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Miss Muggins
Coffee and
Fresh Donuts

CHAPLEAU EXPRESS

Vol. 14, Issue 19, January 23, 2010

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



Family Health Team For Chapleau



On hand for the Family Health Team announcement, from left to right, David Repath, SSCHS Chair of Finance; James Cranney, SSCHS Board Chair, Mike Brown, MPP; Gail Bignucolo, SSCHS CEO.

Mike Brown, MPP, was on hand to confirm and congratulate Services de santé de Chapleau Health Services (SSCHS) on the recent approval of their application to develop a Family Health Team in the community of Chapleau. Chapleau was one of the 19 successful applicants in the province. The Family Health Team will provide better access to primary health care by expanding the health care team to include not only physicians, but nurse practitioners, registered nurses, social workers,

dieticians and other health professionals. The approval of this application is just the first step in the process. The next step will be the development of the business and operating plan, and then the negotiation process with the Ministry of Health and Long-Term Care (MOHLTC). The MOHLTC expects the 19 new Family Health Teams to be up and running by 2011/12. "We are very excited about the positive impact this is going to have on the delivery of primary health care in the community of Chapleau," says Board

Chair, James Cranney. "This means patients will see the right professional at the right time." "There will be big improvements in the management and prevention of chronic illnesses, as the Family Health Team develops programming to treat and educate patients", explained Gail Bignucolo, CEO. The Family Health Team will operate out of the current Chapleau Medical / Dental Clinic, although future expansion will be required in order to accommodate the additional staffing.

Chapleau's Young At Heart Seniors Are Jazzing Up Their Lives

The Chapleau Senior Citizens Club is continually looking at activities for their Club members to keep them engaged in the community, and having fun. Its goal is to contribute to the healthy aging of seniors by providing

opportunities for involvement and active living. This past year, Club members have been given the opportunity to engage in a variety of classes. For those looking for fitness and strength building, Shannon Fuller led exercise/yoga lessons three times a week, and Sylvie Lapointe taught line dancing. Many continue to join the walking club organized by the Sudbury and District Health Unit. Several members are also seen exercising with the Wii Sports, Dance, and

Revolution Fit. Another very popular activity is the painting sessions offered by Helga Scheitel. In September 2009, members joined Helga at the Peace Park for an afternoon of plein air painting and continue to meet with her once a week at Cedar Grove. Many members are active with the choir lessons led by Nancy Sylvestre. Nancy and participating members were delighted by the invitation from the Activation Department of Bignucolo Residence where they spent an



Line dancing class led by Sylvie Lapointe every Thursday evening.

hour before Christmas favourite songs of residents. singing many of their their youth to the Cont'd on P.6

Long Term Forecast

Friday High -6 Low -13

Saturday High -3 Low -15

Sunday High 0 Low -7

Monday High 1 Low -6

Tuesday High -11 Low -20

Wednesday High -14 Low -26



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PART-TIME EMPLOYMENT OPPORTUNITY

The Leisure and Culture Services Department is seeking canteen supervisor.

Canteen Supervisor

Positive skills will include:

- Grade 12 diploma
- Professional mannerism
- Willing to work evenings and weekends as required
- Ability to multi-task
- Schedule staff
- Supervise Canteen/Skate Patrol employees
- Experience with cash register
- Ability to deal with the public
- Maintain vending machines
- Prepare Deposits and balance cash
- Any other duties as assigned

Resumes will be accepted by the undersigned until **4:30pm, Wednesday February 3rd, 2010.**

Mr. Kevin Morris
 Leisure & Culture Services Department
 P.O. Box 129
 Chapleau, ON
 P0M 1K0

SUBMIT YOUR FAVORITES RECIPES TO
recipes@chapleauexpress.com

Chapleau Auto Parts regrets to inform you that

Culligan

has announced that they will no longer be servicing the Chapleau area.

We have enjoyed being a Culligan agent and thank all of our customers for their support. We apologize for the inconvenience this will cause, but the circumstances are beyond our control.

Yoga Classes

Want better flexibility? Want to learn exercises that will help you cope with stress? Want to simple, relaxing stretches as part of your New Year's Resolution?

Then maybe this is for you..

Beginner/Intermediate
Mondays 7-8:00 p.m
8 week classes
Starting January 25th, 2010



Kathleen Bouchard

Aux Trois
 Moulins Motel
 Conference Room
864-0518



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Call 705-864-2579
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THANK YOU

The family and friends of Ashley Sweeney would like to express their sincere gratitude to everyone who supported Ashley during her illness.

To Suzanne Turcotte for all of the wonderful things she did for ALL of us. We will be forever grateful.

Thank you to the staff of Chapleau Hospital, to all of the doctors who cared for her and all of the wonderful nurses, who were not only there for Ashley but for us as well. To Jim and Anita Panamick and Bill and Carla Guthrie for your support right till the end (and still)

Thank you to Rev. Bruce Roberts and the New Horizon Rebekahs for the beautiful words spoken at the funeral and also to Pastor Dan Lee for taking the time to spend with us at the wake. A special thank you goes out to the pall bearers; Bob Bowes, Chuck Orton, Kevin Morris, Ron Apsey, Bill Guthrie and Kevin Eshkawkogan. To Val and Gillmartin Funeral home for all that you did.

To all of those who we may have forgotten, thanks can't say enough for what everyone did for Ashley. She will be forever missed by all who knew and loved her.

