

Talk about good coffee!

Miss Muggins Coffee and Fresh Donuts



# CHAPLEAU EXPRESS

Vol. 14, Issue 42, July 3, 2010

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



## Chapleau Best Start Hub supports bullying initiatives

The Chapleau Best Start Hub has been helping local schools by supporting them with addressing bullying in their schools. The Chapleau Public School Parent Council formed a Bullying Committee to help support children, parents and staff within their school. Children

were encouraged to create an inspiring pledge that would represent that school. There were over 50 entries received from students, which made it very difficult to choose a winning Pledge as they were all wonderful. Hailey Szyska was deemed the winner and with the support of the Chapleau Best Start Hub and Public

School Parent Council a Pledge sign hangs in the hallway of the school to remind students of their promise. Hailey received a plaque and sweater for her hard work. Sacred Heart School Parent Council liked the Pledge Contest idea and quickly followed suit. Sacred Heart also received many wonderful pledges

from students. The winner of that contest was Danyelle Bernier, who also received a plaque, sweater and a sign to hand in the school. Thank you to both parent councils and staff for their support and dedication to their school and to all the students who submitted their pledge, you should all be very proud!



Hailey Szyska and the winning pledge from the Chapleau Public School.

## Want to Help Plan Relay 2011?

By Gisele Barlow

For 3 years in a row, the Chapleau Relay for Life has been a resounding success as a community event. A small army of volunteers ensures that year after year, new things are added to Relay and that the experience continues to meet the

needs of all who participate, whether they are celebrating, remembering or fighting for a cure. A small Leadership Committee of dynamic and creative people heads the

planning, and eventually enlists the help of many volunteers in the early spring to make it all happen.

Relay 2011 will be in the planning stages by mid-July and the Leadership

Committee is extending an invitation to interested individuals who wish to take part in that planning. Our Committee works as a team, but between meetings members need to be able to also work on their own. Usually, only about 5 Leadership Committee meetings occur during the year, always in the evenings.

Currently, we are searching for 4 additional leaders, for the following positions: Communications Chair, Sponsorship Chair, Volunteer Chair, and Secretary. If you have a certain talent or skill or

interest in any of these areas, then the Relay Committee would like to hear from you. Certainly, if you would prefer to share the responsibility of an area with a friend or co-worker that would be equally exciting! Experienced Committee members will give you lots of assistance and the Cancer Society provides detailed Relay materials and ideas to make things easier. For more

information about any of these positions, please contact Gisele at 864-2507 or write to her at chapleaurelayforlife@yahoo.ca or, search Chapleau Relay on Facebook.

Relay 2011 is scheduled for June 17th. Get in on the planning action and join us now. Please contact Gisele by July 10th to express your interest to join our team and to help shape another successful Relay!



**Long Term Forecast**

**Friday**  
High 25  
Low 9

**Saturday**  
High 28  
Low 15

**Sunday**  
High 28  
Low 17

**Monday**  
High 25  
Low 18

**Tuesday**  
High 26  
Low 16

**Wednesday**  
High 23  
Low 15



come in with a problem, come out with a smile :)

**SEPTIC TANK SYSTEMS**  
new installs, pumping, or repairs to existing systems.

**ASPHALT PAVING**

Crews will be in town shortly for new driveways and repairs.

**CALL NHC today for ESTIMATES**

**NORTHERN HAUL...**  
We do it all!

Serving the north with Distinction since 1996

Martel Rd. P.O. Box 788  
Chapleau, On POM 1K0  
PH: 705-864-1095  
FAX: 705-864-1110

Visit our website at [www.northernhaul.com](http://www.northernhaul.com) for a list of our services!

## LETTERS TO THE EDITOR

WE should honour our dead, enhance our graveyards and with kindly reverence pay more respect to their burial grounds. Today they are grossly neglected.

It is my understanding that there is no graveyard committee in Chapleau and there has not been one for some time. Pat Pellow and Boyd Beacock (both deceased) were the last and now the responsibility of the care and maintenance of the graveyards is strictly under the responsibility and supervision of town council. I was in Chapleau the first week of June and on a walk around, I notice nothing is being done to enhance the natural beauty of the graveyard. On further inspection there is no watering system in place and no adequate water supply to maintain the beauty of our graveyards in Chapleau.

Once there was great interest in using the water from Buccarrel Lake to supply water needs to the "Bucciarelli" Graveyard. The town had placed a small tank behind the "warehouse" in the graveyard which is totally inadequate to supply water needs for our large graveyard. . . The soil is sandy and does not retain water for long periods of time. The present sprinkler system is not capable of doing the job. The Mayor has conferred with me, June 28, 2010 that the town has no money to provide such a service at this time.

There are two simple possibilities for getting water to the graveyards:  
1. by a drilled well;  
2. by piping from Bucciarelli Lake

And in what ever system we use to a system incorporating a pressure tank holding system with proper piping and convenient taps located strategi-

cally in the entire graveyard. An automatic sprinkler system would for now be cost prohibitive but should be quoted for future consideration. . There are alternate systems available.

Do we have enough dedicated citizens in Chapleau to provide a volunteer service and the capabilities to organize for financial assistance to make this project viable?

The original source was Bucciarelli creek which borders the graveyard which has almost dried up. The surface piping could be laid in the creek bed which is a boundary of the graveyard and a direct connection to Bucciarelli Lake.

The Ministry may have to be alerted and permission granted to tap into Bucciarelli Lake to recover our water needs. (Must be authenticated and permission approved.) I received a report that a deep well would provide water "too cold", to water plants, shrubs and lawns. Water would be stored in holding tanks prior to being dispersed and would readily "temper" in the summer weather before using, so this argument does not provide any substantial credence... The deep well system on the town property does not impose any legalities or permissions save council's permission. It is the most economical system to place in the graveyard at this time (provided that the well can be dug and water can be located in sufficient volume to satisfy our needs.). Pressure tanks can be located on the extreme western, high ground of the cemetery property and since the lowest level is at the highway could be completely drained quite easily before the frost sets in. Therefore maintenance will be minimal. All piping

could be buried in a shallow trench. Timmins is our closest contractor for this service. One simple exploratory visit would provide us with an answer if water is available from a deep well.

Council provides a caretaker to cut the grass only. It appears no one has done a walk around to look for unsightly conditions such as sunken graves, tipped and toppled grave markers etc. Other care taking factors are overlooked such as mould and algae build up on the memorials. Meticulous trimming and edging is overlooked, horticultural efforts are rare and uncommon.

Residents in desperation to beautify their family plots buy artificial paper and plastic flowers and containers and adorn the grave sights with these. Not very aesthetic. An unsatisfactory alternate to plants and good planting but what can the citizens do? There is no water to do the job properly. No one is delegated to do periodic clean up of all the discarded "plastic". Soon the colours on the artificial flowers fade and everything is left in disarray.

These grave plots are sold to the families. There must be an obligation from council for these graveyard sales and must encumber certain services in return? I have not seen a contract in some time.

I am prepared to organize a committee and will undertake to get a quote for either a drilled well or FOR piped in water. With luck and perseverance I could get a quote within the week. No procrastination. I need your confirmation response. I envision a volunteer committee whereby the graveyard is divided into grids or sections with a volunteer chairperson looking after one section. With enough volunteers

these grids can be kept small, functional, well supervised and maintained.. Three or four times each year all section heads would report to council with their respective findings, deficiencies and direct corrective reparations. Details could be worked out quickly. The descendants of the families so interred would be contacted to provide volunteer support and donations so that this irrigation system can be quoted and landscaping design incorporated and minor repairs and enhancements can be made to the memorials and plots Many relatives, families and friends ritually visited the grave sites. Every person entering Chapleau passes by the 129 graveyard. Chapleau is suffering from a very poor image of neglect, laxity, oversight, disregard thereby sustaining a lack of or any improvement in the town's public relations from this detestable blight created with the unkempt condition of the graveyards.

If you are interested in donation for the upkeep and establishing a satisfactory watering system to enhance our grave plots and to beautify the entire site please e-mail me your thoughts and provide your comments and any intention for financial support.

I will contact council and the Mayors office and have all your correspondence, comments and intentions relayed to them as a consolidated mailing. Which should illicit a reaction in a progressive mode to get concrete quotations and to install improvements immediately.

