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# CHAPLEAU EXPRESS

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Vol. 13, Issue 26, March 14, 2009

## Youth drop-in centre gaining widespread support

**By George Evans**  
Since the beginning of this year, a youth drop-in centre, the Vault, has been open, five nights a week in the lounge of the Curling Club. This is the Municipal Council's response to a long-perceived need for a casual place for the recreation and socializing of the 13 to 18 age-group.

The Vault opens at 7 p.m. from Wednesday through Sunday. It closes at 10 p.m. except for Fridays and Saturdays, on which days it closes at 11:30 p.m.

The teenified

curling lounge is equipped with a foosball table, a table-tennis table, a pool table, a shuffle board table, an air-hockey table, two X-Box 360 games, a wide screen TV with a DVD player, a basket-ball game, and board games. Soft drinks and snacks are available.

The Vault came about after a committee surveyed local teenagers to determine what they wanted in their very own customized youth centre.

The Municipality hired Margo Beaudoin as Youth Coordinator and assembled the range of equipment and furniture that is now in the Vault. The Royal Canadian Legion, Branch #5, contributed the shuffle board table and the Rotary Club of Chapleau donated the second X-Box 360.

Margo is on hand every evening to keep things running smoothly. A Youth Committee brainstorms with Margo to keep the program fresh and interesting. Special events, such as dances, will be high points in the Vault's calendar of events.

Well done, Chapleau, Margo, and the Youth Committee!



Twyla Berry, Vice president of the Rotary Club of Chapleau (left) presents to Margo Beaudoin, Chapleau's Youth Coordinator (right), an X-Box 360 game to be added to the Vault's expanding collection of games. Chapleau young people from age 13 to 18 are invited to come out at 7 o'clock to the Curling Lounge any day of the week (except Monday and Tuesday) to see what the Vault has to offer.

## Brown announces \$230,000 for transit in Algoma-Manitoulin

*Gas Tax Supports Transit for People with Disabilities and Mass Transit*

Mike Brown, MPP, Algoma-Manitoulin, is pleased to announce that municipalities will receive a total of \$205,000 in gas tax revenues this year for transit for people with disabilities and mass transit, bringing the total to

\$966,000 over the past five years.

This year, Chapleau and Wawa will share \$30,000 for transit for people with disabilities. This program is available to all municipalities.

"The gas tax helps municipalities



deliver public transit and assists people in getting to work, school, shopping and medical appointments," said Brown.

Ontario shares two cents per litre of gas tax revenues with municipalities for public transit and

transit for people with disabilities.

The government has provided municipalities with more than \$1.3 billion in gas tax funding since 2004, including more than \$321 million this year.

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<b>Saturday</b>	
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<b>Sunday</b>	
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<b>Monday</b>	
High 1	
Low -5	
<b>Tuesday</b>	
High -2	
Low -6	
<b>Wednesday</b>	
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Low -3	



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# Ontario helps students start their own business

Summer Company Program Provides Opportunities for Algoma-Manitoulin Youth

## REPORT FROM Queen's Park BY Mike Brown,

Provincial Member of Parliament for Algoma-Manitoulin



Ontario students, who hope to find a summer job they love, will have a chance to be their own boss this summer thanks to the Summer Company program.

Summer Company is a unique program which assists young entrepreneurs with starting and running their own eight to 12-week business over the summer. The program provides practical hands-on business training, mentoring and the essential

business skills they need to thrive. The government expects to accept between 300-400 students into the program in 2009.

Key elements of the Summer Company program are:

- Students between the ages of 15 and 29 are qualified to apply

- Students can receive up to \$1,500 at the start, and up to an additional \$1,500 on successful completion of the program

- Application deadline is May 4,

2009 (or earlier if the program is oversubscribed).

Summer Company gives our young people the practical, hands-on knowledge and experience they need to view entrepreneurship as an attractive and viable career choice.

### QUICK FACTS

- Students who participated in the program from 2001-2006 generated an estimated \$11.4M in revenue in 2007

- Summer Company program has supported almost 2,000 students since 2001

- In 2008, a record number of 368 students completed the program

- Small and medium-sized businesses represent 99 per cent of all businesses in Ontario.

The Summer Company program gives students the chance to run their own business with limited risk and the potential to earn and learn more than they would at another summer job. With Summer Company, students create their own job that no one else can apply for.

### ELIGIBILITY

- Students between 15 and 29 years old as of April 30, 2009

- Must be currently a student and returning to school in the fall of 2009

- Proposing a new sole proprietorship or corporation in Ontario that they plan to operate independently

from relatives

- Cannot be a previous recipient of Summer Company funding

### SELECTION PROCESS

- Students are selected through a competitive process - applications reviewed and evaluated by their local program provider and the local business mentoring group (successful business people who volunteer to assist students in making their summer experience a reality)

- Program provider can be either a Small Business Enterprise Centre or a non-profit organization delivering the Summer Company program in each area

- Business plan must be submitted with application

- Students can contact the program provider at any time during the application process and get help with their application

- About 300-400 students will be accepted in 2009

### AFTER BEING ACCEPTED

- Once students are accepted to the program, they receive an award of up to \$1,500 in early summer to help with business start-up costs, and up to \$1,500 in the fall after successfully completing the program and returning to school

- Students receive a minimum of 12 hours of hands-on business training from the Ministry of Small Business and Consumer Services' program providers, plus a mentor to offer

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advice on running the business

- Students must run their business for a minimum of eight weeks. For Summer Company administration purposes, businesses end before Labour Day.

### WORKING IN PARTNERSHIP

- Summer Company is co-ordinated and

delivered through Ontario's network of 57 Small Business Enterprise Centres (SBECS) and five non-profit organizations across the province.

For further information, please contact the Constituency Office of Mike Brown, MPP, Algoma-Manitoulin, at 1-800-831-1899 or mbrown.mpp.co@liberal.on.gov

## LETTERS TO THE EDITOR

Have you ever made a mistake? Well I have. As we celebrate the hospital auxiliary anniversary this year I handed out money bags for a fundraise.

After telling the region chair John Harkness about this endeavour, he informed me that we are celebrating 95 years

and not 85, so to the community of Chapleau I apologize.

I have been told that it's ok to make myself 10 years younger but not the Auxiliary.

Respectfully,  
 Shirley Goheen  
 Hospital Auxiliary  
 President

**FREE PUBLIC SKATING**  
 Monday March 16, 2009: 2pm-4pm  
 Tuesday March 17, 2009: 2pm-4pm & 7-8pm  
 Wednesday March 18, 2009: 2pm-4pm  
 Thursday March 19, 2009: 2pm-4pm  
 Friday March 20, 2009: 2pm-4pm & 7-9pm  
**PATINAGE GRATUIT POUR TOUS**  
 lundi 16 mars, 2009: 14h00-16h00  
 mardi 17 mars, 2009: 14h00-16h00 & 19h00-20h00  
 mercredi 18 mars, 2009: 14h00-16h00  
 jeudi 19 mars, 2009: 14h00-16h00  
 vendredi 20 mars, 2009: 14h00-16h00 & 19h00-21h00

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**"Thank You!"**  
 My heartfelt thanks to family and friends for making my 90<sup>th</sup> birthday and surprise celebration such a memorable occasion.  
 Your thoughtfulness, gifts and well wishes were much appreciated!  
**Percy Encil**