The Sweeney and Orton Families

We are pleased to announce that

PRAXAIR

has a new depot to serve your compressed gas requirements

SM SH SUPERIOR

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 (South side of Chapleau, behind the Railroad Motor Inn)

(705) 864-1906

Hours of Operation
Monday to Friday 7:30 a.m to 4:30 p.m

GOING TO CHURCH	
<p>Catholic Church SACRED-HEART OF JESUS PARISH PAROISSE SACRÉ-COEUR DE JÉSUS 26 Lorne Street North OFFICE- 21 Lansdowne St.N. 864-0747 New Schedule Effective Nov. 7/09 Nouvel horaire à compter du 7 nov/09 Sat/sam 7 p.m. (E or F) Sun/dim 9:30 a.m. (F or E) Weekdays/Semaine lun-ven 9:30 a.m. Wed/Mer (Hosp) 11:30 a.m. Fr. Sébastien Groleau</p>	<p>CHAPLEAU PENTECOSTAL CHURCH 9 Elm Street (P.A.O.C.) 864-0828 Sunday Services 10:30 a.m. Wed. Family Night 7-8 p.m. (Starting Oct. 28) Pastor Dan Lee</p>
<p>ST. JEAN DE BRÉBEUF (Sultan) Liturgy of the Word Liturgie de la parole Mass 3rd Sunday Messe 3e dim 12:00 Noon (B) Permanent Deacon Diacre Permanent Ted Castilloux</p>	<p>TRINITY UNITED CHURCH Corner of Beech and Lorne 864-1221 Sunday Service and Sunday School 11:00 a.m. Anna Chikoski Soup Kettle every 2nd Wednesday of the month www.angelfire.com/on/trinityuc</p>
<p>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</p>	<p>OUR LADY OF SEVEN SORROWS PARISH PAROISSE NOTRE-DAME-DES-SEPT-DOULEURS (Foleyet) Liturgy of the Word Liturgie de la Parole Mass 2nd-4th Sunday/ Messe 2e-4e dim 12:00 Noon (B)</p>
<p>ST. MARY'S ANGLICAN CATHOLIC CHURCH 78 Devonshire Street 864-0909 Sunday Service 10 a.m. Rev. William P. Ivey</p>	<p>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</p>

Mgr. Romeo Gascon served Sacred Heart Roman Catholic parish for 47 years

Chapleau Moments

by Michael J. Morris



R o m e o Gascon, who served as the pastor of Sacred Heart Church for 47 years was active in Chapleau life far beyond his duties to the Roman Catholic community.

Father Gascon, was elevated to Monsignor in a service at Sacred Heart

Church on February 9, 1949 by His Excellency Most Rev. George Leo Landry, Bishop of the Diocese of Hearst. His Holiness Pope Pius XII had made him Monsignor on September 11, 1948, and this was the official induction ceremony conducted

by the Bishop.

Referring to research by Gemma Gagnon, Father Albert Burns SJ, noted that the Jesuit Fathers on October 19th 1911, transferred the parish to a zealous priest, who had been two years pastor of Cochrane, Father Roméo Gascon. He died on January 25, 1958.

By 1916 he had become involved in Chapleau sports and was the coach of the Young Elephants, a baseball team that played on a ballfield

located at about the present site of the golf course. My grandfather Harry Morris was a member of the team.

In his book "Waking Nanabijou: Uncovering a Secret Past", Jim Poling Sr. notes that he was a "miniature whirlwind" interested and active in everything from architecture to painting to golf as well as hunting and fishing. Mr. Poling, who was at one time the general manager of the Canadian Press came to know about the Chapleau priest as he was researching a history of his family.

He also enjoyed woodworking and had a printing press in the rectory.

Just before Christmas, on December 18, 1918, Sacred Heart Church was destroyed by fire, but Father Gascon went to work right away and within a year a new beautiful church had been built on the same location and its 90th anniversary was celebrated on December 24, 2009 at Christmas Midnight Mass. Father Gascon had sketched out the design for the new church and celebrated the first mass in it.

He was also president of the Kepsquasheshing Gold Club at one time, and enjoyed playing a round of golf with his friends from all denominations, including his good



Mgr. Roméo Gascon - 1883 - 1958

friend George Fife, the manager of the Chapleau Electric Light and Power Company who was also reeve of Chapleau from 1938 to 1942. I can recall saying good morning to both of them as they visited either on the front verandah of the Fife home on Lorne Street or the steps of the power company office on the site of the present Bargain Shop.

As an aside Mr. Fife was the grandfather of Robert Fife, now the Ottawa Bureau Chief of CTV News.

At the service elevating him to Monsignor, the Chapleau Post reported that most of the priests in the Diocese of Hearst attended with the bishop to offer their

congratulations. The church was filled to capacity for the occasion, followed by a Civic Reception at the Town Hall which was also packed with well-wishers.

The Chapleau Post also noted that never before in the history of Chapleau had so many priests been present at the same time. Everyone wanted to show their appreciation of the work of Monsignor Gascon in Chapleau and of his work as advisor and counselor to various bishops and his friendship to every priest in the diocese.

Father Regent Marchand of Sacred Heart parish organized the event.

French article next page. Le français, page suivante.



Father Romeo Gascon was active in Chapleau sports and is shown here with members of the Young Elephants, the baseball team he coached. The ball field was in area of present golf course. Back row Oscar Tremblay, unknown, Father Gascon, Tom Godfrey, George White. Front row unknown, unknown, Christy Matheson, Harry Morris (Michael's grandfather) Photo from Vincent Crichton collection, courtesy of Dr. Vince Crichton.

Le Père Roméo Gascon s'impliquait beaucoup aux sports à Chapleau; ici on le voit entouré des membres de l'équipe des Young Elephants, club de the base-ball dont il était l'entraîneur. Le terrain de jeu était situé au site actuel du club de golf. Rangée du fond Oscar Tremblay, inconnu, Père Gascon, Tom Godfrey, George White. Première rangée, inconnu, inconnu, Christy Matheson, Harry Morris (grand-père de Michael Morris). Photo gracieuseté du Dr. Vince Crichton issue de la collection Vincent Crichton.

 <p>Ontario Licenced Motor Vehicle Inspection Station</p>		<p>Chapleau <i>Cree</i> Auto/Truck Monday - Friday 8:30 a.m - 4:30 p.m. "Preventive Maintenance keeps you on the road" FOX LAKE RESERVE</p>	<p>CALL 864-9090 for an appointment</p>
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Mgr Roméo Gascon: pendant 47 ans au service de la paroisse CR du Sacré-Coeur

Par Michael J. Morris
Traduction Hélène Pineau

Curé de la paroisse Sacré-Coeur pendant 47 ans, Mgr Roméo Gascon s'impliquait beaucoup à la vie de Chapleau en plus de ses devoirs envers la communauté catholique romaine de Chapleau.