The summer is half over so please respond with your intentions as soon as possible. My e-mail is drpellow@rogers.com.

Yours sincerely,  
Dr. William R. Pellow.

### 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: \$75.00 per year (Canada) \$150.00 U.S per year (U.S.A)  
Canadian Publications Products Sales Agreement #30183799

## GOING TO CHURCH

**Catholic Church**  
**SACRED-HEART OF JESUS**  
**PARISH**  
**PAROISSE SACRÉ-COEUR**  
**DE JÉSUS**

26 Lorne Street North  
OFFICE- 21 Lansdowne St.N.  
864-0747

New Schedule Effective Nov. 7/09  
Nouvel horaire à compter du  
7 nov/09

Sat/sam 7 p.m. (E or F)  
Sun/dim 9:30 a.m. (F or E)  
Weekdays/Semaine lun-ven  
9:30 a.m.  
Wed/Mer (Hosp) 11:30 a.m.  
Fr. Sébastien Groleau

**ST. JEAN DE BRÉBEUF**  
(Sultan)

Liturgy of the Word  
Liturgie de la parole  
Mass 3rd Sunday  
Messe 3e dim 12:00 Noon (B)  
Permanent Deacon  
Diacre Permanent  
Ted Castilloux

Diocese of Moosonee  
Anglican Church of Canada

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

**ST. MARY'S ANGLICAN**  
**CATHOLIC CHURCH**

78 Devonshire Street  
864-0909  
Sunday Service 10 a.m.

**CHAPLEAU PENTECOSTAL**  
**CHURCH**

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

**TRINITY UNITED CHURCH**

Corner of Beech and Lorne  
864-1221 Sunday Service and  
Sunday School 11:00 a.m.  
Anna Chikoski  
Soup Kettle every 2nd Wednesday  
of the month

www.angelfire.com/on/trinityuc

**OUR LADY OF SEVEN**  
**SORROWS PARISH**  
**PAROISSE NOTRE-DAME-**  
**DES-SEPT-DOULEURS**  
(Foley)

Liturgy of the Word  
Liturgie de la Parole  
Mass 2nd-4th Sunday/  
Messe 2e-4e dim 12:00  
Noon (B)

**COMMUNITY BIBLE CHAPEL**

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

## St-Jean Baptiste "PENNY SALE"

### Winners / Gagnants

- |                            |                           |
|----------------------------|---------------------------|
| # 3052 Eaton Guertin       | #3066 Patricia Fournier   |
| #3012 Patricia Fournier    | #3057 Annabelle Sylvestre |
| #3027 Amy McAdam           | #3008 Lyne Fuchs          |
| #3050 Micheline Guertin    | #3062 Rachel Pressé       |
| #3004 Lilianne St-Martin   | #3006 Line Fuchs          |
| #3058 Sébastien Sylvestre  | #3067 France Houle        |
| #3025 Suzie Howson         | #3026 Kayla Howson        |
| #3026 Kayla Howson         | #3070 Gisèle Gagné        |
| # 3057 Annabelle Sylvestre | #3037 Gisèle Gagné        |
| #3061 Rachel Pressé        | #3054 Gisèle Gagné        |
| #3048 Aline Fortin         | #3050 Micheline Guertin   |
| #3063 Rachel Pressé        | #3064 Rachel Pressé       |
| #3041 Nancy Sylvestre      | #3015 Patricia Fournier   |
| #3034 Henriette Jean       | #3017 Patricia Fournier   |

**FÉLICITATIONS! CONGRATULATIONS!**  
**Le Centre culturel Louis-Hémon**

**WHY RETIRE WHEN YOU ENJOY**  
**WHAT YOU DO AND GET TO MEET SO**  
**MANY WONDERFUL PEOPLE AND**  
**THEIR PETS**

Dr. Larry Simpson (Irs.vet@gmail.com)  
of Northern Veterinary Service  
will continue to offer  
the same regular veterinary service,  
as over the past 20+ years

The next clinics will be held on the  
following Mondays, July 19, 2010,  
September 13, 2010 and October 4, 2010

For surgery and appointments  
contact

Nadene McEachren at 864-1055

## Ontario cabinet minister Rene Brunelle describes Chapleau as 'most progressive community in Northern Ontario' in 1978 at official opening of Cedar Grove Lodge

### Chapleau Moments

by  
Michael J. Morris



When Cedar Grove Lodge for Senior Citizens and the Chapleau Recreation Centre were officially opened in June 1978, it was also an occasion to honour some of Chapleau's distinguished citizens.

At Cedar Grove, the apartment section was named in honour of Peter Blackburn and Vince Crichton, to be known as the Blackburn-Crichton Memorial Wing and the drop-in centre as the Mrs. Agnes Freeborn Memorial Elderly Persons Centre. Mr. Blackburn and Mr. Crichton were long-time residents of Chapleau and great supporters of community life. Mrs. Freeborn was the founding president of the Chapleau Senior Citizens Club which held its first meeting on the lawn of the old Chapleau High School in the summer of 1973.

At the recreation centre opening on June 29, it was announced that the arena portion would be known as the Mrs. A.W. Moore Arena in honour of Mrs. Moore, who was present for the occasion. Mrs. Moore, over a period of many years, made an immense contribution to hockey, and to

the Chapleau Memorial Community Arena, where she single-handedly raised the funds for the installation of artificial ice. Her picture and a plaque were to be placed in the arena.

The home for the aged section at Cedar Grove Lodge was named the Rene Brunelle Wing, after the Ontario cabinet minister who was so incredibly supportive of the project, and in large measure made it happen. Mr. Brunelle, who died in April, 2010, was present for the occasion in 1978, and officially opened the complex. The ribbon was held by pioneer residents Mr. and Mrs. Fred Leclerc. Mr. Leclerc had served as a member of Chapleau council.

In his remarks, Mr. Brunelle, who represented Cochrane riding referred to Chapleau as "the most progressive community in Northern Ontario", according to a report in the Chapleau Sentinel. Mr. Brunelle also toured the new civic centre and recreation centre.

In a letter, Ontario Premier William Davis wrote that the decision to name part of the facility after Mr.



**Founding board members for Cedar Grove Lodge at ground breaking ceremony in 1976. From left, Michael Morris, Dr. G.E. Young, George Evans, Ont. cabinet minister Rene Brunelle, Walter Wilson, Ernie Gilbert, Lauretta Veit, G. Ste. Marie, F.A. 'Nick' Card, Louise Mione, Min Blackburn.**

Brunelle, was a "fitting tribute" adding that the "north has no better friend than Rene Brunelle and in the true northern spirit you have recognized this in a most meaningful way... May I extend to all who have been associated in any way with this project, my warmest best wishes."

Following the opening of Cedar Grove on June 30, the Chapleau Senior Citizens Club, with Mrs. Min Blackburn as president, served a delightful lunch while citizens also toured the facility. Tour guides were members of the Sincerity Rebekah Lodge.

Mrs. Lauretta Veit, a member of the founding board for Cedar Grove was chairperson for the official opening, and delighted those attending with the announcement that Catherine McKinnon

and her husband Don Harron, "Charlie Farquharson" were present. Miss McKinnon sang 'Amazing Grace' while "Charlie" performed one of his popular dialogues. The visit was arranged by Peter Bernier, chair of the Chapleau Recreation Committee.

Back to the opening of the recreation centre, another highlight was the presentation of the Peter Blackburn Memorial Trophy to Jamie Doyle of the Chapleau Intermediate "A" Huskies as the player who made the most outstanding overall contribution to the team. Mrs. Blackburn had donated the trophy of her husband who had been an avid supporter of the Chapleau entry in the Northland Intermediate Hockey League.

In accepting the trophy, Jamie said:

"Mr. Blackburn travelled many miles with our team. He was with us when we lost and when we won. It is a great honour to have won this most prestigious trophy."

Recreation director Terry Bryson was master of ceremonies for the recreation centre opening while it was officially declared open by Robert Eaton, MPP, on behalf of Premier William Davis. The keys to the building were presented to Peter Bernier, the chair of the Chapleau Recreation Committee.