GOING TO CHURCH	
<b>Catholic Church</b> <b>SACRED-HEART OF JESUS PARISH</b> <b>PAROISSE SACRÉ-COEUR DE JÉSUS</b> 26 Lorne Street North OFFICE- 21 Lansdowne St.N. 864-0747 Sunday/dimanche 9:30 a.m. English 11:00 a.m. Français Weekdays Mon-Sat en semaine Lun-Sam <b>Fr. Jacques Fortin</b>	<b>CHAPLEAU PENTECOSTAL CHURCH</b> 9 Elm Street (P.A.O.C.) 864-0828 Sunday School 9:45 a.m. Sunday Services 11 a.m. & 7 p.m. Family Night (ages 1-109) Wednesday 7 - 8:15 p.m. Pastor Dan Lee
<b>ST. JEAN DE BRÉBEUF (Sultan)</b> Liturgy of the Word Liturgie de la parole Every 3rd Saturday 7 p.m. Bilingual Tous les 3e samedis 19h Bilingue Permanent Deacon Ted Castilloux	<b>TRINITY UNITED CHURCH</b> 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
<b>Diocese of Moosonee</b> <b>Anglican Church of Canada</b> <b>ST. JOHN'S CHURCH</b> 4 Pine Street West 864-1604 Sunday Service 10:30 a.m. Rev. Bruce Roberts	<b>OUR LADY OF SEVEN SORROWS PARISH</b> <b>PAROISSE NOTRE-DAME-DES-SEPT-DOULEURS (Foleyet)</b> Liturgy of the World Sundays 11 a.m. Liturgie de la Parole Dimanche 11h Mass every 2nd & 4th Sunday at 4:00 p.m. Messe sux 2e et 4e dimanche à 16h
<b>ST. MARY'S ANGLICAN CATHOLIC CHURCH</b> 78 Devonshire Street 864-0909 Sunday Service 10 a.m. Rev. William P. Ivey	<b>COMMUNITY BIBLE CHAPEL</b> 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

# Another Triumph for Chapleau's Phenomenal Women Social



**Back Row L-R: Marie-Claire Bruneau, Line Fuchs, Vanessa Morrison, Shelia Hunter, Ludie O' Hearn, Pam Morin, Adyh Duffney, Roxanne Legault, Alice Riopel. Middle Row L-R: Peggy Domingue, Susan Fenlon, Sandra Ruffo, Lisa Jewett, Suzanne Desbiens, Martha Friend. Sitting L-R: Joanne Laughland, Yvonne Borchers, Lorna Martel, Sue Cauchy, Cheryl Macumber.**

**By Pat Tangie**

On March 10th APANO - Chapleau and CHADWIC Home staff had the great honour of hosting Chapleau's Phenomenal Women's Social for the third year. This event coincides with International Women's Week and is our way of bringing Chapleau into the

global celebrations.

Once again, many family, friends and co-workers joined us in recognizing and commemorating some of the beautiful women who make up the strong fabric of our community.

We are so fortunate to be surrounded by these loving, supportive

women who so obviously share their generous spirits without hesitation on a day-to-day basis. What makes this event especially significant is who acknowledged these women as being phenomenal. There was no panel of judges; these acknowledgments came directly from the real

experts... husbands, sons, daughters, friends and coworkers....those people who know the true essence of our Phenomenal Women's spirits.

Proudly, we introduce you to our 2009 Phenomenal Women: Marie-Claire Bruneau, Lorna Martel, Yvette Joyal, Pat Boucher, Line Fuchs, Margaret Coulter, Pam Morin, Viviane Jacques, Adyh Duffney, Susan Fenlon, Ludie O' Hearn, Sheila Hunter, Sandra Ruffo, Esther O'Connor, Martha Friend, Gisele Robitaille, Alice Riopel, Sue Cauchy, Grace Edwards, Ann Marie Fiaschetti, Fran Luther, Yvonne Borchers, Lisa Jewett, Suzanne Desbiens, Theresa Memegos, Roxanne Legault, Vanessa Morrison and Cheryl Macumber. Women who have been acknowledged in the

past and continue to be recognized for their strength and support include: Shirley Goheen, Joanne Laughland, Maureen Lavoie and Peggy Domingue.

Ludie O'Hearn, received a gift for sharing her inspiring essay which can be read on page 5 in this edition of the Chapleau Express. Door prize winners were Kassie Friend and Line Fuchs.

In addition to the acknowledgers, Phenomenal Women, and staff from our respective organizations, we would like to thank our "behind the scenes" supporters. Northern Credit Union, Chapleau Village Shops, Collins Home Furniture, Between Friends Coffee Shop, Brunswick House, Chapleau Cree and Chapleau Ojibwe First Nations, 101 Gas Bar, Ecole Trillium, Chapleau High School,

Chapleau News Depot, MNR, Chapleau Learning Centre, Chapleau Education & Training Coalition, District of Sudbury Social Services Administration Board, Canada Brokerlink, Miss Muggins/KFC and Chapleau General Hospital for housing our acknowledgment forms and deposit boxes; Purdy's Flowers, Royal Canadian Legion Branch #5, Trinity United Church and of course the Chapleau Express. Thanks also go to those who brought donations we can pass on to Meals of Hope.

APANO-Chapleau and CHADWIC Home know that we could not have such a successful event without the support of the whole community. We say chi-meegwetch, thank you, grazie, merci beaucoup EVERYONE and we look forward to next year!

## Second women's Snack & Yak coming up

Turning Point and CHADWIC Home are pleased to present the second in a series of women's lunch time gatherings. These gatherings are hosted at Cedar Grove where women can enjoy a delicious lunch while listening to a speaker present a topic of

interest to women.

Following last month's presentation, which saw thirty-four women in attendance to hear Shannon Fuller's presentation on Body Image, completed surveys indicated that issues related to Women's Health is a topic of

interest to a majority of women in attendance. With that in mind, this month's speaker will be Mary Boucher of the Sudbury & District Health Unit, who will present information on Women and Sleep. In today's busy world, we too often find ourselves "running on empty" sleep-wise. There has been much in the news lately about the adverse effects of sleep deprivation, including the detrimental effects on our overall health. There will be an opportunity for questions and answers following the

presentation.

Admission to the luncheon is by ticket only, and tickets can be obtained at Turning Point, 8 Lorne Street South.

The luncheon

will be held on March 25, 2009 from 12 noon to 1:00 p.m. in the Cedar Grove dining hall. This is an opportunity to gather with friends, and enjoy

a time away from our regular schedules. All women are welcome; however, space is limited to 30, so be sure to get your ticket by March 18, 2009.

**Women's Snack & Yak**  
 Admission to the luncheon is by ticket only.  
 Tickets can be obtained at  
 Turning Point, 8 Lorne Street South.  
**\$6.00**  
 March 25, 2009  
 from 12 noon to 1:00 p.m.  
 in the Cedar Grove dining hall.  
 space is limited to 30, so be sure to get your  
 ticket by March 18, 2009.

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# La francophonie en folie



## UN SOUPER DU PATRIMOINE



Cette année, l'Alliance des francophones engagés de Chapleau (l'AFEC) a organisé un souper traditionnel à l'École secondaire catholique Trillium pour célébrer le Mardi Gras. Rien de meilleur que de se bourrer avant le carême avec un bon souper composé de crêpes, de fèves au lard, de bacon, de jambon, d'oeufs, de fruits et légumes ainsi qu'une variété de délicieux desserts.

Le souper fut un succès, comptant plus de 200 personnes de la communauté. Des familles, des amis, des membres du personnel des deux écoles, tous ensemble avant le Mercredi des Cendres. Ce merveilleux souper fut préparé par quelques personnes bénévoles, qui ont donné de leur temps pour en assurer l'organisation et voir aux préparatifs.

Après le souper, un spectacle a été monté pour démontrer les nombreux talents des jeunes de la communauté : des numéros de danse présentés par

La Troupe Lapointe, composé des élèves de l'École élémentaire Sacré-Coeur, deux numéros de synchronisation par les élèves de la 7<sup>e</sup> et 8<sup>e</sup> et quelques chansons par les élèves du cours de musique du secondaire, *Harmo Trillium*. Nous avons aussi eu l'occasion d'accueillir le groupe *Average Heros*, composé de Joey Demers, Vincent Carrière, Daniel Martel et Patrick Chouinard, quatre jeunes garçons talentueux de l'École Trillium qui ont très bien su nous divertir.

Voilà une soirée bien réussie qui a rassemblé plusieurs membres de la communauté de Chapleau et qui a fait ressortir l'importance de s'entraider en ce temps de préparation avant Pâques.

