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CHAPLEAU EXPRESS

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Vol. 12, Issue 29, March 29, 2008

Light at the end of the tunnel



Owner Mona Saari tending to trays upon trays of seedlings.

The long winter that we have endured, although not necessarily unusual, seems to have taken its toll on the majority of our locals. Fortunately brighter days are ahead.

A visit to Mona's Greenhouse will attest to that. The owners of the business, Jarmo and Mona Saari, have certainly not been idle in the last month and a half. Consistently growing, no pun

intended, the business has been in operation for eight years.

Locals have come to rely on Mona's Greenhouse to provide them with the ever popular hanging flower baskets which

now total an annual output of six hundred.

In addition to the baskets, a multitude of perennials, bedding plants, shrubs, rose bushes, seed potatoes, tomato plants and cucumber plants are available every year.

Mona's Greenhouse will even tenderly care for your pre-bought hanging baskets until frost danger is over. How is that for service.

The Township of Chapleau must be commended in their support, over the years, of Mona's Greenhouse. The flowers that you have seen on a yearly basis, adorning Birch Street, are all purchased from this local business. It certainly adds a touch of class and beauty and hopefully will continue for years to come.

The work involved to guarantee final results is painstaking and arduous. It's the combination of dedicated parents raising their children and the eloquent palette of an accomplished artist.

Food, water and heat all have to be properly orchestrated throughout the growing cycle of thousands of seedlings and plants in the greenhouse. This is an ongoing twenty



Seedlings in their trays waiting for their final destination.



Some of the 600 flower baskets shown hanging in the greenhouse amongst thousands of other seedlings.

four hour a day process from the day that the seeds are planted to the day that they reach their final destination.

Rest assured that the plants that you purchase from Mona's

Greenhouse have been tenderly cared for and will bring smiles and happiness to your little corner of the world.

Once in your possession winter will be but a bleak memory.

Earliest Easter in a lifetime

As you may know, Easter is always the 1st Sunday after the 1st full moon after the Spring Equinox (which

was March 23). This dating of Easter is based on the lunar calendar that Hebrews used to identify pass-over, which is why it moves around on our Roman calendar.

Based on the above, Easter can actually be one day earlier (March 22) but that is a rare occurrence. This year is the earliest Easter any of us will ever see the rest of our lives! And only the most elderly of our

population have ever seen it this early (95 years old or above!).

And none of us have ever, or will ever, see it a day earlier! Here are the facts:

1) The next time Easter will be this early (March 23) will be the year 2228 (220 years from now). The last time it was this early was 1913 (so if you're 95 or older, you are the only ones that were around for that!).

Long Term Forecast

Saturday	High 0	Low -19	
Sunday	High 1	Low -9	
Monday	High 5	Low -7	
Tuesday	High 2	Low -13	
Wednesday	High 0	Low -8	
Thursday	High 0	Low -8	

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**REPORT
FROM
Queen's Park
BY
Mike Brown,
Provincial Member of Parliament
for Algoma-Manitoulin**



**PROTECTING
ONTARIO'S
CHILDREN FROM
SECOND-HAND
SMOKE**

We owe it to the next generation of Ontarians to provide them with a safe and healthy environment.

That is why the provincial government has taken the next logical step in its commitment to a

smoke-free Ontario with the introduction of new legislation that will ban smoking in cars with children. In fact, one hour of exposure to second-hand smoke in a car is the same as giving a child an entire pack of cigarettes.

Medical science has clearly demonstrated that second-hand smoke is

dangerous to our children. Children exposed to second hand smoke become more likely to suffer from Sudden Infant Death, asthma and cardiac disease.

Ontarians have spoken on this issue, and our government has listened. They told us they wanted action to protect our children from exposure to second-hand smoke. We all agree that our children need to be kept safe. Therefore, we believe that most Ontarians will voluntarily comply with this new

legislation.

Ontario already boasts one of the most comprehensive smoke-free strategies in North America. It includes one of the toughest laws to protect people from second-hand smoke in restaurants, bars, offices, schools, daycares and hospitals. Now we are following in the footsteps of such jurisdictions as Nova Scotia, Louisiana, and Arkansas in ensuring that children riding in vehicles are not forced to breathe second-hand smoke.