Harry Pellow, then of Neish Owen Rowland and Roy, and a member of one of Chapleau's pioneer families, was the principal architect for Cedar Grove and the recreation centre. Eileen McCrea, executive assistant to the reeve was overall co-ordinator of the

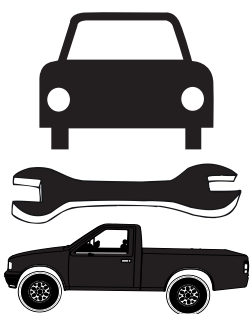
openings.

Among the dignitaries attending the recreation centre opening was Carlo Cattarello, the president of the Northern Ontario Hockey Association and an outstanding tennis player. I had challenged Carlo to a set to be played on the arena floor, and he brought his racquet and clothes all set to play. I tried to use the excuse that I had forgotten everything at home, but Tim Morin came forward and offered to let me use his racquet, shoes, shirt and shorts. Trapped!

The Chapleau Sentinel reported that it was "a great set until the reeve complained of a 'sore wrist' with the games tied 4-4. Mr. Cattarello emerged the winner 5-4".

Thanks to all those who have been writing me. My email is [mj.morris@live.ca](mailto:mj.morris@live.ca)

 Ontario  
Licenced  
Motor Vehicle  
Inspection Station



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

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

# Rotary Downtown Day is back!

The Rotary Club of Chapleau will be hosting Downtown Day on July 10th (July 17th alternate rain date). As a new twist on Downtown Day, the Rotary Club of

Chapleau will be organizing a community yard sale. Birch Street will be closed to vehicular traffic so that people may set up and organize their allotted space. Spaces may be

reserved at a cost of \$20 from the following merchants: Royal Bank, Snip 'N Style, Chapleau Village Shops and Valu-Mart. If needed, tables may be rented at a cost of \$5. What a great way

to declutter your house and make a little money.

Along with the community yard sale, some local businesses will be in on the fun by having a sidewalk sale. Hungry? No problem!

Fellow Rotarians will be pleased to serve you a burger or some other BBQ delight. Have a seat and enjoy a great lunch under the Rotary tent. Don't forget to mark it down on your

calendar : July 10th (July 17th rain date) from 10:00 a.m. to 4:00 p.m. All proceeds from Downtown Day will further Rotary projects both locally and internationally.

## Algoma District School Board and Huron-Superior Catholic District School Board jointly set fees for Early Learning Extended Day Program

On Monday June 28th, the Algoma District School Board (ADSB) and the Huron-Superior Catholic District School Board (HSCDSB) jointly announced fees set for

Early Learning Extended Day Programs that will be running at select schools in each school board effective September 2010.

The two school boards have determined the cost of the extended day portion for the Early Learning Program be set at \$28 per day per student or \$12 for the morning session and \$16 for the afternoon session for the 2010-2011 school year. This cost will be reviewed and adjusted each year as necessary.

In October, 2009, the Ministry of

Education announced a 5-year plan to phase-in full-day learning for four and five year olds beginning September 2010. The Ministry goal is to have full-day learning in all schools across the province by 2015-2016.

The Ministry Model for Early Learning is to have a core program offered in each school day where a team made up of one certified teacher and one early childhood educator (ECE) will work side by side to deliver a full-day program. These classes would operate on a board-wide class average of 26 students, providing an average child-adult ratio of 13:1.

An extended day program may also be available before and after school. A student's participation in this would be an option of parents and guardians. Boards must offer the program where

there is sufficient enrolment to make a program viable (minimum of 17 students).

Both Boards are ready and willing to provide a before and after component to our Early Learning Programs. However, in order to provide the extended day program, the Boards had to establish a rate of pay for program costs to ensure that the program is cost-recovery and does not require any Ministry funds to fund the extended day costs from regular day school programs.

Based on 20 students wishing to enroll in the program at 6 sites from Monday to Friday before and after school, the daily fee to cover costs would be \$28 /day per student. This would cover expenses such as wages for Early Childhood Educators, building expenses, supplies/materials, food/snacks and

special education needs.

Parents/guardians interested in this service would need to commit to continuity in selecting the before and after program in order to develop proper scheduling of staff. The times of the program

will operate from 7am to 9am (2 hours) in the morning and 3:30pm to 6:00pm in the afternoon (2.5 hours).

The rates will be posted on each Board's website along with further information for parents about sites selected.

**SUBMIT YOUR FAVORITES RECIPES TO**  
[recipes@chapleauexpress](mailto:recipes@chapleauexpress)

**CONGRATULATIONS**  
**Susanne Santerre**  
 Graduates with Honors  
 Social Services Worker from  
 Northern College  
 This hard working and dedicated mother of 4 plans on continuing her education through McMaster University.  
 Congratulations!!  
*From Mom and Dad*  
*Mike, Renay, Danyelle, Johnathen and Noah*

**CONGRATULATIONS**  
**Danyelle Bernier**  
 From École Sacré-Coeur  
 Receives a 1st place recognition for her very well done write up about her pledge at school about intimidation and hopes to see her school living with love, peace and respect for all.  
 Congratulations!  
*Nana and Papa Santerre*

**CONGRATULATIONS**  
**Renay Bernier**  
 for receiving the award for best sportsmanship at the Minor Hockey banquet and social evening.  
 Congratulations to all the girls!  
*Very proud of you Renay*  
*Nana and Papa Santerre*

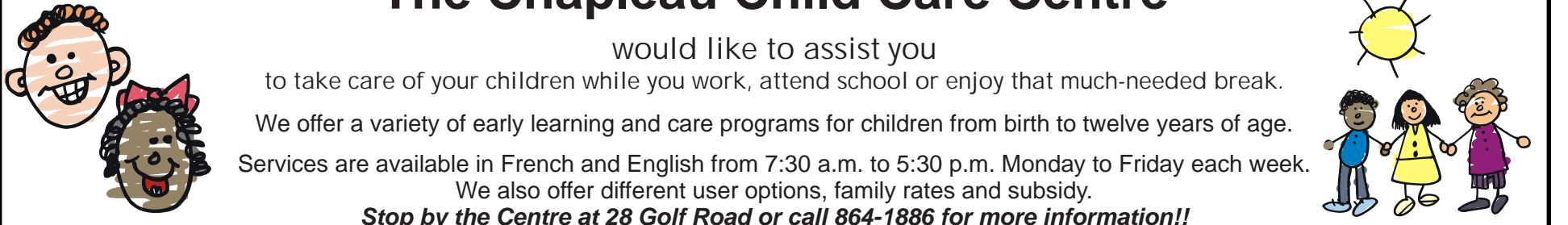
**Anthony Pucci, Hons. B. Comm.**  
  
 Investment Advisor  
 1-800-557-2396  
 Next regular visit to the Chapleau Branch of the Royal Bank will be on  
**TUESDAY**  
**July 13th, 2010**  
 ANTHONY WILL BE PLEASED TO ADVISE YOU ON A WIDE VARIETY OF INVESTMENT SERVICES  

- Personalized Financial Planning • Retirement Planning
- Estate Planning • Investment Strategies
- Tax Planning Strategies • Portfolio Analysis
- RSP & RIF Strategies • Mutual Fund Analysis & Investment
- Insurance • Early Retirement Options
- RSP Maturity Options • Global Investing
- GIC's Cds & other Fixed Income Investments
- Interest Rate Protection

  
 APPOINTMENTS CAN BE MADE BY CALLING 1-800-557-2396  
RBC Dominion Securities and Royal Bank are separate corporate entities which are affiliated

**THANK YOU / MERCI**  
 Model Drug Store, Motel Aux Trois Moulins, Mel's Hairdressing, FormationPLUS, Le Salon, Collins Home Furnishing, Lucette Mainville, Henriette Jean, Alyne Fortin, Rachel Pressé, Line Fuchs, Gisèle Gagné et Diane Jean pour votre générosité.  
 Un merci spécial au Père Sébastien et à Hélène pour la salle paroissiale, aux bénévoles, en particulier Brianna Gervais, et à ceux qui ont donné la nourriture pour le thé. *La St-Jean fut un succès.*  
 We thank all of our sponsors, our St-Jean Baptiste was a success.  
**Le Centre culturel Louis-Hémon**

**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!**



# Défendez-vous activement contre l'arthrite



(EN)—Au printemps, les rues et les parcs fourmillent de gens déterminés à perdre le surplus de poids de l'hiver dernier. Cependant, la douleur arthritique et la fatigue

peuvent nuire à la motivation de bouger des plus de quatre millions de Canadiens atteints d'arthrite. Selon des recherches, pratiquer des exercices adaptés à cette maladie peut atténuer les douleurs arthritiques, améliorer la souplesse et la forme physique et faire beaucoup de bien au moral. Avant d'enfiler vos chaussures, voici quelques conseils de la Société de l'arthrite :

- Consultez votre professionnel de la santé afin de vous assurer que vous êtes apte à entreprendre une activité physique; établissez un

programme adapté à vos capacités.