Le père Gascon fut promu au titre de Monseigneur par Son Excellence Mgr George Léo Landry, évêque du diocèse de Hearst dans le cadre d'une célébration tenue à l'église Sacré-Coeur le 9 février 1949. En effet le titre de Monseigneur lui avait été conféré par Sa Sainteté le Pape Pie XII le 11 septembre 1948 et son installation officielle fut confirmée par Mgr Landry.

En se référant aux recherches entreprises par

Gemma Gagnon, le père Albert Burns SJ rapporta que le 19 octobre 1911 les Pères Jésuites transféraient la paroisse à un prêtre dynamique nommé Roméo Gascon qui avait été curé de Cochrane deux ans auparavant. Il devait mourir le 25 janvier 1958.

Dès 1916 le Père Gascon s'impliquait déjà à la vie sportive de Chapleau et fut entraîneur des Young Elephants (Jeunes Éléphants), une équipe de base-ball qui s'exécutait sur le site approximatif du terrain de golf actuel. Mon grand-père Harry Morris était membre de l'équipe.

Dans son ouvrage intitulé "Waking Nanabijou: Uncovering a Secret Past", l'auteur Jim

Poling Sr. affirme, en parlant du père Gascon, qu'il était un petit bonhomme "tout feu, tout flamme", rempli d'ardeur et intéressé à tout, que ce soit l'architecture, la peinture, le golf aussi bien qu'à la pêche sportive et la chasse. M. Poling, qui fut à un moment donné directeur-général du Canadian Press, en prit connaissance en menant des recherches généalogiques sur sa famille.

Le Père Gascon aimait aussi la menuiserie et possédait une imprimerie au presbytère.

Juste avant Noël le 18 décembre 1918, l'église Sacré-Coeur fut rasée par le feu, mais le Père Gascon se mit immédiatement à la tâche et dans l'espace d'un an une nouvelle

église fut érigée sur place. Le 24 décembre 2009 lors de la messe de Minuit on célébrait le 90e anniversaire de cette même église. C'était le Père Gascon qui avait esquissé lui-même un croquis de la nouvelle bâtisse et qui allait y célébrer la première messe.

Le Père Gascon fut aussi président du Club de golf Kebsquasheshing et il aimait jouer une partie de golf avec ses amis autant protestants que catholiques, y compris son bon ami George Fife, le gérant de la compagnie électrique Chapleau Electric Light and Power Company qui était aussi préfet de Chapleau de 1938 à 1942. Je me souviens des matins où je les saluais tous les deux alors qu'ils se voisinaient, installés

soient sur le perron de la maison des Fife à la rue Lorne, ou encore sur les marches des bureaux de la compagnie électrique, où est situé à présent le magasin Bargain Shop.

Petite anecdote, M. Fife était le grand-père du journaliste Robert Fife, aujourd'hui chef du bureau des nouvelles d'Ottawa pour CTV News.

Selon le Chapleau Post la plupart des prêtres du diocèse de Hearst s'étaient rendus à la cérémonie d'installation de Mgr Gascon, accompagnés de l'évêque, pour le féliciter. On rapporte aussi que l'église était pleine à craquer et que la réception qui s'ensuivit à l'hôtel de ville débordait d'admirateurs venus

l'encourager.

Le Chapleau Post releva le fait que c'était la première fois dans l'histoire de Chapleau qu'était réuni un si grand nombre de prêtres en même temps. Tout le monde voulait exprimer à Mgr Gascon leur appréciation pour tout ce qu'il avait fait pour Chapleau et aussi comme consultant auprès des divers évêques et pour ses marques d'amitié envers tous les prêtres du diocèse. Le père Régent Marchand de la paroisse Sacré-Coeur fut l'organisateur de l'événement.

CRIME STOPPERS

1-800-222-TIPS

• At least 1 in 3 people could still get H1N1.

• 1 in 5 people hospitalized with H1N1 have ended up in intensive care and/or on ventilators.

• Half of those in hospital with H1N1 have been under 24 years old.

• More people have been sick this year from the flu compared to the past 5 flu seasons.

• Flu season continues until April.

You call the shot.

Only you can make the decision to get the H1N1 flu shot. Shots are available at health care provider offices, workplace clinics and many other locations. Visit: ontario.ca/flu

 **Ontario**

Protect Yourself And Others From Norovirus

Reports to the Sudbury & District Health Unit indicate that area daycares, schools, and the community-at-large are experiencing an increased occurrence of gastrointestinal disease, likely due to Norovirus. Norovirus, also known as Norwalk and Norwalk-like viruses, refers to a family of viruses that is an important cause of nausea, vomiting, and diarrhea in children and adults.

Norovirus is highly contagious and everyone is susceptible to it. But unlike influenza, there is no vaccine for Norovirus. Nausea, vomiting,

diarrhea, and abdominal pain are common symptoms. Headache and low-grade fever may also occur. The disease will usually clear up within 48 hours.

Although there is no specific treatment, drinking plenty of fluids to avoid dehydration is recommended.

“The fecal-oral route is responsible for the spread of Norovirus,” said Holly Browne, a manager in the Health Unit’s Environmental Health Division. “The best way to protect yourself from the spread of Norovirus is to wash your hands thoroughly after each trip to the

bathroom and before eating or preparing food.”

Improper handwashing allows the virus to be spread through food and objects that an infected person touches. The best way to protect others is through handwashing and by staying home if you are ill.

Because Norovirus is so highly contagious, those who have symptoms should stay away from more vulnerable people and settings such as hospitals and long-term care homes.

“This virus flourishes in institutional environments like daycares, hospitals and nursing

homes,” said Browne. “Hospital patients and long-term care residents are particularly susceptible. Bed rest, fluids, and good personal hygiene are the best medicine for this disease,” she added.