Le plaisir était au rendez-vous, les voix d'enfants et les rires chaleureux rayonnaient pour tous les gens présents dans la salle. Une soirée à se souvenir en espérant pouvoir la revivre pour les nombreuses années à venir.

Par : Mariane Perreault



## DES INGÉNIEURS EN HERBE !

Le vendredi 27 février, quatre élèves de la 7<sup>e</sup> année se sont rendus à Sudbury pour un défi Robotique. Krista Leach, JoDee Drolet, Mathieu Perreault et Robert Tessier, accompagnés de leur enseignante, Madame Isabelle Perreault, ont bravé la tempête pour démontrer leurs prouesses en programmation et en résolution de problèmes. Les élèves se sont préparés pour cette compétition en investissant de leur temps pendant le dîner ou après les heures de classe. Avec l'appui de leur enseignante, ils ont fait équipe pour construire et pour programmer un robot dans le but de

surmonter trois défis : compléter un circuit le plus rapidement possible en suivant une piste avec un détecteur lumineux, exécuter une course «slalom» le plus rapidement possible, tout en émettant un son à chaque virage et lancer une petite balle dans un panier à une distance prédéterminée. Les élèves ont été accordés des points pour chaque défi, selon le degré de réussite. De plus, ils ont été accordés des points pour leur cri de ralliement, pour leur bannière et pour la construction de leur robot.

Les élèves ont eu énormément de plaisir et ont très bien performé, malgré le fait qu'ils étaient la seule équipe qui s'est présentée, à raison de la tempête de neige. Les autres équipes se sont affrontées le vendredi 6 mars et nous attendons toujours les résultats, car l'équipe gagnante du conseil se rendra à Waterloo pour la compétition provinciale Compétence Canada.

Bravo les élèves!



## ACTIVITÉS À VENIR...

- mars**  
**11-21:** Voyage en Grèce et Italie (Trillium)  
**14-22:** Semaine de relâche (Sacré-Coeur, Trillium et FormationPLUS)  
**16:** Fin du concours "Trille Or" (AFEC)  
**23:** Session d'information pour le cours "Anglais langue seconde" (FPLUS)  
**24:** Début du cours "ALS" (FormationPLUS)  
**25:** Soirée "Dieu Merci" (la date pourrait changée) (Trillium)

## À TRILLIUM, ON S'AFFICHE COMME FRANCOPHONES!

Les élèves de la 7<sup>e</sup>, la 8<sup>e</sup> et la 9<sup>e</sup> année ont l'occasion de participer à un échange multimédia en temps réel avec des élèves du même groupe d'âge à Atlanta en Géorgie. Par l'entremise de logiciels de télécommunication, les élèves se présentent et échangent de l'information en français. Selon l'enseignante de français d'Atlanta, Mme Jamie Patterson, l'activité est très profitable, car ses élèves peuvent témoigner eux-mêmes qu'il y a des gens qui vivent et qui apprennent en français, et non seulement au Québec ou en Europe. Deuxièmement, les élèves de l'Atlanta peuvent pratiquer leur français avec un groupe de pairs francophones sympathiques et compréhensifs et en dernier, ils prennent connaissance de la culture et du mode de vie des francophones à Chapleau.

Et pour nos élèves? Quels sont les avantages? Depuis le début de l'échange, ils s'affichent comme francophones avec fierté et ils réalisent la longueur d'avance qu'ils ont quant à la maîtrise de deux langues. En utilisant divers logiciels, ils approfondissent leurs

connaissances et leurs compétences en technologie et lors des présentations et des échanges avec leurs pairs américains, ils mettent en pratique leurs compétences en communication orale.

Comme enseignante à l'appui technique, il est intéressant de constater les ressemblances entre les intérêts des élèves, ainsi que les différences qui s'affichent. Je crois que certains élèves de l'Atlanta nous trouvent courageux de vivre plus de deux heures du centre commercial le plus près! En dernier, je tiens à remercier Nortel pour leur appui et pour l'utilisation du logiciel Personal Client qui rend un échange multimédia du genre possible.



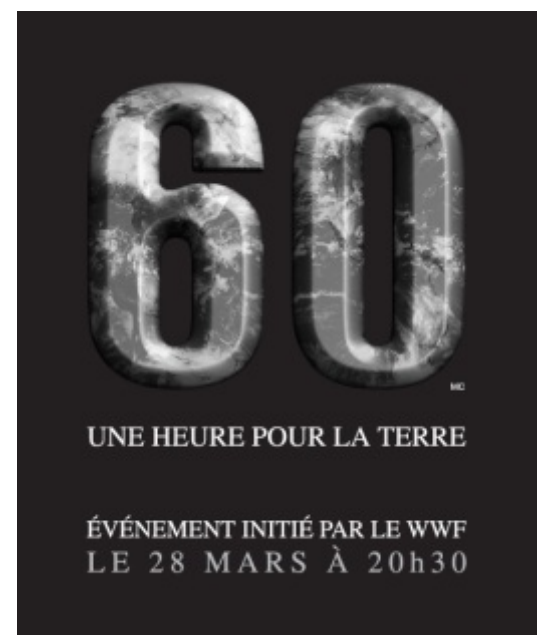
## L'HEURE POUR LA TERRE

Éteignez vos lumières à 20h30 le samedi 28 mars 2009. Des millions de Canadiens éteindront leurs lumières le 28 mars pendant l'Heure de la Terre pour signifier qu'ils soutiennent la lutte contre les changements climatiques. Cette année, le WWF souhaite faire de l'Heure de la Terre un événement encore plus important mais il a besoin de votre aide pour ce faire! Encouragez vos amis et votre famille à participer. Faites participer votre entreprise ou votre milieu de travail. Et ne vous limitez pas à éteindre les lumières.

Songez à ce que vous pourriez faire d'autre pour réduire votre empreinte comme l'utilisation des transports en commun, le débranchement de vos appareils électroménagers que vous n'utilisez pas et le lavage de vos vêtements à l'eau froide. La liste est sans fin et vos gestes feront une grande différence. Faites de chaque heure une Heure de la Terre grâce à WWF. Comment participer? Tout le monde peut participer à l'Heure de la Terre! Et c'est aussi simple que d'appuyer sur l'interrupteur, littéralement.

Vous pouvez participer seul ou avec votre famille, vos amis et seulement quelques chandelles. Ou vérifier ce qui passe dans votre propre communauté. De nombreuses villes, de nombreux groupes communautaires, restaurants et bars participent ou sont les hôtes d'événements de l'Heure de la Terre.

Pour plus de renseignements, allez à [www.wwf.ca/fr/earthhour.cfm](http://www.wwf.ca/fr/earthhour.cfm)



- 27:** Ralliement de succès (Sacré-Coeur)  
**29:** Déjeuner au sous-sol de l'église (Chevaliers de Colomb)  
**30:** Remise des bulletins (Sacré-Coeur)  
**30:** Souper spaghetti (Sacré-Coeur)  
**30:** Soirée familiale de jeux (Sacré-Coeur)  
**2 avril:** TPCL (Trillium)  
**4:** Soirée "Meurtre et mystère" (UCFO)

# \$50,000 reward offered in seven year old murder



**Robert Minor**

The Government of Ontario is

offering a fifty thousand dollar (\$50,000) reward for information leading to the arrest and conviction of persons responsible for the murder of Robert MINOR.

On Friday January 11, 2002, Robert MINOR, aged 46, was found murdered at his residence in the Town

of Mattawa. The cause of death was determined to be as a result of being stabbed.

The Ontario Provincial Police (OPP) Criminal Investigation Branch, under the direction of Detective Inspector Ken Leppert is continuing this seven year old homicide investigation. "We

have brought in additional police resources to aggressively explore all leads into this violent crime including re-interviewing a number of witnesses," said Inspector Ken Leppert.

"The investigation into murder of Robert MINOR is but one example of our relentless pursuit of

justice in unsolved homicide cases and where additional resources and advancements in technology can play a critical role," said Commissioner Julian Fantino.