- Choisissez un programme d'exercice qui vous convient, commencez lentement et augmentez peu à peu l'intensité de vos efforts. En vous fixant des objectifs réalistes, vous obtiendrez de bons résultats et augmenterez ainsi votre niveau de motivation.

- Fixez-vous un but qui vous inspirera et vous aidera à maintenir le cap quand vous vous heurterez à des obstacles.

- Trouvez un ami ou un camarade d'exercice capable de s'entraîner au même

niveau d'intensité que vous.

- Récompensez-vous quand vous atteignez vos objectifs.

- Prévoyez vos séances d'exercice à l'avance pour la semaine ou le mois à venir : elles deviendront ainsi une partie intégrante de votre programme.

- Faites de l'exercice régulièrement, mais adaptez votre programme si vos douleurs sont trop intenses.

- Faites tous les jours des étirements et des exercices d'amplitude.

- Suivez vos progrès : tenir un registre de vos activités peut vous

aider à comprendre ce qui accentue vos douleurs et à organiser votre programme plus judicieusement.

- Procurez-vous des chaussures confortables qui offrent un bon soutien à vos pieds.

Engagez-vous à vous tenir dans la meilleure forme possible en vous joignant à des milliers de Canadiens qui « passent à l'action » pour améliorer leur état de santé. Inscrivez-vous au défi de la Société de l'arthrite, Ma qualité de vie, j'y tiens! Rendez-vous au [www.arthrite.ca](http://www.arthrite.ca) ou téléphonez au 1800 321-1433.

FULL COLOR

BANNERS - POSTERS  
HIGHWAY BILLBOARDS  
P.O.P DISPLAYS - LAMINATION  
LARGE FORMAT DIGITAL PRINTING  
TRAFFIC SIGNS -

864-1870

**SUPERIOR NORTH**  
MOBILE VETERINARY SERVICES

**Schedule for Superior North Mobile Veterinary Services :**

- 1) Tuesday, July 6 at Uncle's Restaurant in Hornepayne
- 2) Wednesday, July 7 @ Continental Motel in White River
- 3) Thursday, July 8 @ Aux Trois Moulins in Chapleau.

If you would like to make an appointment, please contact Amanda at (705)987-6893

**WANTED**

Volunteer Cooks for the Royal Canadian Legion Branch #5 beginning in September. Leave a message with Bruce McCarthy at **864-0170**

**Pimii Kamik Gas Bar & Gift Shop**  
*Located on the Chapleau Cree First Nation*

SUMMER HOURS will be from 7 a.m. - 10 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**

NEW TEETH CLEANING SERVICE IN CHAPLEAU

KRISTA MOREAU

SIMPLY CLEAN DENTAL CARE  
95 BIRCH STREET

Teeth Cleaning, Teeth Whitening, Custom Sport Mouthguards

Book your appointment today  
864-1903 or  
[simplycleandentalcare@bell.net](mailto:simplycleandentalcare@bell.net)  
Most insurances accepted.

**CONGRATULATIONS**

Nellie, George and Bill Mitchell and Greg Marshall are please to announce the graduation of their daughter and sister Doris Mitchell from the Northern Ontario Medical School at Sudbury Laurentian University on June 3, 2010. Doris will be doing her residency in the North and then will be returning to Chapleau. Doris has always wanted to become a Doctor. Through her hard work and perseverance she achieved her dream. She has been working in the medical field since she graduated from Confederation College in Thunder Bay in 1991 as a Nurse. She has worked at the Chapleau General Hospital and worked in Timmins at Misaway Medical Center as a nurse. She did a Post-RN program to attain her Bachelor of Science in Nursing while working full time and raising her two boys. Her family is so proud of her accomplishments. The long days and nights of studying were all worth it in the end. We would also like to thank Brunswick House First Nation for all their help in making it possible for Doris to become Brunswick House First Nations first Doctor.

**WAY DA GO BABE.**

**Have a Safe & Happy Summer!**

New and returning learners are welcome  
Sept. 13, 2010

**Chapleau LEARNING CENTRE**

**Adult Learning**  
Literacy & Basic Skills ~ Academic Career Entrance  
24 Pine Street 705-864-2323

Ontario EMPLOYMENT ONTARIO

# La francophonie en folie



## C LASSES DE 2010



### Récipiendaires (Bourse/Donateurs)

**Philippe Gagné** (Prix de la Paroisse Sacré-Coeur), (Bourse Ace Contracting), (Bourse de Formation PLUS), (Bourse du 60e Anniversaire de l'ÉSCHS - collège), (Bourse True North Timber), (Bourse des Filles d'Isabelle) et (Bourse commémorative Yvon Martel), **Alicia Canning** (Bourse UCFO), (Bourse du Centre Culturel Louis-Hémon), (Bourse et Cadeau JSAM Logging), (Bourse Timmins & District Hospital), (Bourse Independent Order of Oddfellows), **Mathieu Gervais** (Bourse de la Banque Royale), (Bourse Houde et Perreault), (Bourse Bignucolo Inc.), (Bourse Canada Brokerlink (ON) Inc.) et (Bourse du 60e Anniversaire de l'ÉSCHS - université), **Crystal Guertin** (Prix du Club Rotary), (Plaque Jonathan Gionet -- Cassandra Comte), (Bourse commémorative Arthur J. Boucher), (Bourse Chapleau Real Estate Limited) et (Bourses de la FEESO), **Alexander Barnes** (Bourse Lacroix Bus Line), (Bourse Rousseau et Fils Trucking Company Limited), (Bourses de la FEESO) et (Bourse Full of Fitness), **Vincent Carrière** (Bourse du Jubilaire du 60e de l'ÉSCHS), (Bourse Royal Canadian Legion) et (Prix Lifetouch), **Shawn-Michaels Hann** (Bourse des Chevaliers de Colomb), (Bourse des dames New Horizon Rebekah's #391) et (Bourse George Edward Young - Ville de Chapleau), **Patrick Chouinard** (Bourse Cowan Wright Beauchamp) et (Bourse «Catholic Missionary Committee»), **Tiffany Fortin** (Bourse Jeffrey Shearer - Dr. James Shearer) et (Bourse du Conseil d'administration du Collège Boréal), **Martine Gauthier** (Bourse Betty O'Shaugnessy Northern Credit Union) et (Bourse Trillium), **Daniel**



1re rangée: Alexander Barnes, Shawn-Michaels Hann, Vincent Carrière, Mathieu Gervais, Patrick Chouinard, Daniel Martel, Philippe Gagné  
2e rangée: Martine Gauthier, Jennifer Guertin, Alicia Canning, Tiffany Fortin, Crystal Guertin.

**Martel** (Bourse des Services de santé de Chapleau Health Services) et (Bourse Northern Credit Union Delegate Award), **Jennifer Guertin** (Bourse «Northern College Board of Governors Entrance Scholarship»).

Le Prix du Lieutenant-gouverneur l'Honorable David C. Onley est allé à **Shawn-Michaels Hann**.

**Mathieu Gervais** a reçu la Médaille académique de la Gouverneure Générale, L'Honorable Michaëlle Jean.

Sincères remerciements à nos donateurs!