For more information on proper handwashing and how to protect yourself

from Norovirus, please call the Sudbury & District Health Unit at (705) 522 9200, ext. 398, or visit www.sdhu.com

Classified ads
WORK

Youth Activities Coordinator Youth Internship Opportunity



Coordonnateur(trice) de la programmation pour la jeunesse Programme de stage pour les jeunes

Contract Position: 1 year
Pay Rate: \$30,556/annum

The Township of Chapleau has created a new position: Youth Activities Coordinator Intern. This is a one year contract position and will be commencing in February 2010.

The key responsibilities and activities to be undertaken:

- Develop and Coordinate activities for the youth of Chapleau; physical and non - physical activities.
- Manage the Youth's Drop in Centre.
- Manage any volunteers for the Drop in Centre, both adults and youth.
- Supervise and direct the Summer Day Camp Staff (up to four students).
- Provide guidance and programming suggestions to the Day Camp Staff.
- Attend all Chapleau Youth Committee Meetings.
- Ensure and develop policies and procedures for any youth functions within the Township of Chapleau.

Qualifications:

- Northern Ontario resident or graduate of a Northern Ontario Secondary School.
- Candidates that are not from Northern Ontario can also apply, as long as they have been residents in the north for the past year.
- Recent graduate from a post secondary (college/university) program in Recreation Leadership, Education, Social Services or General Arts.
- Must be 29 years and under
- Good communication skills (verbal and written)
- Bilingualism an asset.

Resumes will be accepted by the undersigned until **4pm, Thursday February 4th, 2010.**

Please submit resume to:
Township of Chapleau
Box 129
Chapleau, ON
P0M 1K0
Attention:
Kevin Morris,
Leisure and Culture Services Director
Email: kmorris@township.chapleau.on.ca
Fax: 705-864-1824

Durée du poste contractuel: 1 an
Salaire: 30,556\$/année

La municipalité de Chapleau vient de créer un nouveau poste: celui de Coordonnateur(trice) stagiaire de la programmation pour les jeunes. Il s'agit d'un poste contractuel d'un an qui entre en fonction en février 2010.

Le poste consiste à:

- Développer et coordonner des activités à la fois physiques et non physiques pour les jeunes de Chapleau.
- Gérer le Centre d'accueil des jeunes.
- Gérer les bénévoles, tant adultes que jeunes, qui travaillent au Centre d'accueil.
- Superviser et diriger les animateurs du camp d'été (jusqu'à quatre étudiant(e)s).
- Conseiller l'équipe d'animation et offrir des suggestions à la programmation du camp d'été.
- Participer à toutes les rencontres du Chapleau Youth Committee.
- Formuler et mettre en application les politiques et lignes directrices régissant les soirées sociales de jeunes au sein de la municipalité.

Compétences exigées:

- Habiter le nord de l'Ontario ou avoir terminé ses études secondaires dans le nord de l'Ontario.
- Les candidats qui ne sont pas du nord de l'Ontario peuvent également appliquer, en tant qu'ils/elles ont été résidents dans le nord pendant la dernière année.
- Être diplômé(e) d'un établissement post secondaire (collège ou université) en les domaines de la gestion des loisirs, l'éducation, les services sociaux ou les arts généraux.
- Posséder de bonnes aptitudes à la communication (orales et écrites)
- Être bilingue est un atout.

La date limite pour postuler est le **jeudi le 4 février 2010 à 16h.**

Veillez soumettre votre demande accompagnée du c.v. à l'adresse suivante:
La municipalité de Chapleau
C.P. 129
Chapleau, ON
P0M 1K0
a/s de:
Kevin Morris, D
Directeurs du Service des loisirs et de la culture
courriel: kmorris@township.chapleau.on.ca

CAN YOU FILL THESE BOOTS?



The Chapleau Volunteer Fire Department is currently accepting applications for volunteer firefighters.

If interested, applications may be picked up at the Civic Centre.

LE SERVICE DE POMPIER VOUS INTÉRESSE ?

Le Chapleau Volunteer Fire Department accepte à présent des nouveaux candidats aux postes de pompiers volontaires.

Si vous êtes intéressé, veuillez vous procurer un formulaire de demande à l'hôtel de ville.

Please apply by January 27th, 2010
S.V.P. faire application avant le 27 janvier, 2010

Graham C. Bertrand
Fire Chief/Chef des pompiers

The Chapleau Child Care Centre

would like to assist you

to take care of your children while you work, attend school or enjoy that much-needed break.

We offer a variety of early learning and care programs for children from birth to twelve years of age.

Services are available in French and English from 7:30 a.m. to 5:30 p.m. Monday to Friday each week.

We also offer different user options, family rates and subsidy.

Stop by the Centre at 28 Golf Road or call 864-1886 for more information!!

Let us be a part of your child's learning experience!



Chapleau's Young At Heart Seniors Are Jazzing Up Their Lives



Chef Padraig Taaffe volunteers for the monthly gourmet luncheons; he is pictured here with two of his students Louise Mione and Yvette Joyal.

Cont'd from P.1

Other recreational and social activities have included monthly bingos organized by Lorraine Langlois, bridge, and the annual Christmas tea which was a huge success this year as proven by the crowd of people waiting in line to enjoy the home baking of the members!

trips to Sudbury and Timmins brought much enjoyment, laughter, and fun as Club members shopped until they dropped, to only later go out again and enjoy a theatre play, restaurants, cinema, and much more.

One of the values of the Club is its ability to enhance the everyday lives of seniors by bringing

them together to socialize, share experiences and connect to a caring, supportive community. This is often achieved with the monthly gourmet luncheon prepared by Chef Padraig Taaffe. A few members of the Club join Padraig in the kitchen during the preparation and teaching phase of the luncheons. Since September 2009, Club members have enjoyed Italian, German, Indian, Irish, and French cooking.

The Club is driven by the energy of its members, who volunteer their time and services to the operation of the Club, as well as to the community. The Club presently has a total of 102 members, a substantial increase from their 63 members



Shannon Fuller is available three times a week for exercise classes for the seniors' club. Classes include circuit training, cardio, strength training, yoga, and body ball.

of one year ago. Every December, memberships are renewed. For a nominal membership fee of \$10 per year, members may participate in all of the Club's programs and activities. For those who wish to keep their membership and for

those who want to join the Club, please contact Yvette Joyal at 864-0692.