The reward poster and photograph of Robert MINOR can be viewed at [www.opp.ca/Investigative/UnsolvedCrimes](http://www.opp.ca/Investigative/UnsolvedCrimes).

The investigation is ongoing and police are asking anyone who has any information relating to this incident to please call the OPP at 1-888-310-1122 or if you wish to remain anonymous contact the Near North Crime Stoppers at 1-800-222-TIPS (8477).

## My Nursing Career Journey from the Philippines to Canada

by Ludie O'Hearn

My lifelong ambition was always to be a nurse and nothing else. Growing up poor I didn't think there was a possibility to fulfill this dream. Fortunately one of my brothers emigrated to the United States & joined the Navy, he intervened & sent me to Nursing School. It was a difficult journey with obstacles along the way, he sent me \$32.00 a month for tuition fees, books & other supplies, where I made a notebook last a semester by writing small & utilizing every space. I also made a dozen pencils last the year. There were days I didn't eat at all or just a meager portion of rice & salt. For all hardships I encountered, it made me work harder & more determined to be a nurse.

After 4 long years, graduation arrived with lots of hope for the future. Years ago nursing in the Philippines was not easy, you worked 7 days with one day off, & you were often called for overtime with no or minimal pay. I worked in Manila for over a

year & during this time is when I made the decision to come to Canada as an immigrant and now a citizen, as they say for greener pastures. There were numerous papers to fill medical requirements & police clearances to pass. Finally the day arrived to leave for Canada. I did have a mixture of feelings leaving, family, friends & homeland behind. Arriving in Chapleau was a big adjustment, but that was made easy by all the people I met, especially my colleagues at the then Lady Minto Hospital. Rita Pilon, my sister-in-law was a great help with lots of encouragement & kind words. Everyone welcomed me with open arms, at this time I started to see that glimmering light at the end of the tunnel.

Thanks to a very supportive family. I worked 32 years fulltime, I retired 8 years ago from a career I dearly loved, so fulfilled & gratifying. It is possible to reach for the stars & march to your own drum if you are determined to work hard. Thank you!

## Notice to Truckers – 2009 Spring Load Restrictions

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

### REDUCED LOAD LIMITS PERIOD

#### SCHEDULE 1 HIGHWAYS

Pursuant to the *Highway Traffic Act*, the ministry will impose reduced load limits for those designated parts of the King's Highways listed in Schedule 1, when appropriate, between March 1, 2009 to April 30, 2009.

#### SCHEDULE 2 HIGHWAYS

Pursuant to the *Highway Traffic Act*, the ministry will impose reduced load limits for those designated parts of the King's Highways listed in Schedule 2, when appropriate, between March 1, 2009 to May 31, 2009.

#### SCHEDULE 3 HIGHWAYS / ROADS

Pursuant to the *Highway Traffic Act*, the ministry will impose reduced load limits for those designated parts of the King's Highways/Roads listed in Schedule 3, when appropriate, between March 1, 2009 to June 30, 2009.

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

#### SCHEDULE 1 - MARCH 1<sup>ST</sup> TO APRIL 30<sup>TH</sup>, 2009

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

#### SCHEDULE 2 - MARCH 1<sup>ST</sup> TO MAY 31<sup>ST</sup>, 2009

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

538      554      563      651      667      670

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

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

#### SCHEDULE 3 - MARCH 1<sup>ST</sup> TO JUNE 30<sup>TH</sup>, 2009

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

Aberdeen & McMahan	Pennefather & Vankoughnet	Hawk Junction	Red Rock	Wabos
Devil's Lake	Galbraith & Morin	Horseshoe Bay	Sultan	Wharncliffe
Devon Landing	Garden Lake	Northland Lake	Tilley	Aweres #1
Esher-Como-Healey	Gaudette & Hodgins	Patton & Montgomery	Vankoughnet & Aweres	Aweres #2
Fenwick	Goulais Mission	Peace Tree	Vixen Lake	Havilland

[www.mto.gov.on.ca](http://www.mto.gov.on.ca)



## Le Centre De Garde De Chapleau

**veux vous assister à prendre soins de vos enfants pendant que vous êtes au travail, à l'école ou simplement pour prendre une petite pause.**

Nous offrons une variété de programme d'apprentissage et de garde pour les enfants de 18 mois jusqu'à 12 ans.

Les services sont disponible en français de 7h 30 à 17h 30 du lundi au vendredi. Nous offrons différents options d'utilisateur, des tarifs de famille et des subventions.

**Passez nous visiter au 28 rue golf ou composez le 864-1886 pour plus d'information. Laissez nous faire parti de l'expérience d'apprentissage de votre enfant!**



# Legion Carnival Pool Tourney



Above (l.to r.) are the Legion Carnival Pool Tournament winners: Simon Larocque, second, Rick Dew, first, Chuck Howson, third and fourth Eric Caldwell and representing the Legion, Jim Apsey. This well organized tournament, thanks to Doug Prusky, had 25 participants and was a complete success. The Legion and its' members are very appreciative of Doug Collins' sponsorship of the first annual Collins-Delaney carnival pool tournament.

## MARCH BREAK RECREATIONAL ACTIVITIES

Monday, March 16 - Friday, March 20, 2008

### March Break Programs

Great programs and camps during Chapleau's school break.  
Programs that keep your child and youth active.

We have great leaders to make your child's experience fun and full of memories.

Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20
	<p><b>900AM--Guided Snowshoe Hike</b></p> <p>Strap on a pair of snowshoes and join us for a guided hike through our beautiful nature trails. Bring and lunch/snack! Call to register: 864-1882</p>		<p><b>1100AM Orienteering</b></p> <p>Meet our recreation staff at the Vault to get your course. Bring lunch/snack!</p>	
<p><b>Open Drop-In 1PM-5PM</b></p>	<p><b>Open Drop-In 1Pm-5PM</b></p>	<p><b>Open Drop-In 1Pm-5PM</b></p> <p>1PM - Photo/Video Scavenger Hunt Challenge Bring your camera!</p>	<p><b>Open Drop-In 1Pm-5PM</b></p>	<p><b>Open Drop-In 1Pm-5PM</b></p>
<p><b>The Vault Youth Drop In @ 7PM-1030PM</b></p>	<p><b>The Vault Youth Drop In @ 7PM-1030PM</b></p>	<p><b>The Vault Youth Drop In @ 7PM-1030PM</b></p>	<p><b>The Vault Youth Drop In @ 7PM-1030PM</b></p>	<p><b>800PM :: "THE SHOW" w/ AVERAGE HERO! \$3</b> Come out and listen to a few great local musicians!!</p> <p><b>THE VAULT @ 7PM</b></p>

YOUTH MARCH BREAK BLAST!!! You can hang out in the awesome environment of Velocity - enjoy pool tables, air hockey, foosball ... and GUITAR HERO, BOARD GAMES, and the Will!!! What else can you ask for! 7PM-1030PM EVERY NIGHT!!!

## 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 **17 avril 2009** 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  
 Délivrance des permis, éducation et appels  
 55, avenue St. Clair Ouest, 8e étage, bureau 800  
 Toronto (Ontario) M4V 2Y7  
 Tél. : 416-327-7345 Téléc. : 416-327-7763

Prrière d'indiquer le nom de l'établissement et le projet n<sup>o</sup> 288-09 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.*

## 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 **April 17, 2009** to:

Director under the Nursing Homes Act  
 Ministry of Health and Long-Term Care  
 Performance Improvement and Compliance Branch  
 Licensing, Education and Appeals  
 55 St. Clair Avenue West, 8th Floor, Suite 800  
 Toronto, Ontario M4V 2Y7  
 Phone: 416-327-7345 Fax: 416-327-7763

Please include the name of the nursing home and quote Project #288-09 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.*

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**REPORT from  
OTTAWA  
by  
Carol Hughes**

Federal member of Parliament  
Algoma-Manitoulin-Kapuskasing



One of the components of the recent budget was a tax credit for home repairs. This temporary credit is intended to stimulate the economy by offsetting some of the cost of larger projects that might have been put off until a later date.