## 8<sup>e</sup> année

En arrière: Robert Tessier, Ceilidh-Ann O'Hearn-Knapp, Erika Smith, JoDee Drolet, Destanie MacLeod, Miguelle Arseneault-Bernard, Nathan Huard, Mathieu Morin-Domingue, Jimmy Lafrance

En avant: Chelsea Lapiere, Jayme Martel, Tyler Card, Krista Leach, Cole Bignucolo, Mathieu Perreaut, Amber Mailloux, Jonathan Parent, Jason Langelier



# Et les gagnants sont.....



Encore une fois cette année, les élèves de l'École Sacré-Coeur et les élèves de la 7e et 8e de l'École secondaire Trillium ont participé au défi de lecture "Olympique de lecture". Les élèves et leurs familles ont été invités à comptabiliser leurs minutes de lecture

durant une période de quatre semaines. Pour encourager la participation et susciter un esprit de compétition parmi les élèves, un concours s'est déroulé. À l'École Sacré-Coeur, chaque niveau était représenté par un personnage d'un sport olympique et à l'École Trillium les

niveaux étaient représentés par un personnage du ski de fond et de la planche à neige. À chaque fois qu'ils remettaient une fiche de lecture les personnages s'avançaient sur une piste qui était affichée à la bibliothèque. Au bout de la période de quatre semaines, la classe de jardin a lu



913 minutes, la classe de troisième a lu 2830 minutes et la classe de quatrième a lu 4530 minutes. Pour les septièmes années ils ont lu 10487 minutes. C'est incroyable ! Les classes ont reçu une grosse fête à la bibliothèque pour célébrer leur victoire. Nia Gauthier de la 4e année de la classe de M<sup>me</sup> Mireille Larocque est l'élève

qui a lu le plus de minutes à l'École Sacré-Coeur et Ceilidh O'Hearn-Knapp de la 8e année de la classe de M. Jacques Tremblay est l'élève qui a lu le plus de minutes à l'École Trillium. Elles ont reçu un prix spécial ! Ce défi a été une excellente occasion pour encourager les élèves ainsi que les membres de leur

famille à lire en français. Madame Lyne Pilote aimerait féliciter toutes les équipes et leurs familles pour le beau travail accompli. Elle est très fière de vous tous ! En plus, elle aimerait dire un gros merci aux enseignants (es) pour avoir encouragé leurs élèves à faire compétition et à relever le défi qui leur a été présenté.



**The Rev. Thomas A. Corston** will be consecrated a **BISHOP** of the Anglican Church of Canada on Tuesday, July 6th at 1 pm in St. Anthony's Cathedral Timmins, Ontario  
**Chapleau friends are welcome**

## Getting ready for post-secondary study

(NC) — Studies indicate that many students are not prepared for their first year of post-secondary study. High school graduates may have the necessary grades to get accepted into university or college, but if they do not have the skills required to study in a more independent setting, then the transition can be difficult. This can put their education at risk.

Summer months are a perfect time to improve or develop good study habits by taking distance educating courses. Many independent courses use both printed and

web-based materials, referred to as "blended learning".

A blended learning model is what students are likely to encounter when they arrive at college or university. By taking advantage of the summer to get proactive and create a personal study schedule, students can be much more prepared

for post-secondary life.

"By the time a student has completed a distance education course that utilizes a blended learning format, they will have acquired not only knowledge, but also they will have enhanced their technical acumen and problem-solving skills. Through

independent study they will have acquired the sort of personal discipline that is useful in all walks of life, especially in a post-secondary setting," says Sarah Irwin, managing director of the Independent Learning Centre (ILC.org), Ontario's designated provider of distance education.



**WANTED**  
Treasurer at the  
Royal Canadian Legion Branch #5  
Send resume to:  
Royal Canadian Legion Branch #5  
Chapleau, Ontario.  
P0M 1K0  
Attention: President  
**Commencing in September**

For all your needs..



**VENTILATION**

**HEATING**

**ELECTRICAL**

**PLUMBING**

**Call the experts at**  
**All North Plumbing & Heating**  
1405, rue Front, Hearst, Ontario  
P-1: (800)881-5699

# Looking for that perfect wedding gift?



(NC)—Scrolling through a wedding gift registry to find a memorable present for the bride and groom can be a stressful challenge when you've waited too long and the only items left are either forgettable or extravagant. The key to finding a meaningful gift is to pick something that surpasses simple daily use and inspires the hearts of the wedding couple long after they open it. One of the hottest trends right now is to make a donation to charity as a symbol of the couple's love. Here are some tips on

donation gifts:

Make sure they will like it— If you know the couple relatively well, you'll have an idea of the causes that they support, whether it's fighting child poverty, violence against women, or animal cruelty. You may also want to check their personal blogs, Facebook or MySpace pages for links to their favourite charities.

Illustrate who they are— If the bride or groom is in the teach-

ing or medical profession, think about getting them something that expresses that passion. Websites like [www.ccfcanada.ca](http://www.ccfcanada.ca) offer a range of unique donation options like buying books and pencils for classrooms overseas or providing medical supplies to a poor community.

Share the love— It's not uncommon for newlyweds to want to share the warmth of their newfound love. Supporting a child in

need is a wonderful way to do exactly that. For the price of a wedding gift, you can sponsor a child for a year in the name of the new couple.

Sponsoring a child through organizations like Christian Children's Fund of Canada gives couples the opportunity to write and even visit their new little loved one. Couples will value the symbol of love and compassion your gift represents in their new life together.

## C'est le retour de Rotary Downtown Day!

Débutez l'été du bon pied en participant au Rotary Downtown Day le 10 juillet (le 17 juillet s'il pleut). Il y a du nouveau cette année : une vente de garage communautaire. La rue Birch sera fermée aux véhicules pour permettre aux gens de s'installer et de vendre leurs articles de surplus. Si la vente de garage communautaire vous intéresse, vous n'avez qu'à vous présenter à un des

commerces suivants pour réserver votre place : Banque Royale, Chapleau Village Shops, Snip 'N Style et Valu-Mart. Le coût pour réserver votre place se chiffre à \$20. Vous pouvez aussi vous réserver une table au besoin pour la somme de \$5. Quelle bonne occasion pour se débarrasser de votre demeure !

En plus de la vente de garage communautaire,

certaines commerces participeront en ayant des ventes à l'extérieur. Vous avez un p'tit creux ? Pas de problèmes ! Il ferait plaisir à un Rotarien de vous servir un hambourgeois ou un autre délice BBQ.

Venez vous asseoir sous notre tente en mangeant votre dîner. N'oubliez pas d'inscrire la date sur votre calendrier : le 10 juillet (le 17 juillet s'il pleut) de 10h à 16h.



**Pending funding approval**  
SSCHS is seeking applicants for the following youth intern positions:

### 1 ADMINISTRATIVE SYSTEMS COORDINATOR YOUTH INTERNSHIP OPPORTUNITY (1 Year Contract starting July 12, 2010 with annual salary of \$35,100)

Key responsibilities of the successful candidate will be the implementation and population of new electronic policy and procedure management system, lead development and population of new organizational website, assist human resources in recruitment of Family Health Team positions and assist in population of electronic medical records in Community Medical Clinic

**Qualifications:**

- Northern Ontario secondary school graduate 29 years of age or under recently graduated from an accredited college or university, mature graduates may be considered on a case by case basis.
- Candidates who have graduated from a high school outside of Northern Ontario but have been residing in Northern Ontario for a minimum of 12 consecutive months would be eligible
- Recent graduate from a post secondary (college/university) program in business administration or related field
- Advanced proficiency in computer software skills
- Excellent verbal and written communication skills
- Bilingualism an asset

### 1 FOUNDATION COORDINATOR & ADMINISTRATIVE ASSISTANT YOUTH INTERNSHIP OPPORTUNITY (1 Year contract starting July 12, 2010 with annual salary of \$35,100)

Key responsibilities of the successful candidate will be to coordinate all Foundation fundraising activities and events, event planning and budgeting, recruit and coordinate volunteers, implement donation programs, solicit for donations and sponsorships, develop and implement an annual work plan, identify, develop and submit grant applications and report results.

**Qualifications:**

- Northern Ontario secondary school graduate 29 years of age or under recently graduated from an accredited college or university, mature graduates may be considered on a case by case basis.
- Candidates who have graduated from a high school outside of Northern Ontario but have been residing in Northern Ontario for a minimum of 12 consecutive months would be eligible
- Recent graduate from a post secondary (college/university) program in marketing, event planning, community development, or related program.
- Excellent verbal and written communication skills
- Bilingualism an asset

Interested applicants may submit résumés by July 12, 2010 to:

**Human Resources**  
Services de santé de Chapleau Health Services  
6 Broomhead Road, P.O. Box 757  
Chapleau, Ontario  
P0M 1K0  
Tel: (705) 864-3061  
Email: [chapleauhr@sschs.ca](mailto:chapleauhr@sschs.ca)

We thank all applicants for their interest, but only those selected for an interview will be contacted. All applications received will be held strictly confidential. Cet avis est disponible en français.