On January 27, 2010, members are welcome to the Club meeting to be held at 2:00 p.m. at Cedar Grove. The executive committee has invited

Ms. Sylvie Sylvestre, who has been assisting the Club to develop their "Young @ Heart" project this past year, to discuss the success of the project. She will also be looking for more ideas to keep the Club active as it has become such a vibrant



Is getting healthy part of your 2010 resolutions?

Why not start off by finding out if your blood pressure and blood sugar are on track?

THE CHAPLEAU DIABETES EDUCATION PROGRAM

IS HERE FOR YOU

WE OFFER REGULAR BLOOD SUGAR & BLOOD PRESSURE CHECKS

**Every Wednesday from 1- 2 pm
or call 864-0210 for an appointment**

AT THE MEDICAL CENTRE.



- **Trying to lose weight? Weigh-in with us**
- **Have all your questions about diabetes or nutrition answered**
- **Both Dietitian and Nurse available**

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

CALL 864-3079 FOR MORE INFORMATION



**TOWNSHIP OF CHAPLEAU
TENDERS FOR CONTRACT No. 60497
CHAPLEAU WATER TREATMENT PLANT – DIESEL GENERATOR
REPLACEMENT**

SEALED TENDERS, plainly marked as to contents, will be received at the office of the Consulting Engineer, AECOM Canada Ltd., at 523 Wellington Street East, Sault Ste Marie, Ontario P6A 2M4, **until 3:00 p.m., local time on:**

THURSDAY, FEBRUARY 25, 2010

for the construction of the works described below.

On the same day, commencing at **3:15 p.m., local time**, the tenders will be opened and read publicly in the Consultant's Office, at the above mentioned address.

The work generally consists of supplying all materials, labour and equipment for the supply and installation of a new enclosed diesel generator, construction of a concrete support base, all associated piping, mechanical, electrical and control equipment, all related site work and removal of the existing diesel generator.

Complete tender documents may be obtained from Consulting Engineer on payment of a **refundable deposit of \$50.00** payable to the Township of Chapleau. Contractors may have this fee refunded upon the return to the Consulting Engineer, within three (3) weeks after the closing date, the complete set of tender documents in good condition.

Each tender must be accompanied by a tender deposit in the form of a certified cheque in the amount stipulated in the tender documents payable to the Township of Chapleau.

Tender documents may be studied without payment at, but may not be removed from, the Consulting Engineer's office (address below), the Township of Chapleau office, or the usual Construction Association offices.

Tenders are subject to a formal contract being prepared and executed. The Township of Chapleau reserves the right to reject any or all tenders and the lowest or any tender will not necessarily be accepted.

<p>CONSULTING ENGINEER Township of Chapleau 20 Pine Street Chapleau, Ontario, P0M 1K0 Tel: 705-864-1330 A. Pellow, Chief Administrative Officer</p>	<p>CONSULTING ENGINEER AECOM Canada Ltd. 523 Wellington Street East Sault Ste. Marie, Ontario, P6A 2M4 Tel: 705-942-2612 Rick Talvitie, Project Manager</p>
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Protégez-vous et protégez les autres contre le norovirus

Des rapports faits au Service de santé publique de Sudbury et du district indiquent que les garderies, les écoles et la population en général connaissent une augmentation des cas de maladies gastro-intestinales, probablement causées par le norovirus. Aussi connu sous le nom de Norwalk, ce virus et d'autres virus semblables désignent une famille de virus qui sont une importante source de nausées, de vomissements et de diarrhées chez les enfants et les adultes.

Le norovirus est très contagieux et chaque personne y est

susceptible. Mais contrairement à la grippe, il n'existe pas de vaccin contre ce virus. Les symptômes les plus communs sont des nausées, des vomissements, la diarrhée et des douleurs abdominales. La personne infectée peut aussi avoir des maux de tête et une fièvre de faible intensité. Ces symptômes disparaissent habituellement dans les 48 heures.

Bien qu'il n'existe aucun traitement particulier, on recommande de prendre beaucoup de liquide afin d'éviter la déshydratation.

« Le norovirus se transmet par la voie fécale-orale » explique Holly Browne, une gestionnaire de la Division de la santé environnementale du Service de santé publique. « La meilleure protection contre la propagation du virus est le lavage à fond des mains après chaque visite à la salle de bain et avant la consommation ou la préparation d'aliments. »

Un lavage incomplet des mains permet au virus de se déposer sur les aliments et les objets que touche une personne infectée. La meilleure façon de protéger les autres personnes est de vous laver les mains et de rester à la maison si vous êtes malade.

Puisque le norovirus est très contagieux, les personnes qui ont les

symptômes de la maladie devraient se tenir loin des gens les plus vulnérables et des endroits comme les hôpitaux et les maisons de soins prolongés.

« Le virus se multiplie dans des environnements institutionnels comme les garderies, les hôpitaux et les

maisons de soins prolongés » précise Browne. « Les personnes hospitalisées et les résidents de maisons de soins prolongés sont particulièrement vulnérables. Le meilleur remède contre cette maladie est le repos au lit, la consommation de liquides et une bonne

hygiène personnelle » ajoute-t-elle.

Pour plus d'information au sujet de la technique de lavage des mains et de la façon de se protéger contre le norovirus, appelez le Service de santé publique de Sudbury et du district au 522-9200, poste 398, ou visitez le site www.sdh.u.com.