Like all other budget items, the Home Renovation Tax Credit (HRTC) has been announced, but has not been entirely mapped out. There is some confusion as to how the credit will flow and what will be eligible, or exempt from the incentive. The Prime Minister's website has some information on it that explains the government's intent with a bit more clarity. It states, "The proposed HRTC will provide a temporary 15 percent income tax credit on eligible home renovation expenditures for work performed, or goods acquired, after January 27, 2009 and before February 1, 2010, pursuant to agree-

ments entered into after January 27, 2009. The credit may be claimed for the 2009 taxation year on the portion of eligible expenditures exceeding \$1,000, but not more than \$10,000, and will provide up to \$1,350 in tax relief."

The statement from the Prime Minister seems clear enough, this tax credit has been proposed. This is an important consideration for anyone who is banking on receiving their tax break when they file their income tax for 2009. According to the Finance Minister, the legislation that is required to put a tax break in place will not be tabled in the House of Commons until the autumn. Given that we have a minority government, there is a chance that the enabling legislation could never arrive. If

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or 705.671.6029

www.monumentcarriere.ca

# Home Renovation Tax Credit

the government calls an election, or is defeated in a confidence vote beforehand, it will be up to the new government to implement the tax credit through a piece of legislation. All this is to say that anyone who is absolutely counting on the tax credit in order to be able to go ahead on their projects should take the legislative time-line into consideration.

Now that the tentative nature of the tax break has been demonstrated, it is also important to understand what type of work will be accepted for this incentive program. Items that will be eligible for the HRTC will include any renovation or alteration projects to either the dwelling or the land on which it sits that are 'enduring in nature.' This means that a new roof, paint job, deck or jobs like

replacing a furnace or windows are eligible for the HRTC. Tools, maintenance jobs, such as plowing snow or fertilizing a lawn, will not be eligible. These jobs can be completed by the homeowner or contracted out. It is important to receive receipts for the supplies or work though. They will need to be included with the 2009 tax return as proof of eligibility for the

HRTC. There is also an indication that this credit will be able to be shared by household members.

This tax credit will be beneficial to those who are considering completing renovations after January 27, 2009 and before February 1, 2010, but it is important to keep in mind that the changes to the tax law are still a matter of intent and not yet confirmed.

## Avis aux camionneurs – Limites de charges – Printemps 2009

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

### PÉRIODE DE LIMITES DE CHARGES RÉDUITES

#### VOIES PUBLIQUES PRÉVUES À L'ANNEXE 1

En vertu du Code de la route, le ministère imposera une limite de charge réduite pour les portions de la route nationale indiquées à l'annexe 1 au moment opportun, entre le 1<sup>er</sup> mars et le 30 avril 2009 inclusivement.

#### VOIES PUBLIQUES PRÉVUES À L'ANNEXE 2

En vertu du Code de la route, le ministère imposera une limite de charge réduite pour les portions de la route nationale indiquées à l'annexe 2 au moment opportun, entre le 1<sup>er</sup> mars et le 31 mai 2009 inclusivement.

#### VOIES PUBLIQUES ET ROUTES PRÉVUES À L'ANNEXE 3

En vertu du Code de la route, le ministère imposera une limite de charge réduite pour les portions de la route nationale indiquées à l'annexe 3 au moment opportun, entre le 1<sup>er</sup> mars et le 30 juin 2009 inclusivement.

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

#### ANNEXE 1 - DU 1<sup>er</sup> MARS AU 30 AVRIL 2009

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

#### ANNEXE 2 - DU 1<sup>er</sup> MARS AU 31 MAI 2009

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

538 554 563 651 667 670

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

#### ROUTE EMBLEMMENT

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

#### ANNEXE 3 - DU 1<sup>er</sup> MARS AU 30 JUIN 2009

AU MOMENT OÙ DES PANNEAUX SERONT INSTALLÉS, LA PÉRIODE DE CHARGE RÉDUITE S'APPLIQUERA AUX AUTOROUTES/ROUTES DES TERRITOIRES SUIVANTS :

Aberdeen et McMahon  
Devil's Lake  
Devon Landing  
Esher-Como-Healey  
Fenwick  
Pennefather et Vankoughnet

Galbraith et Morin  
Garden Lake  
Gaudette et Hodgins  
Goulais Mission  
Hawk Junction  
Horseshoe Bay  
Northland Lake

#### ROUTE EMBLEMMENT

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

www.mto.gov.on.ca



## Moments from the past: Hospital Auxiliary



### Farewell Party Honors Four Chapleau Women

Guest of honor at a farewell party given at the home of Mrs. William Grinton, 20 Lansdowne St., Chapleau, are shown above. Left to right are Beverly Yanta, Allison McMillan, Mrs. Grinton, Harriet Chambers and Naomi Mizuguchi. Misses Yanta and Mizuguchi who have been on the staff at the Lady Minto Hospital this summer will start nursing training at St. Michael's Hospital, Toronto, shortly. Miss Chambers will enter North Bay Teachers College, and

Miss McMillan will finish her studies at Sir George Williams College, Montreal.

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 at  
**864-2427**

## Inspection

### Public Notice Approved 2009 – 2010 Annual Work Schedule Martel Forest

#### Public Inspection of Annual Work Schedule

The Chapleau District office of the **Ontario Ministry of Natural Resources (MNR)** has approved the Tembec 2009 – 2010 annual work schedule (AWS) for the Martel Forest. The AWS will be available for public inspection at the Ministry's Chapleau District office and Chapleau Tembec office, also the MNR public website at [ontario.ca/forestplans](http://ontario.ca/forestplans) beginning **March 16 2009**.

#### Scheduled Forest Management Operations

The AWS describes forest management activities such as road construction and maintenance, site preparation, tree planting and tending that are scheduled to occur on the Martel Forest between **April 1, 2009** and **March 31, 2010**.

MNR has reviewed the AWS to ensure that activities are consistent with the approved Forest Management Plan.

The following are some of the operations that are scheduled on the Martel Forest:

Commercial thinning is being conducted on a trial basis. Fuelwood is available for harvest on this management unit. A mapped summary of the scheduled forest management operations is available along with information on the location of fuelwood areas at the Ministry's Chapleau District office (See address below).

There are no prescribed burns planned on the Martel Forest during the term of 2009-2010 AWS other than slash pile burning within recently harvested areas. Areas have been proposed for the aerial application of herbicides.

Access control and road decommissioning activities are scheduled during the term of the 2009-2010 AWS.

#### Tree Planting and Fuelwood

Tembec is responsible for tree planting on the Martel Forest. Please contact Tembec for information regarding tree planting job opportunities.

For information on the locations of and license requirements for obtaining fuel wood for personal use, please contact the Chapleau District Office. For commercial fuel wood opportunities, please contact Chapleau Tembec.

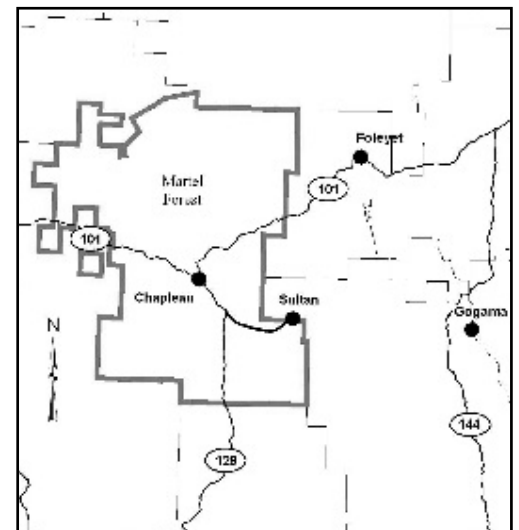
#### More Information

The approved AWS and any subsequent revisions will remain available for public inspection throughout the one-year duration of the AWS. For more information on the AWS or to request an AWS operations summary map, please contact:

**Mike Liukko, R.P.F. (Management Forester)**  
 Ministry of Natural Resources  
 Chapleau District Office  
 190 Cherry Street  
 Tel.: 705-864-3173  
 Fax: 705-864-0369  
 Office Hours: 8:00 a.m. – 5:00 p.m.