## Labour Market Researcher Summer Student Position

A student or intern is required to collect local labour market information and input data.

**Location:** Chapleau  
**Salary:** \$14.00 per hour, 35 hours per week.  
**Duration:** This is a six-week contract, from July 19 to August 27, with the possibility of extending an additional five weeks (pending the availability of the successful candidate)

**Qualifications:**

- Minimum one year related post-secondary education
- Good computer skills
- Excellent public relations skills
- Ability to work independently
- Valid driver's licence
- Related experience an asset
- Bilingualism an asset

**Closing Date:** 4:00 p.m., Friday, July 9, 2010

**Send Resumes to:**

Township of Chapleau  
20 Pine Street West, P.O. Box 129  
Chapleau ON P0M 1K0  
Fax: 705-864-1824  
E-mail: [jbroomhead@township.chapleau.on.ca](mailto:jbroomhead@township.chapleau.on.ca)

We thank all applicants for their interest, but only those selected for an interview will be contacted. Cet avis est disponible en français.



# Get beauty-full with watermelons



(NC)—Believe it or not, watermelon does a lot more than simply taste good on a sunny day. We know watermelon is a low calorie and satisfying sweet

snack, but when added to your daily beauty routine it can also give your skin an enviable healthy glow.

“Regular use of watermelon in skin

care hydrates, tightens and makes the skin luminous,” says Mareena Ostrovsky, head esthetician at Ici Paris Skin Clinic and Spa in Toronto.

Eating watermelon helps to fight free radical damage and aging through the abundant quantities of vitamins A, B and C and antioxidants. Research from Newcastle University in England reported that eating lycopene, the antioxidant found in watermelon, helps protect the skin from the sun's ultraviolet rays which lead to sunburns and sun-induced skin aging.

The fresh juice of a watermelon alone can be applied as a natural polishing mask. Create a spa atmosphere by undertaking this easy two-step process while reclining in a warm bath; simply massage a cube of watermelon over your face, then rinse after five minutes. Complete this treatment with your favourite moisturizing cream and your skin will not only glow, but feel warm and healthy all day.

To get the most out of watermelon, remember to sink your teeth into its delicious pink flesh as often as possible. A 1-cup (250 mL) serving of chopped watermelon is only 51 calories and being mostly water is a great hydrator. Watermelon is packed with nutrients including the antioxidant lycopene, vitamin C, thiamin and vitamin B6, vitamin A, pantothenic acid, magnesium and potassium. Eating watermelon and drinking watermelon juice will not only make you feel good and refreshed, it acts as a natural detoxification treatment that flushes toxins from the body.

To ensure you always have enough delicious watermelon on hand, make sure to cut cubes of water-

melon and serve as a refreshing 'pick me up' during the day. More

inspired recipe ideas can be found online at [www.watermelon.org](http://www.watermelon.org).

## Custom Mugs....



## Great Gifts!

# 864-1870



### Camp Entreprise Jeunesse d'Algoma et Manitoulin

Pour une expérience d'apprentissage pratique dans le monde des affaires. Âges 10-13

6 jours dans un camp résidentiel du dimanche le 8 août au vendredi le 13 août.

A l'Université d'Algoma, Sault Ste Marie

Coût: \$225/participant(e)

Enregistrez-vous "MAINTENANT" pour assurer votre place.

Pour plus d'informations ou pour vous enregistrer, visitez notre site web au [www.campbiz.ca](http://www.campbiz.ca) ou contactez nous:

**Le CDC Sault Ste Marie et la région:**  
Christine Chamberlain 942-9000 poste 221 ou à [cdc@on.aibn.com](mailto:cdc@on.aibn.com)

**La SADC Supérieur Est:**  
Chris Rouleau 856-1105 ext 223 ou à [rouleau@ontera.net](mailto:rouleau@ontera.net)

**East Algoma CFDC:**  
Shawn Heard 356-1152 ext 26 ou à [sheard@eastalgoma.cfdc.ca](mailto:sheard@eastalgoma.cfdc.ca)

## Hospital Foundation HABS Jersey Raffle Winner



Sarah Sullivan, Chapleau General Hospital Foundation volunteer (and seller of the winning ticket), presents winner Al Thorne of Timmins, the autographed Montreal Canadien's Jersey raffled off by the Foundation. The raffle was a great success, raising \$2270 towards the Together We Grow campaign. A big thank you to all the volunteers who sold tickets and to Kerry Scott for acquiring the donation of the jersey. Congratulations Al.

### ALGOMA & MANITOULIN YOUTH ENTERPRISE CAMP



Hands on learning experience into the World of Business Ages 10-13

6 day residential camp from Sunday August 8th to Friday August 13th.

At Algoma University, Sault Ste Marie

Cost: \$225/camper

Register "NOW" to guarantee your spot.

Visit our website at [www.campbiz.ca](http://www.campbiz.ca) for more information and to register or contact:

**CDC Sault Ste Marie & Area:**  
Christine Chamberlain 942-9000 ext 221 or at [cdc@on.aibn.com](mailto:cdc@on.aibn.com)

**Superior East CFDC:**  
Chris Rouleau 856-1105 ext 223 or at [rouleau@ontera.net](mailto:rouleau@ontera.net)

**East Algoma CFDC:**  
Shawn Heard 356-1152 ext 26 or at [sheard@eastalgoma.cfdc.ca](mailto:sheard@eastalgoma.cfdc.ca)

# Get sweet on health with cherries



(NC)—Northwest cherries are not only sweet, juicy, and irresistible, they're also good for you. A low calorie, high fibre treat, research on this mighty fruit continues to reveal promising health leads. Studies suggest cherries' positive effects on blood sugar, inflammation, heart health, gout pain, and more:

- Cherries may help lower blood sugar levels (fight diabetes)—Researchers from Michigan State University examined the anthocyanins found in cherries. The study was done on animals; researchers suggest the same blood sugar lowering effect occurs in humans.
- Cherries may help promote weight loss – With a glycemic index (G.I.) of only 22, cherries may help promote weight loss. While foods with a G.I. above 70 cause blood glucose to soar, then quickly crash, causing hunger, foods with a low G.I. release glucose into the body slowly and evenly, leaving you feeling full.
- Cherries contain agents that could help fight cancer – The



flavonoids isoquercetin and quercetin and the phenol, ellagic acid, were verified in cherries. The flavonoids are known to be antioxidants, and ellagic acid appears to be a potent inhibitor to the growth of cancer cells.

- Cherries may help gout sufferers—A study at the University of California at Davis showed reduced levels of uric acid after the consumption of sweet cherries. Gout, a painful disease of the joints, is associated with elevated levels of uric acid.
- Cherries help fight inflammation—A study from Michigan State University, found anthocyanins 1 and 2 in cherries. These anthocyanins have similar abilities to fight inflammation as ibuprofen and naproxen.
- Twenty cherries provide 25 milligrams of anthocyanins – Anthocyanins are antioxidants that reduce inflammation because they help shut down the enzymes that cause tissue inflammation. As antioxidants, anthocyanins may help protect arteries from damage that leads to heart disease.
- Cherries' potassium may offset hypertension-Increasing evidence shows that a diet rich in potassium, of which cherries are a good source, may help to control blood pressure and reduce the risk for hypertension and stroke.
- Cherries may have compounds to aid in Alzheimer's Disease--Recent studies have shown the potential role of sweet cherry phenolic compounds in protecting neuronal cells involved in neurological function. Evidence suggests the need for further study into possible protective effects of sweet cherry bioactive compounds in reducing risk for, or morbidity related to, Alzheimer's disease.
- Cherries boost your fibre quota—Most people fall short of the recommended 25-35 grams of daily fibre. As a high fibre fruit, cherries help meet that recommendation deliciously.