**SHOP
LOCALLY!
WE ALL
DEPEND ON IT!**

 <p>Services de santé de Chapleau Health Services</p>	<p>SERVICES DE SANTÉ DE CHAPLEAU HEALTH SERVICES</p> <p>ANNUAL MEMBERSHIP FEES COTISATION ANNUELLE</p>	
	<p>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 9, 2010. The memberships go on sale February 1, 2010.</p> <p>Memberships are available at the Chapleau General Hospital or from Directors of the Board of Directors of Services de santé de Chapleau Health Services.</p>	<p>En revue des règlements de la corporation, les membres de la corporation doivent avoir payé leur cotisation annuelle de 2\$ avant le 9 avril 2010 pour avoir le droit de voter à l'assemblée générale annuelle. Les cotisations seront en vente dès le 1er février, 2010.</p> <p>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.</p>

February 2-3 février

INSCRIPTION à la maternelle

Conseil scolaire
catholique du
NOUVEL-ONTARIO



La maternelle à temps plein en français...
Plus de 10 ans d'expérience et de succès à partager avec votre enfant!

Full Day Junior Kindergarten in French...
Over 10 years of expertise and success to share with your child!
Your child may qualify for French Catholic Education.

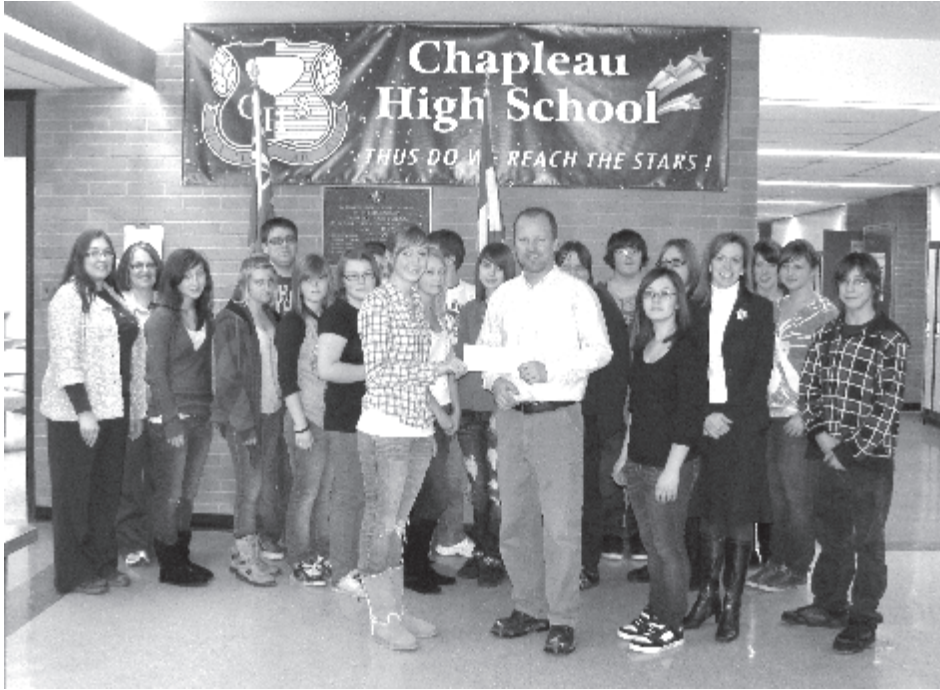
CHAPLEAU
Sacré-Coeur
Rosanne Turcotte
864-0281



www.nouvelon.ca 1 800 259-5567

**L'aventure
commence ici!**

Chapleau High School Students' Council gives back to our community in memory/honour of the victims of the H1N1 flu



Every year the Chapleau High School Students' Council designates a charity to share half of their sales from their fundraiser, Tree of Lights. This year the Chapleau General Hospital Foundation was chosen in honour/memory of the victims of the H1N1 flu. It was a huge success, raising \$1100 for the Chapleau General Hospital Foundation to assist with the 'Together we will grow! campaign. Congratulations and

thanks to all of the Students' Council members, Cheryl Boucher and to the Chapleau High School staff who encouraged the students to sell light bulbs for the Tree of Lights in memory or in

honour of a loved one. In the photo, Emma Hamill, Students' Council President presents the cheque for \$1100 to David Repath, Chair-Chapleau General Hospital Foundation.



I.D. Photos
FAC - PAL

864-1870

Valentine's Day Specials

CERTIFICATES FOR SALE

Facial	Reg. \$20	\$15
Reflexology	Reg. \$35	\$30
Ear Candling	Reg. \$35	\$30
Half Hour	Reg. \$35	\$30
One Hour	Reg. \$55	\$50
Full Body	Reg. \$70	\$65

HOT STONE JUST \$15 extra and so worth it!

NEW! Spa Services

Sea Salt Scrub	Reg. \$20	\$15
Mud Wrap	Reg. \$85	\$80
Cellulite Wrap	Reg. \$85	\$80

THE PERFECT PERSONAL GIFT
Kathleen Bouchard
Sold at Aux Trois Moulins
Front Desk 864-1313

New Beginnings

REGISTRATION DATE

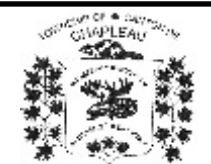
Chapleau Public School
Registration
Wednesday
February 3rd, 2010

KINDERGARTEN



HERE I COME!

Please call Mr. Boucher at 864-1170 for further information.



NOTICE WATER CONSUMERS

The **first** instalment of the **2010** water, sewer and refuse collection billing is **due January 29th, 2010.**

A 1.25% penalty is imposed monthly on overdue accounts.

AVIS CONSOMMATEURS D'EAU

Le **premier** versement du compte d'eau, d'égout et de déchets pour **2010** est payable **le 29 janvier, 2010.**

Une pénalité de 1.25% est imposée chaque mois sur les paiements tardifs.

L. Jones
Treasurer/Tax Collector



Children Born in 2006 may register for **JUNIOR KINDERGARTEN**
Children Born in 2005 may register for **SENIOR KINDERGARTEN**

We look forward to meeting you and your child!



ALGOMA DISTRICT SCHOOL BOARD

Mario Turco
Director of Education

www.adsb.on.ca

Wanda McQueen
Chairperson

What to expect at a spa service



By Kathleen Bouchard

I have been given the opportunity to clarify some

misconceptions about the spa services that we offer here in Chapleau. The

following descriptions of our services will hopefully lighten new customer's uneasiness.