**Sarah Sullivan, R.P.F. (Planning Superintendent)**  
 Tembec  
 Chapleau Office  
 175 Planer Road  
 Tel.: 705-864-3021  
 Fax: 705-864-0928  
 Office Hours: 8:00 a.m. – 5:00 p.m.

Renseignements en français: (705) 864-1710.



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# Cracking nutrition myths



**By Leslie Beck**

Avoid eggs. Drink eight glasses of water each day. Load up on protein after a workout. Stay away from bread.

We get a lot of nutrition advice from friends, family members, the Internet and health professionals. Some of it's good, some is questionable, and some is just downright wrong and drives me crazy.

March is National Nutrition Month, an appropriate time to debunk common food and diet myths.

If you're thinking about adopting some of these so-called healthy habits, keep reading to separate nutrition fact from fiction.

**Myth:** Eating eggs raises cholesterol. Almost two-thirds (63 per cent) of Canadians still think that the amount of cholesterol you eat is a major factor in your blood cholesterol level.

Yes, eggs are a concentrated source of cholesterol (one yolk has 190 milligrams). But cholesterol in foods - be it egg yolks, shrimp, meat, high-fat dairy - has little or no impact on most people's cholesterol level. Plus, research has shown that eating an egg a day does not boost the risk of heart disease or stroke.

Instead of cutting eggs from your diet, reduce your intake of saturated (animal) and trans fats, the most important factors that raise LDL (bad) cholesterol. Choose lean cuts of meat,

poultry breast and low-fat dairy products. Avoid commercial baked goods, snack foods, deep-fried food and certain margarines made with partially hydrogenated vegetable oil, a source of trans fat.

**Myth:** Carbohydrates make you fat.

Despite the fact that low-carb weight-loss diets have fallen out of favour, this myth still persists: Bread, cereal, pasta and rice make you fat. Carbohydrates don't make you fat. Excess calories - whether from protein, fat or carbohydrates - cause weight gain.

Your muscles and brain rely on carbohydrates for energy. What's more, plenty of research has found that a regular intake of whole grains helps guard against heart disease and Type 2 diabetes.

Limit refined sugars, white starches and carbohydrates that are quickly digested and leave you feeling hungry sooner. Include whole grains at meals - just watch your portion size.

**Myth:** A high-protein diet builds muscle.

It's true that athletes have higher protein requirements than sedentary people. Extra protein is needed to repair muscle damage that occurs during exercise and to support muscle building.

But if you work out, you don't need to resort to an Atkins-style diet - or fill up on protein shakes - to get the extra protein you need. Studies show that most athletes can easily meet their daily protein requirements from a mixed diet.

If you're trying to build muscle mass,

increasing your protein intake beyond the recommended level won't build bigger muscles because there's a limit to the rate at which protein can be synthesized into muscle.

Unlike carbohydrate and fat, the body can't store

protein. The excess will either be burned for energy or, if you're getting the calories you need, it will be tucked away as fat.

**Myth:** You need eight glasses of water each day.

Yes, water is an essential nutrient. Your body needs it to regulate its temper-

ature, transport nutrients to cells, keep your skin moist and cushion your joints.

And you must replace what your body loses every day. (The average adult loses about 2.5 litres of water each day just through breathing, sweating and excreting wastes.

Exercise, hot temperatures and humidity cause your body to lose even more.)

According to the American Institute of Medicine of the National Academies, adult males need to drink 13 cups (3 litres)

**Cont'd on P10**

## Inspection

### Public Notice Approved 2009-2010 Annual Work Schedule Pineland Forest

#### Public Inspection of Annual Work Schedule

The Chapleau District Office of the **Ontario Ministry of Natural Resources (MNR)** has approved Domtar Inc. 2009-2010 Annual Work Schedule (AWS) for the Pineland Forest. The AWS will be available for public inspection at the Chapleau District Office, the Gogama Area Office, the Domtar Inc. Company Office and the MNR public website at [ontario.ca/forestplans](http://ontario.ca/forestplans) beginning **March 16, 2009**.

#### Scheduled Forest Management Operations

The AWS describes forest management activities such as road construction and maintenance, site preparation, tree planting and tending that are scheduled to occur on the Pineland Forest between **April 1, 2009** and **March 31, 2010**.

MNR has reviewed the AWS to ensure that activities are consistent with the approved Forest Management Plan.

The following are some of the operations that are scheduled on the Pineland Forest:

Harvesting, Road Construction & Maintenance, Site Preparation, Tree Planting, Aerial Application of Herbicides and Regeneration Assessments.

#### Tree Planting and Fuelwood

Domtar Inc. is responsible for tree planting on the Pineland Forest. Please contact Domtar Inc. for information regarding tree planting job opportunities.

For information on the locations of and license requirements for obtaining fuel wood for personal use, please contact the Chapleau District Office and the Gogama Area Office. For commercial fuel wood opportunities, please contact Domtar Inc.

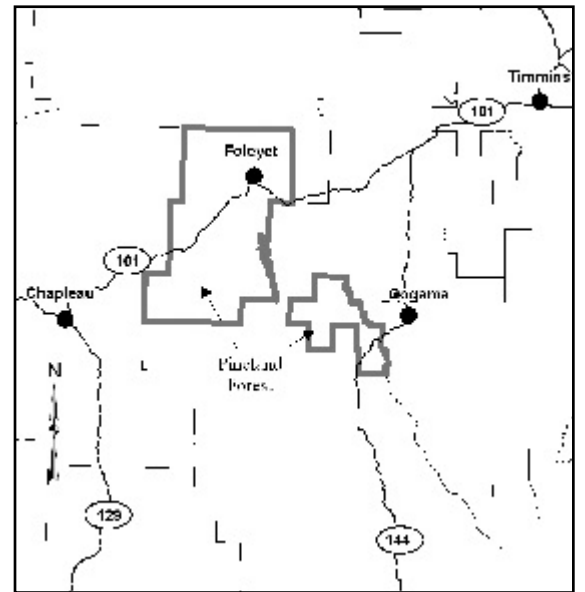
#### More Information

The approved AWS and any subsequent revisions will remain available for public inspection throughout the one-year duration of the AWS. For more information on the AWS or to request an AWS operations summary map, please contact:

**Kelly Ellis, R.P.F.**  
Management Forester  
Ministry of Natural Resources  
Chapleau District Office  
190 Cherry Street  
Chapleau, ON P0M 1K0  
Tel.: 705-864-3163

**Mike Forrest, R.P.F.**  
Timmins Operations Forester  
Domtar Inc.  
P.O. Box 150  
267 McChesney Road  
Timmins, ON P4N 7C9  
Tel.: 705-267-3339, ext. 504

**Gail Ballak, R.P.F.**  
Management Forester  
Ministry of Natural Resources  
P.O. Box 129  
5 Low Avenue  
Gogama, ON P0M 1W0  
Tel.: 705-894-3022



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# OPP Aircraft Enforcement Program

CNW - The Ontario Provincial Police (OPP) Aircraft Enforcement Program has been operational since May 2008 and continues to play a significant role in the OPP Provincial Traffic Safety Program.

During 18 hours of flying over the past weekend on

Highway 401 between Whitby and Cobourg, enforcement efforts resulted in the following charges: 192 Speeding, six Stunt Driving (section 172), Eight Commercial Vehicle Follow Too Close, 20 other Highway Traffic Act offences, One Impaired Driving and

one 12 Hour Suspension - One seizure of illegal tobacco products valued at \$100,000

"The Aircraft Enforcement Program has proven to be a cost effective and valuable tool in the delivery of the OPP traffic safety strategy," said Deputy Commissioner Larry Beechey. "Combining state of the art technology with

targeted enforcement in problem areas continues to save lives."