## Profiter plus longtemps des cerises

(EN)—Il n'est pas nécessaire de s'en tenir à l'été pour savourer le goût sucré des cerises juteuses du nord-ouest. Grâce à des méthodes de conservation, vous pouvez apprécier les cerises toute l'année.

**1. Congelez les cerises**  
Congelez les cerises du nord-ouest avec leur noyau pour profiter de leur saveur. Congelez de petites quantités de cerises fraîches du nord-ouest en remplissant des sacs de 1,5 kg ou 2,5 kg (3 lbs à 5 lbs) – elles gèleront plus rapidement et vous pourrez profiter de

petites portions. Choisissez des cerises fermes et mûres. Rincez et égouttez bien les cerises. Emballez selon une des méthodes décrites ci-dessous et congelez immédiatement.

**Méthode 1** Entières avec la queue : Étendez les cerises intactes avec la queue en une seule couche sur une plaque à cuisson. Congelez jusqu'à ce qu'elles soient dures. Placez-les ensuite dans un contenant ou dans des sacs de plastique pour congélateur. Retirez l'excédent d'air, couvrez ou scellez bien, et congelez. Vous pouvez garder les cerises congelées de 10 à 12 mois au congélateur.

**Méthode 2** Avec du sucre : Ajoutez 75 ml (1/3 de tasse) de sucre pour chaque deux tasses de cerises fraîches avec ou sans le noyau. Secouez doucement pour bien

recouvrir les cerises. Placez-les dans des contenants ou des sacs pour le congélateur. Secouez les sacs ou les contenants pour bien tasser les fruits. Ajoutez d'autres cerises jusqu'à ce que le sac ou le contenant soit plein. Couvrez bien et placez au congélateur.

**2. Les cerises en conserve**  
Les cerises en conserve se gardent environ un an. Une fois la boîte de conserve ouverte, il faut garder les cerises dans un contenant couvert au réfrigérateur et les consommer dans la semaine qui suit. Les cerises au marasquin (celles dont on se sert pour les boissons exotiques) se gardent de six à douze mois au réfrigérateur.

**3. Les cerises séchées,** pour faire durer le plaisir

Les cerises séchées don't l'emballage n'a pas été

ouvert se gardent jusqu'à 18 mois. Vous pouvez les sécher à la

maison ou les acheter en vrac chez certains épiciers, ou en sacs aux

endroits où sont vendus les abricots et les raisins secs.

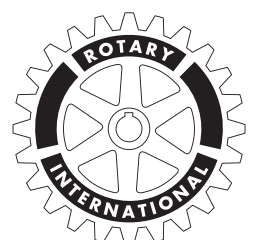
### INVITATION

The Rotary Club of Chapleau Inc. and Turning Point extend a warm invitation to the community of Chapleau to join us for the Grand Opening of the Between Friends Coffee Shop.

Please join us for the ribbon cutting ceremony on July 7, 2010 at 2:00 p.m. at Cedar Grove, 101 Pine Street East followed by complimentary tea/coffee/homemade iced tea with dessert between 2:00 and 4:00 p.m. There will also be tours of Cedar Grove throughout the afternoon

Le Club Rotary de Chapleau Inc. et Point décisif invitent chaleureusement la communauté de Chapleau à l'ouverture officielle du Coin café entre amis.

Soyez des notres lors de l'inauguration, le 7 juillet 2010, à 14 h, à Cedar Grove, 101, rue Pine Est. Par la suite, du thé/café/thé glacé fait maison et du dessert seront servis gratuitement de 14 h à 16 h. Des visites de Cedar Grove auront aussi lieu durant tout l'après-midi.



**Be Wise!**  
**Advertise in**  
**The Chapleau**  
**Express**

**THE LOCAL MARKET PLACE 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 Horne-payne 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

**ALCOOLQUES 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. Saturday 8:30 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

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

**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**

You need a decent apartment with 1, 2 or 3 bedrooms, fully or semi-furnished, or not, dryer and washer hookups, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075 and leave message. Sept 25

**1 bedroom apt.** with fridge, stove and parking. Close to downtown and available immediately at \$420.00 per month. Call Con Schmidt at 864-0617. July 3

**4 bedroom house** double garage wood electric heat \$575.00 per month. Call 864-0581.

**2 Cabins in Esher** near Chapleau. Rent per night or week or month. Call 864-2471. July 24

**Apartment** central location. Furnished or whatever. Also cottage for sale. Mulligan's Bay by road or by car. Phone 705-864-0673, 12 Lorne South.

**Well-kept, 2 bedrooms,** fridge, stove, washer, dryer, other furniture if needed. Satellite t.v., private entrance, parking with plug-in. \$525 plus utilities. Available July 1st. Call 864-1761.

**CRIME STOPPERS**

1-800-222-TIPS

**HOUSES FOR SALE**

**4 bedroom bungalow,** Golf Course Subdivision. Recently renovated large detached two car garage with separate heated workshop. Serious inquiries only please. 705-864-1795. July 3

**House For Sale By Owner** Home for sale on Devon Siding Road, email devonsiding@sympatico.ca or call 864-9007 and leave a message for more information. Can be seen at www.kijiji.ca/timmins. By appointment only. July 3

**1 -5 plex apartment** building for sale. Make an offer. Call 864-2471. July 24

**KIDS BASEBALL CANCELLED**

Due to the lack of interest the Children's Baseball season for 2010 is cancelled.

For a full refund please stop by the Chapleau Best Start Hub @ 28 Golf Course Road.

**FLOOD'S STRAWBERRIES**

"Pick Your Own or Already Picked"

Open 8 a.m. to 8 p.m.



Take Hwy. 129 to Little Rapids Road. (3 miles before Hwy. 17) Take Clover Road for one mile. If you're picking, bring your own containers or buy them on location.

For picking conditions or for an order, call 1-705-842-3925

BE PROUD!  
BE HAPPY!



**WE LIVE IN CANADA!**

**CORRECTION**

Chapleau Express apologizes for erroneously inserting the wrong vehicle description in last week's paper causing confusion for Mission Motors and their customers. The following ad is the corrected version.



**Vehicle of the Week**  
**2007 Chevrolet Silverado**  
61 Mission Road, Wawa, ON, P0S 1K0  
Phone (705) 856-2394

Price: \$25,499.00  
Odometer: 27,500km  
Interior Colour: EBONY  
Engine: V8 4.8L  
Fuel: Gasoline  
Stock #: 1071U  
Body Style: LT Z71 EXT-CAB  
Exterior Colour: BLACK  
Doors: 4 Door  
Transmission: Automatic  
Drive: Four Wheel Drive  
Description: VERY NICE 4X4 LOADED GM WARRANTY

**NEW AT THE CHAPLEAU PUBLIC LIBRARY NEW BOOKS**

The one-week job project - Sean Aiken  
The Host - Stephenie Meyer  
Committed - Elizabeth Gilbert  
Major Pettigrew's Last Stand - Helen Simonson  
The Walk - Richard Paul Evans  
Man Corn Murders - Lou Allin  
Under the Dome - Stephen King  
PARENT/CARE GIVERS  
Register your children at the Library for the Summer Reading Program and Story Hour Summer Programming begins July 12.  
**BOOK SALE** at the Library in July.  
**VENTE DE LIVRES** à la bibliothèque en juillet.