Mud wraps:

Heated blankets are placed on the massage table followed by a sheet then a plastic sheet the size of the table. The client lays in his or her undergarments or bathing suit.

Using gloves,

mud is spread all over the body. The mud used is Mocha Java which comes from a moor near Ottawa. The mud is specially tested

and has humic acid in it. The humic acid is an antioxidant and works to detoxify the body from any toxins.

The client is

then wrapped up much like a cocoon. This is not for the claustrophobic.

While the

Cont'd on P.10

Sollicitation de l'opinion publique concernant l'intention de renouveler le permis d'exploiter une maison de soins infirmiers de l'établissement suivant

The Bignucolo Residence, Chapleau

Avant de prendre une décision finale au sujet de l'établissement ci-haut mentionné, on demande l'opinion publique conformément à la Loi sur les maisons de soins infirmiers.

Si vous avez des commentaires ou des opinions et désirez en aviser le ministère de la Santé et des Soins de longue durée, vous pouvez les faire parvenir par écrit au plus tard le 26 février 2010 à l'adresse suivante :

Directeur en vertu de la Loi sur les maisons de soins infirmiers
Ministère de la Santé et des Soins de longue durée
Direction de l'amélioration de la performance et de la conformité
55, avenue St. Clair Ouest, 8e étage, bureau 800
Toronto (Ontario) M4V 2Y7
Tél. : 416-327-7345 Téléc. : 416-327-4486

Prière d'indiquer le nom de l'établissement et le projet n° 246-10 sur toute proposition écrite.

Le directeur étudiera toutes les soumissions avant de prendre une décision.

You can obtain this information in English at the same address.



CENTRE D'ACTION CHAPLEAU ACTION CENTRE

Es-tu affecté par une mise à pied?

Nous sommes ici pour t'assister avec tous les aspects reliés à la recherche d'emploi pour que tu puisses retourner sur le marché du travail. Nous pouvons te donner de l'information nécessaire pour que tu puisses faire une bonnetransition de carrière.

Viens au Centre d'action de Chapleau situé au 12, rue Birch Est ou compose le 864-9434.



This labour adjustment committee was made possible by a grant from the Ministry of Training, Colleges and Universities.



Zumba

Salsa, Cumbia, Merengue, Reggaeton, Belly Dancing
Fitness Class

Thursday
January 28th 2010
7:00 p.m.
Chapleau High School
Cafeteria

Inviting Students for the first time!
\$10.00 Adults
\$8.00 Students Age 16 +

864-2150



"Serving All Your Fitness Needs"

Request for Public Opinion on the Proposed Nursing Home Annual Licence Renewal of

The Bignucolo Residence, Chapleau

In accordance with the Nursing Homes Act, public opinion is being requested prior to a final decision being made on the above.

If you have comments or opinions and wish to bring them to the attention of the Ministry of Health and Long-Term Care, you may submit them by February 26, 2010 to:

Director under the Nursing Homes Act
Ministry of Health and Long-Term Care
Performance Improvement and Compliance Branch
55 St. Clair Avenue West, 8th Floor, Suite 800
Toronto, Ontario M4V 2Y7
Phone: 416-327-7345 Fax: 416-327-4486

Please include the name of the nursing home and quote Project #246-10 on all written submissions.

The Director will consider all submissions before making a final decision.

Vous pouvez obtenir ces renseignements en français à la même adresse.



What to expect at a spa service

Cont'd from P.9

client, surrounded by warmth, listens to soft spa music and feeling the gentle pulling of the humic acid as it detoxifies the body, normally close their eyes and on occasions doze off.

When the time is up the client is given large, soft brown towel and sandals.

Their clothes and another set of undergarments are brought to the shower room in the private spa room where the

customers takes a shower to remove all of the mud.

As this treatment is excellent for dry skin especially in the winter months, the client feels refreshed and the skin is as soft as a baby's

bottom. A session to remember!

Cellulite wraps:

A white granular substance is mixed with sea salts and a heavy brush similar to a "horse brush" is used to apply the mixture and gently exfoliate the skin and breakdown the cellulite. Especially helpful in areas where cellulite seems to accumulate like the thighs, stomach and buttock area.

To follow up the same procedure is used as in the mud

wrap described above. The benefits are relaxation, exfoliation, and obviously the breakdown of cellulite!

Sea Salt Scrubs:

The client lays on a sheet in their undergarments or bathing suit. Sea salts are gently sprinkled over their body and a heavy brush similar to a "horse brush" is used

exfoliate the skin. Perfect for this time of year. Afterwards the clients stands up in a soft, white robe and slippers while the table is cleaned up. A delightful massage follows. The pores have opened up and it is perfect for the dry skin. The skin will appreciate the massage oil. An excellent treatment!

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Mike's Studs'n'Nuts Small Engines



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864-1900
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WORK

ATTENTION VETERANS
ex-service & still serving men & women and dependants



The Royal Canadian Legion Service Bureau Officers Will be visiting Branches in your area during the week of February 1st, 2010. Anyone wishing information or assistance regarding

- Veterans Affairs Canada Disability Pensions
- Treatment for Entitled Veterans
- Application for Benevolent Funds
- War Veterans Allowances, including Widows
- Appeals against unfavourable V.A.C. Decisions
- Widows

is requested to contact the either
James Apsey, Branch President at 705-864-1475
or
David Hamilton, Branch Secretary at 705-864-0224

A FREE SERVICE OFFERED BY THE LEGION



Services de santé de Chapleau Health Services

Vous mettre en forme... est l'une de vos résolutions pour 2010?

Pourquoi ne pas vérifier votre tension artérielle et votre glycémie?


LE PROGRAMME D'ÉDUCATION DES DIABÉTIQUES DE CHAPLEAU

PEUT VOUS AIDER.

VOUS POUVEZ Y VÉRIFIER RÉGULIÈREMENT VOTRE GLYCÉMIE ET VOTRE TENSION ARTÉRIELLE.

Tous les mercredis de 13 h à 14 h.
Vous pouvez aussi faire un rendez-vous (864-0210)

AU CENTRE MÉDICAL.