In 2008 the Aircraft Enforcement Program logged 485 hours of flying time and resulted in 4,913 charges including Speeding, Stunt Driving (section 172) and impaired driving.

Highway deaths in 2008 on roads patrolled by the OPP

were 320 compared to 451 deaths in 2007, a reduction of 29 percent or 131 lives saved. As of March 1, 2009 the there have been 41 deaths on OPP patrolled roads compared to 48 during the same period in 2008 a reduction of 15 percent or seven lives saved.

"I am encouraged to see the reduction in the loss of lives has

continued into 2009," said Commissioner Julian Fantino. "The OPP will be relentless in our goal to improve highway safety in the Province during 2009."

For more information on the OPP Aircraft Enforcement Program and the Provincial Traffic Safety Program visit [www.opp.ca](http://www.opp.ca).

## Cracking nutrition myths

### Con't from P.9

of water each day; women require nine cups (2.2 litres). But all beverages - excluding alcoholic beverages - count toward your daily water requirements. Water, fruit juice, milk, soy beverages, soft drinks, even coffee and tea help keep you hydrated.

So you can relax with the water bottle. You don't need to drink eight glasses of water on top of everything else you drink.

**Myth:** Drinking milk prevents osteoporosis: As a dietitian in private practice, I often hear clients express surprise when they learn they have low bone mass or osteoporosis, despite a lifetime of drinking milk.

Calcium - from dairy and other foods - is critical for developing strong bones and delaying age-related bone loss. No argument there. But it takes more than meeting your daily calcium needs to protect your bones from osteoporosis.

A diet that supplies - in addition to calcium - adequate protein, vitamin D, vitamin K and magnesium along with regular weight-bearing exercise (such as brisk walking, jogging, weight training) plays an important role in maintaining strong bones.

**Myth:** Skipping meals helps you lose weight

Missing meals in an effort to save calories can actually hinder weight-loss efforts. If you make it a

regular practice, skipping meals can slow your metabolism. Your body thinks it's in starvation mode and burns fewer calories to compensate.

What's more, people who skip breakfast and lunch often end up eating more calories later in the day than if they ate smaller meals more frequently during the day.

A better approach to weight loss: Eat three balanced meals and one or two snacks to help keep your blood sugar stable and hunger at bay.

**Myth:** Fresh vegetables are more nutritious than frozen Fresh produce may not be as fresh as you think. By the time it travels from farm to supermarket to your dinner plate, a few weeks may have passed, during which time nutrients are lost.

Research has shown that many frozen vegetables (and fruits) rival or outshine fresh as a source of vitamins and minerals. That's because processing and packaging takes place almost immediately after harvest, locking in more nutrients.

When fresh produce is out of season, or out of your price range, frozen is a good alternative to have on hand. Just stay clear of brands with added salt.

Leslie Beck, a Toronto-based dietitian at the Medcan Clinic, is on CTV's Canada AM every Wednesday. Her website is [lesliebeck.com](http://lesliebeck.com).

## Inspection

### Public Notice Approved 2009 – 2010 Annual Work Schedule Algoma Forest

#### Public Inspection of Annual Work Schedule

The Sault Ste. Marie Administrative District of the Ontario Ministry of Natural Resources (MNR) has approved Clergue Forest Management Inc. 2009-2010 annual work schedule (AWS) for the Algoma Forest. The AWS will be available for public inspection at the Sault Ste. Marie and Wawa District Offices during office hours or the Clergue Forest Management Inc. office in Sault Ste. Marie by appointment, and the MNR public website at [www.ontario.ca/forestplans](http://www.ontario.ca/forestplans) beginning March 15, 2009.

#### Scheduled Forest Management Operations

The AWS describes forest management activities such as road construction and maintenance, site preparation, tree planting and tending that are scheduled to occur on the Algoma Forest between April 1, 2009 and March 31, 2010.

MNR has reviewed the AWS to ensure that activities are consistent with the approved Forest Management Plan.

The following are some of the operations that are scheduled on the Algoma Forest:

- Site preparation will occur on approximately 1,185 hectares of harvested area;
- Approximately 900 thousand trees will be planted on approximately 545 hectares of harvested area; and,
- Tending of regenerated areas will be undertaken on an additional 325 hectares.

The prescribed burning of slash piles has been scheduled for some areas of the Algoma Forest in October 2009.

Aerial application of herbicide has been scheduled as the tending/site preparation method for some areas on the Algoma Forest commencing in August 2009. Ground application of herbicide has also been scheduled as a tending method on some areas on the Algoma Forest commencing in August 2009.

The removal of bridge and culvert structures on some access roads has been scheduled in this AWS.

#### Replacement of the Saddle Lake Bridge, Goulais River Provincial Park, Hynes Township

The replacement of this bridge is in keeping with the direction in the approved Algoma Headwaters Signature Site Management Plan.

#### Tree Planting and Fuelwood

Clergue Forest Management Inc. is responsible for tree planting on the Algoma Forest. Please contact Clergue Forest Management Inc. directly at the address below for information regarding tree planting job opportunities.

For information on the locations of and license requirements for obtaining fuelwood for personal use, please contact the Sault Ste. Marie and Wawa District Offices at the addresses below. For commercial fuelwood opportunities, please contact Clergue Forest Management Inc.

#### More Information

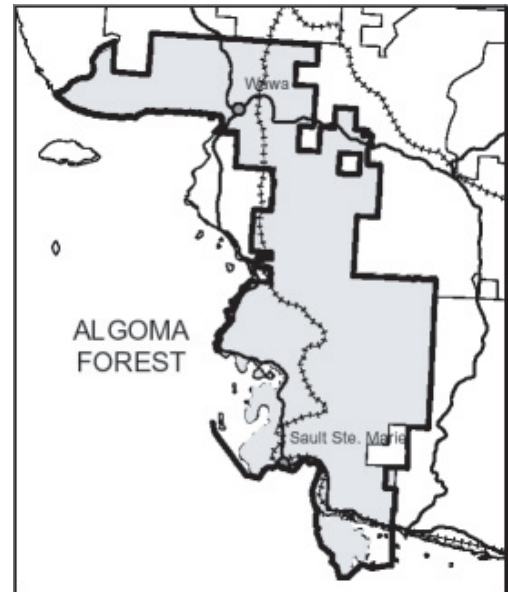
The approved AWS and any subsequent revisions will remain available for public inspection during normal office hours beginning March 16, 2009 throughout the one-year duration of the AWS. For more information on the AWS or to request an AWS operations summary map, please contact:

Gary Raines, R.P.F.  
Management Forester  
Ministry of Natural Resources  
64 Church Street  
Sault Ste. Marie, ON P6A 3H3  
Tel.: 705-941-5122  
Fax: 705-949-6450  
E-mail: [gary.raines@ontario.ca](mailto:gary.raines@ontario.ca)

Nathan Mudge, R.P.F.  
Planning Forester  
Clergue Forest Management Inc.  
85 Gt. Northern Road  
Sault Ste. Marie, ON P6B 4Y8  
Tel.: 705-942-7706, ext. 5  
Fax: 705-942-8798  
E-mail: [nathan.mudge@clergue.com](mailto:nathan.mudge@clergue.com)

David deGeus, R.P.F.  
Wawa/White River Area Forester  
Ministry of Natural Resources  
160 Mission Road  
Wawa, ON P0S 1K0  
Tel.: 705-856-4732  
Fax: 705-856-7511  
E-mail: [david.degeus@ontario.ca](mailto:david.degeus@ontario.ca)

Renseignements en français : MaryAnn Kendrick, tél. : (705) 941-5100 ou Jennifer Lamontagne, tél. : (705) 856-4747.