**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  
1lb. to 10,000 lbs.

FOR QUALITY SERVICES AT INEXPENSIVE PRICES GIVE US A CALL AT 1-705-264-4334

**ALL ADS ARE ACCEPTED AT THE CHAPLEAU INNOVATION CENTRE DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.**

**CLASSIFIED ADVERTISING RATES**  
Regular Classified Ads  
First 25 words or less \$6.25  
Each additional word \$0.16+GST  
**No refunds on cancelled classified ads.**



**I.D. Photos**  
FAC - PAL

**864-1870**

Alain Bouffard  
Sales Representative



61 Mission Road  
Wawa, Ontario, P0S 1K0  
Tel: 705-856-2394  
Fax: 705-856-4290  
alainbouffard@missionmotors.com

NEW & PRE OWNED VEHICLE DEALERS  
Goodwrench SERVICE CENTRE  
STOCKED WITH OILS 3116 TORINO



**ALLEMANO & FITZGERALD**  
Barristers and Solicitors

MICHAEL C. ALLEMANO, B.A., L.L.B.  
Certified by the Law Society as a Specialist in Real Estate Law

P.O. Box 10,  
369 Queen St. E. Suite 103  
Sault Ste. Marie, Ontario  
P6A 1Z4  
Phone (705) 942-0142  
Fax (705) 942-7188  
P.O. Box 1700,  
55 Broadway Avenue,  
Wawa, Ontario  
P0S 1K0  
Phone (705) 856-4970  
Fax (705) 856-2713

**Northern Lights Ford Sales**

Andrew G. McKenzie  
11 Years of Service



Highway 17, North  
P.O. Box 1033  
Wawa ON. P0S 1K0  
Bus: 705.856.2775  
Fax: 705.856.4862  
sales@northernlightsford.ca

**BODYLINES BY CRACK LTD.**

-5 Licensed Bodymen  
-Insurance Claims  
-Windshield Repairs and Replacement  
-State of the Art Frame Machine

**ALL WORK GUARANTEED**  
PLEASE CALL 705-856-1406

**LVP** LABERGE VENNE & PARTNERS  
PROFESSIONAL CORPORATION  
CHARTERED ACCOUNTANTS and CONSULTANTS  
COMPTABLES AGRÉÉS et CONSULTANTS

Professional Services to Northern Ontario for 25 years  
Financial Statements for Small Business & Corporations  
Tax Returns - Personal, Corporate and Trust/Estate  
Personal, Retirement, Estate Financial and Tax Planning Strategies  
Business Projections, Plans and Financial Proposals  
Computer Consulting  
ACCPAC and Quickbooks

1970 Paris Street, Sudbury, Ontario P3E 3C8  
(705) 523.0272 (800) 581.7510 www.lvpartners.ca

**LVP** LABERGE VENNE & PARTNERS  
PROFESSIONAL CORPORATION  
CHARTERED ACCOUNTANTS and CONSULTANTS  
COMPTABLES AGRÉÉS et CONSULTANTS

25 ans de service professionnels pour les entreprises du Nord de l'Ontario  
États financiers pour petites et moyennes entreprises et corporations  
Rapports d'impôts personnel, de compagnie et de fiducie  
Planification financière et fiscale personnelle et de compagnie  
Projections financières, plans d'affaires et propositions de financement  
Consultation en informatique  
ACCPAC et Quickbooks

1970 rue Paris, Sudbury, Ontario P3E 3C8  
(705) 523.0272 (800) 581.7510 www.lvpartners.ca

# Celebrate true Canadian spirit

**By Melissa Yue** (NC)—This Canada Day, we have a lot to celebrate. Our athletes won 14 gold medals at the Winter Olympics - more than any nation has ever won in a Winter Olympics; we live in one of the most culturally-diverse countries in the world; and other nations generally see us as polite, funny, and friendly. But did you know that Canadians are a very giving bunch too? Whether it's stepping up and donating millions to Haiti's earthquake earlier this year, organizing large-scale fundraisers, or con-

tributing thousands of volunteer hours, Canadians have impacted millions of lives around the world.

This July 1, participate in these activities to carry on the Canadian spirit of giving:

- Volunteer at a soup kitchen or food bank. Learn about the needs of those in your community and help to feed the hungry.
- Share your talents at a seniors' centre. If you can juggle, sing, dance, or make people laugh, use your skill to brighten someone else's day.

- Host a neighbourhood potluck. Swap food, stories, and experiences as you get to know the people in your immediate community.

- Make a donation to help the poorest of the poor. Visit an international children's charity like Christian Children's Fund of Canada to help the most vulnerable victims of poverty. You can provide clean water to an entire community or purchase mosquito nets to protect children from malaria. You can go online to [www.ccfcanada.ca](http://www.ccfcanada.ca) for more ways to give.



**SUBMIT YOUR FAVORITES RECIPES TO**  
[recipes@chapleauexpress.com](mailto:recipes@chapleauexpress.com)



**Celebrate**

**SALE ON JUNE 30TH TO JULY 8TH**

All Summer <b>HATS</b> 20% <sup>off</sup>	All Summer <b>SANDALS</b> UP TO 50% <sup>off</sup>	All Summer <b>PYJAMAS</b> 30% <sup>off</sup>
---	--	--

All  
**BEACH & LUNCH BAGS**  
20%<sup>off</sup>



Watch for our  
Huge Indoor/Outdoor  
**SIDEWALK SALE**  
DURING  
Rotary Downtown Day  
July 10

Other Little Things that we do!  
 Jewellery & Watch Repairs - Watch Battery Changes - Clothing Alterations  
 Helium Balloons - Engraving - Gift Certificates - Donation Cards  
 Gift Wrapping - Tuxedo rentals - Office Supplies from Lyreco

**Chapleau Village Shops**  
 WORKWEAR • FASHIONS • JEWELRY • GIFTWARE

**864-1114**



Catalogue & Appliance Centre 864-1852

**MOMENTS**

**from THE PAST**  
1964

**CHRISTMAS PORK PIES**

Place Your Order  
**NOW**  
 For Delicious Pork Pies  
 HOMEMADE  
 Save Yourself Time and Money

No Orders Taken After Dec. 19

INDIVIDUAL	30c
PLATE SIZE	\$1.00

PHONE  
**316**  
**CHAPLEAU YMCA**

**Buy An Outboard Motor Now!**  
**At Off-Season Prices**

Here is a once-in-a-lifetime chance to buy that outboard motor at THE LOWEST PRICE EVER. All these motors have been kept in TOP SHAPE and have received regular servicing. Get your's NOW at these GIVE-AWAY PRICES!

**1963 10-HP Johnson**  
 We have several of these fine motors. Some have had new lower units installed recently. Also new starting mechanisms have been installed where necessary. These were priced new at \$400.00 each.  
**Yours at from \$90. to \$130. each**

**1963 3-HP Johnson**  
 This little motor is just like new and runs like a clock. It cost new \$195.00  
**Yours for only \$60.**

**1962 40-HP Johnson**  
 Here is a motor that we have used ourselves to travel back and forth to our camp at Mulligan's Bay. Because we depended on it so much, we have taken the best of care and have serviced it regularly. The motor looks like new and, better still, runs just like new. Has an electric starter with built-in generator to keep the battery charged. Gear shift and remote controls are single lever 'Electromatic'. Everything is included. This deluxe model sold new for \$925.00.  
**Yours For Only \$400.**

**1955 10-HP Johnson**  
 This motor is far from new but still starts and runs so well that we were able to rent it out without fear of customer complaints. Has years of service in it yet.  
**Yours For Only \$40.**

**1957 7 1/2-HP Johnson and Evinrude**  
 Both these motors are easy starting and make good fishing motors. In fine shape.  
**Yours For Only \$50. each**

**1959 5 1/2-HP Evinrude**  
 This is one of the most reliable motors we have had. Runs and looks like new. Has had the best of care.  
**Yours For Only \$50.**

THESE MOTORS MUST BE SEEN TO BE APPRECIATED!  
 Call Us At  
**Pellow's Cottages**  
 Phone 427, Chapleau  
 Do People LAUGH When You Drive By?



**GET A NEW PAINT JOB!**

It will make your car look factory fresh and protect it against the rigors of winter.

**SPECIAL ONE COLOR ..... \$70.**

Complete Body Shop

Our Body Shop is equipped to handle every type of body work you may require. FREE ESTIMATES!

Your Centre For  
**HOMELITE CHAIN SAWS SALES & SERVICE**

**TRY THESE 'O.K.' USED CARS FOR SIZE**

<b>1964 CHEVROLET</b> Bel Air Sedan Automatic — Radio NEW CAR WARRANTY	<b>1963 VOLKSWAGEN</b> 1500 Station Wagon Just Like New! THE IDEAL FAMILY CAR
<b>1962 CHEVROLET</b> 4-Door Sedan — Radio Carries an 'OK' Guarantee	<b>1959 OLDSMOBILE</b> Sedan — Power Equipped PRICED For The BUDGET MINDED!

We Make The BEST DEALS In Town!

**Chapleau Motor Sales**

PHONE OFFICE 507      LIMITED TOWING SERVICE      PHONE PARTS 506