- Essayez-vous de perdre du poids? Nous pouvons vous aider.
- Nous répondrons à toutes vos questions sur le diabète et la nutrition.
- Une diététiste et une infirmière sont à votre disposition.

PAS BESOIN D'ÊTRE DIABÉTIQUE POUR PROFITER DE CES SERVICES!

RENSEIGNEMENTS : 864-3079

The Chapleau Child Care Centre de Garde d'Enfants **Toy Library/Best Start Program Site** has an opening for a **Bilingual Program Staff**

Skills and Qualifications Required:

- ~ Minimum Grade 12 Education
- ~ Early Childhood Education Diploma or equivalent an asset
- ~ Experience working with children, families and caregivers
- ~ Standard First Aid and C.P.R. certificates
- ~ Criminal Reference Check
- ~ Up-to-date immunization records
- ~ Good communication skills (written and verbal) in both French and English
- ~ Ability to comply with the confidential nature of the position
- ~ Ability to maintain a professional attitude at all times
- ~ Demonstrated planning and organizational skills
- ~ Team approach and strong interpersonal skills

This is a permanent part-time position with 44 hours every two weeks.

Salary commensurate with experience and qualifications.

Please forward resumes to:

Ginger Forget - Executive Director
c/o Chapleau Child Care Centre de Garde d'Enfants
P.O. Box 969
Chapleau, Ontario
P0M 1K0

The closing date for applications is February 1st, 2010.

We would like to thank all applicants for their interest. Only those selected for an interview will be contacted.

Cet offre d'emploi est diponible en français en composant le 864-1886.

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 meeting on Sundays at 2:00 p.m. Trinity United Church basement. Telephone contacts: 864-2786

ALCOOLIQUE 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

Narcotics Anonymous offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:30 p.m. basement Sacred Heart Church. Telephone contact 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.

APARTMENTS FOR RENT

2 bedroom ground floor apt. at 22 Lansdowne St. S. Completely renovated and refinished. Comes with fridge, stove, washer-dryer and parking. Available Feb. 1st at \$550.00 per month. Call Con Schmidt at 864-0617. Jan23

2 bedroom HOUSE on quiet Minto St. location. Available Feb. 1st at \$525.00 per month. Call Con Schmidt at 864-0617. Jan23

1 small house for rent. \$300. Hydro not included. Wood stove, fridge, stove, table, microwave. Call 864-2080.

Newly renovated 2 bedroom apartment in downtown location. Fridge & stove included with apartment size washer & dryer hook-ups. Snow removal provided, last month's rent not required, no pets please. \$550 per month, call Bernie 864-0522.

NEEDED

A mature person (2.5 hrs.) in the early morning. Help needed to get kids off to school. 9 year old boy and 7 year old special needs boy. Our 13 year old daughter can help with this task. More hrs. to follow, 2 hours after school. \$12-\$15 per/hr for the right person. Please call Shonna 864-2120. Needed ASAP. Jan23

HOUSE FOR SALE

Located at 31 Richard St. (Golf Course Area). Well maintained 3 bedroom, 2 bathroom home. Two car detached garage. **Serious inquiries only.** Call 864-0554 cont

CLASSIFIED ADS WORK

WINNERS

The winner of Chapleau Public School's Toy Basket Draw, held Dec. 17, 2009, was Emily Redbreast, ticket number 1317. Thank you for your support.

Your ad could be here!

WINNERS

The Chapleau Arctic Watershed Snowmobile Club wants to thank all the generous people of Chapleau who bought tickets to support our raffle. Draw date was Dec. 24th @ Aux Trois Moulins Restaurant at noon. The lucky winner of the \$500 gift certificate for Bombardier products at Mikey's in Timmins was Claude Santerre with ticket #77. Congratulations Claude!

Custom Mugs.....



Great Gifts!

864-1870

Notice to Creditors

In the estate of Ashley Arlene Sweeney Deceased

All persons having claims against the Estate of the above named deceased, late of the town of Chapleau, Province of Ontario, who died on or about the 26th day of December, 2009 are hereby notified to send particulars of the same to the undersigned on or before the 12th of February, 2010 after which the Estate will be distributed with regard only to the claims of which the undersigned shall then have.

Dated this 5th day of January, 2010

Janice Sweeney
P.O. Box 303
M'Chigeeng, ON
P0P 1G0

**HOUSE FOR SALE
29 ABERDEEN ST. S.**

Large 2 story home with 3 bedrooms + office or den. Living room, dining room, family room, 1 1/2 bath. Kitchen with fridge, stove, dishwasher, microwave, table & chairs. Also fridge, deep freeze, washer & dryer in basement. All window coverings also included. Large fenced in yard.

To view or for more information call 864-0155

GUS' II Family Restaurant

2 Daily Specials

Special Price for School Kids

NEW AT THE CHAPLEAU PUBLIC LIBRARY NEW BOOKS

All of Me - Anne Murray
Whishin' and Hopin' A Christmas Story - Wally Lamb
One Simple Act - Debbie Macomber
Ice - Linda Howard
The Lacuna - Barbara Kingsolver
A Quilter's Holiday - Jennifer Chiaverini
My Life Outside the Ring - Hulk Hogan

COME AND ENJOY...FAMILY LITERACY DAY!

at the Chapleau Public Library on Wednesday, January 27th, from 6:30 to about 7:30 p.m.
Wear your Pajamas! There will be stories with life lessons... Participate in role playing... bed time snack will be included!

SLOMA CLEANERS
Drop off at **Between Friends (Cedar Grove)**
Mon. Fri. 8.30 to 4.30

BERRY'S FREIGHT SERVICES
TIMMINS - CHAPLEAU - TIMMINS
MONDAY TO FRIDAY
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DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.
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First 25 words or less \$6.25
Each additional word \$0.16+GST
No refunds on cancelled classified ads.

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Available February 1st, 2010.
2 Bedroom: Refrigerator & Stove included.
Secure Building
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Call Lucy @ 864-1114

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COMPARE - We Won't be Undersold

Chapleau Village Shops

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864-1114



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