**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

**ALCOOLIKES 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**

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. Mar14

**1-2 and 3 bedroom apts.** and bachelor. For more information call 864-1148 or 864-4071(cell) Aug29

**HOUSE FOR SALE**

**Home for sale on Devon Siding road** 3 bdrm, 2 baths, eat-in kitchen, pantry, dining room, large living room, sunroom, partially finished basement, new roof 2008, large cedar deck, 24'x44' heated 2 story garage with heated work-shop and full loft, wood fired boiler, second garage/ woodshed approx. 24'x24', green house, mature gardens and more. Call 864-9007 for an appointment to view. Mar28

**OFFICE SPACE FOR RENT**

**Office space for rent.** Available immediately. For more information please call 705-864-1367. cont

**PLUMBING**

**R&B Plumbing & Heating.** For all your plumbing needs. Free estimates. Call 864-1866 and leave message. Cell 864-4322. Mar28

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Garry Bruneau

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**WOOD STOVES**

**For Sale, New Blaze King Wood Stoves,** shipped direct to Chapleau. For the best prices on Blaze King wood stoves call Rick Geroux: 705-779-3304. ctd

**FIREWOOD DELIVERY**

Contact  
**MARTIN TRANSPORT**  
AT 864-4411

*Union culturelle des Franco-ontariennes présente*

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*Une soirée de meurtre et mystère*

le samedi, 4 avril, 2009 à la salle de la Legion  
Billets disponible dès maintenant et jusqu'au 25 mars

Cocktail 5:00 p.m. Souper 6:00 p.m.  
\$20.00 la personne  
Tenue vestimentaire: journée de ski

**Chapleau Ski Club**

March Break Pass - \$100.00  
Includes nightly skiing from  
**March 13 - 21 (7-10)**  
and daily skiing from  
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**Savings of \$95!!!!**

**HOUSE FOR RENT**

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Must be of Aboriginal Descent.  
For more info or  
Application please call  
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- LIVRAISON GRATUITE POUR PERSONNES ÂGÉES
- SERVICE À L'ANNÉE

**NEW AT THE CHAPLEAU PUBLIC LIBRARY**

**NEW DVDs**  
Changeling - A Knight's Tale  
Madagascar 2 Escape to Africa - Nights in Rodanthe

**NOUVEAU DVD**  
L'échange - Chevalier  
Madagascar 2 - Le Temps d'un Ouragan

**MARCH BREAK HAPPENINGS AT THE LIBRARY**  
Monday - March 16, 2009 - Online Animal Hunt 2-3 p.m.  
Tuesday - March 17, 2009 - Wear All Green, St. Patrick's Day Craft 2:30-3:30 p.m.  
Wednesday - March 18, 2009 - Library Scavenger Hunt 2:30-4:30 p.m.  
Thursday - March 19, 2009 - Story Time, Easter Craft and Story 2:30-3:30  
Friday - March 20, 2009 - Movie 2:30-4 p.m.  
Saturday March 21, 2009 - Wii Tournament 2:30-4 p.m.

**SLOMA CLEANERS**

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

**BERRY'S FREIGHT SERVICES**

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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 \$6.00  
Each additional word \$0.15+GST

**No refunds on cancelled classified ads.**

**The Canadian Cancer Society Residential Campaign 2009**

The Canadian Cancer Society will once again conduct its annual door to door campaign during the month of APRIL. As in past years the students from Chapleau Public School, École Sacré-Coeur and Our Lady of Fatima are doing their part to make this effort as successful as last year. Their busy little fingers will be working on thoughtful and colourful posters which will be seen all over town as will serve as reminders to give as generously as possible when the canvasser knocks on your door. Remember, every little bit helps. If you wish to donate before our canvasser arrives or are missed for some reason, call Kathryn Crichton at 864-0771.

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 Ph (705) 864-0784 ♦ Fax (705) 864-1760  
 mukesofn@bellnet.ca

### Full-time Contract Employment Opportunity Maintenance Person

The Chapleau Cree First Nation is seeking a highly motivated, multi-skilled and experienced person to maintain, repair and perform general upkeep on all buildings, homes and structures owned and operated by the First Nation.

The incumbent must have a demonstrated work background in carpentry, plumbing, electrical installation and maintenance as well as skills in prioritizing workload, following maintenance plans, work schedules and budgets.

This position is managed by the Public Works Garage Lead Hand. The scope of this position requires the incumbent to have a minimum of 3 years experience in the maintenance of a similar operation and a valid driver's license. Requirements of employment include but may not be limited to a clear CPIC and drivers abstract.

This position is a 6 month contract replacement with the possibility of extension. Detailed position description available at the Chapleau Cree First Nation Band Office. All person interested in this position are encouraged to apply. Please provide a covering letter with resumé on or before March 20, 2009 to:

**Chapleau Cree First Nation**  
**P.O. Box 400**  
**828 Fox Lake Road**  
**Fox Lake Reserve**  
**Chapleau, ON P0M 1K0**  
**Att: Band Administrator**

We thank all applicants in advance. Only those selected for an interview will be contacted.

The Chapleau Child Care Centre de Garde d'Enfants is currently seeking candidates for the following position:

French-Speaking Cook / Cleaner

Skills / Qualities Required:

- ~ Minimum grade twelve education
- ~ Valid driver's license (G) and access to a vehicle
- ~ Computer ability - word processing programs
- ~ Experience in food preparation and menu planning
- ~ Experience with commercial cleaning products
- ~ Good communication skills (written and verbal) in french and english
- ~ Up-to-date immunization records
- ~ Standard First Aid, CPR and WHMIS certification
- ~ Criminal Reference Check


Please forward resumes to:

Ginger Forget - Executive Director  
 Chapleau Child Care Centre  
 P.O. Box 969  
 Chapleau, Ontario  
 P0M 1K0

The closing date for applications is March 20, 2009.

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

Please contact 864-1886 for more information.



## NEWS RELEASES

### MARCH IS FRAUD PREVENTION MONTH

*OPP Reminds you to Protect Your Identification*


As part of Fraud Prevention Month, the OPP Anti-Rackets Branch is stressing to everyone the importance of protecting all of their identity documents, and in particular their Ontario Health Card.

The Ontario Health Card contains important information about the card holder, and should only be used when the cardholder is accessing a medical service at a clinic, hospital or doctors office.

Fraudsters will frequently use the telephone to access private information for the purpose of committing fraud related crimes. You should never give out personal information to others over the phone or internet, unless you trust the source. You should also never give out your health card number over the phone.

Criminals have been known to steal health cards to access medical services for which they are not entitled or to create a new identity to commit other frauds.

If you believe that someone has accessed your personal information for the purpose of identity theft, contact your local police or the Canadian Anti-Fraud Call Centre at 1-888-495-8501.



### TOWNSHIP OF CHAPLEAU

TENDERS FOR  
CONTRACT No. 108880  
RECONSTRUCTION OF MONK STREET  
(MAPLE STREET TO ASH STREET)

SEALED TENDERS, plainly marked as to contents, will be received at the office of the Consulting Engineer, AECOM, at 523 Wellington Street East, Sault Ste Marie, Ontario P6A2M4, **until 3:00 p.m.**, local time on:

**THURSDAY, MARCH 26, 2009**

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 full-depth reconstruction of the road base, together with the replacement of the existing sanitary sewers, storm sewers, watermains and pavement structure, along with related appurtenances.

Complete tender documents may be obtained from Consulting Engineer on payment of a **refundable** deposit of **\$60.00** 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 for tenders 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, bid bond or money order in the amount of **\$75,000.00** 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's office, or the usual Construction Association offices.

Test pits will be dug within the limits of the contract on **March 17, 2009** commencing at 1:00 p.m. to enable tenderers to observe soil conditions first hand.

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.

<b>Township of Chapleau</b> <b>20 Pine Street</b> <b>Chapleau, Ontario, P0M 1K0</b> <b>Tel: 705-864-1330</b> <b>A. Pellow,</b> <b>Chief Administrative Officer</b>	<b>CONSULTING ENGINEER</b> <b>AECOM</b> <b>523 Wellington Street East</b> <b>Sault Ste. Marie, Ontario,</b> <b>P6A 2M4</b> <b>Tel: 705-942-2612</b>
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