offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:00 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

APARTMENTS FOR RENT VILLAGE SHOP APARTMENTS 3 bedroom Apt. available Feb 1. Completely renovated, laminate flooring. Laundry on site, secured entrance. Applications available at 8 Birch St. E or call 864-

1114 1114 Ар29 You need a decent apartment with 1, 2 or 3 bedrooms, fully or semifurnished, or not, dryer and washer hookups. outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075 and leave message. Jan19

Tamarac Apartments has a large main floor apartment for rent in a quiet building freshly painted, with a new fridge & stove included. Laundry room on premises. Ample outside storage & hookups. Call Syd at 864-1396 after 6:00 p.m.102707

1 bdrm apt. available close to downtown. Recently renovated. Includes fridge, stove and parking, Only \$395.00/month. Call Con Schmidt. 864-0617. Feb2

1 bdrm apt. furnished, private entrance, large deck. Hydro included. Serious inquiries only. 864-2080 or 864-0400. Jan 26

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

FOR SALE

1997 Ford Explorer as is. In running condition. Call 864-0977.Jan26

HAVE A SAFE WEEKEND!



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Washer-dryer \$200. Fridge-stove \$ 200. Couch & chair b/o. Wall unit b/o. Tv dvd \$20.00. Baby items: crib mattress \$75.00 fisher price rock a bye stroller \$75, wicker basinet \$40.00, 2 walkers \$30.00. Lounge chair \$20.00. Clothes, crib sheets blankets \$30.00. Diaper genie \$5.00. All prices negotiable. B/O(best Offer) Must relocate west for job. All items must go by 19th. May be January reached at 705.844.1576 Marilyn

HOUSES FOR RENT

2 bedroom house on Lansdowne Street. \$450.00/ month. Call 864-1188 or 864-0608 or 864-0462. Jan 19

New drop off location for Chapleau Express ads, starting Monday, January 21, is at the Chapleau Innovation Centre

The Chapleau We're your local partner in community Express education and awareness.

Senior Citizen's Club Supper Legion Hall

Wednesday Jan. 23 at 6 P.M. Membership and dinner tickets available at the door. Please call 864-1307 by Jan. 21st if you plan to attend



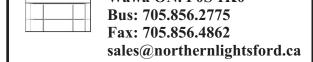


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