Ensuring the

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health and well-being of our children is important to all of us. That is why our government also launched Ontario's Action Plan for Healthy Eating and Active Living. The \$10 million plan offers new strategies and builds on existing ones to support healthy eating and active living in Ontario.

We have introduced a Healthy School Recognition

Program that will recognize schools for their efforts to promote healthy eating and physical activity, to encourage them to keep up the good work and serve as a role model for others.

The Ontario government remains committed to ensuring our future generations grow up to be healthy adults, and with legislation banning smoking in vehicles with children, we are one step closer to achieving that goal.

To learn more about the Smoke-Free Ontario strategy, visit www.mhp.gov.on.ca.

LETTERS TO THE EDITOR

March 19, 2008,

CCAC.
Northern East
Community Access.
1760 Regent St.
Sudbury On. P3E 3Z8.
Attention: Mr. Richard
Joly

Dear Sir;
On behalf of the members of the Chapleau Senior Citizens Club, we wish to lend our support to the petition to have Dr. G. E. Young, now in his declining years, return to Chapleau to be among friends and former patients.

We recall with love and admiration, the excellent care he provided us and our families which extended to second generations.

He devoted fifty three years of his life to our community, made house calls at all hours of the day or

night, was never too busy to accept our calls and inquiries and was so supportive and sympathetic when we faced difficult times and situations.

Along with the entire community we wish to demonstrate our love and appreciation for his long and faithful years of dedicated service, by fulfilling his dream to come back home.

We hope that you will be kind enough to look beyond rules and regulations to accommodate his return to our extended care facility.

Respectfully yours,
Mrs. Velma Morin,
Acting President,

cc. Chapleau Express,
Services de Sante
Chapleau Health
Services, Mr. Brent St.
Denis, M.P. Mr. Mike
Brown, MPP.

LETTERS TO THE EDITOR

After ten days, the petitions to bring Dr. Young home have tallied up to a total of 929 and have been presented to Mayor E. Freeborn. Hoping that this will help Dr. Young and bring this to the attention of the

CCAC in Sudbury.

I would like to thank all the businesses who participated and of those who supported the cause by signing the petition.

Sincerely
Walter Edwards

OBITUARY

**Quinn, Mrs. Victoria
(nee Knudsen)**

Passed away at Chapleau Health Services on Sunday, March 23, 2008, at the age of 91 years. Victoria, beloved wife of the late Charlie Quinn. Loving mother of John (Carolyn), Mary (Frank), and the late Bob. Grandmother of Michelle, Bob Jr., Vanessa, David, Katie, Julia (Mat), and Alyson. Step-great grandmother of Cole, Madison, and Sydney. Dear sister of Eve Smith of Sault Ste. Marie, and Rolf Knudsen of Belleville, and the late Knut, Carl, Bill, and Eric. Victoria will also be sadly missed by her sister in law Jean Nyman of Blind River. A Memorial Service was held at Menard Funeral Home in Blind River on Saturday, March 29, 2008. For those who wish donations to the charity of one's choice would be appreciated by the family.

**For best results, send your
articles
and photos electronically to
chaexpress@sympatico.ca**



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

The Royal Canadian Legion
Service Bureau Officer
Mr. Peter Shields
238 Algonquin Ave.

North Bay, Ontario PIB 4V9
Will be visiting Branches in our area
during the week of April 21st, 2008

**Anyone wishing information
or assistance regarding**

- Veterans Affairs Canada Disability Pensions
 - Treatment for Entitled Veterans
 - Application for Benevolent Funds
 - War Veterans Allowances, including Widows
 - Appeals against unfavourable V.A.C. Decisions
- is requested to contact the Branch Service Officer or Secretary of the local Branch.**

Gilbert Roy For an appointment
Branch Service Officer Call 705- 864-0484 or 864-0260

THANK YOU

I wish to thank my family for the lovely Birthday Party they held for me. I would also like to thank the many friends who attended. Each one of you left me with so many special memories.

Alma

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864-1604
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Rev. Bruce Roberts

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Wednesday 7 - 8:15 p.m.
Pastor Dan Lee

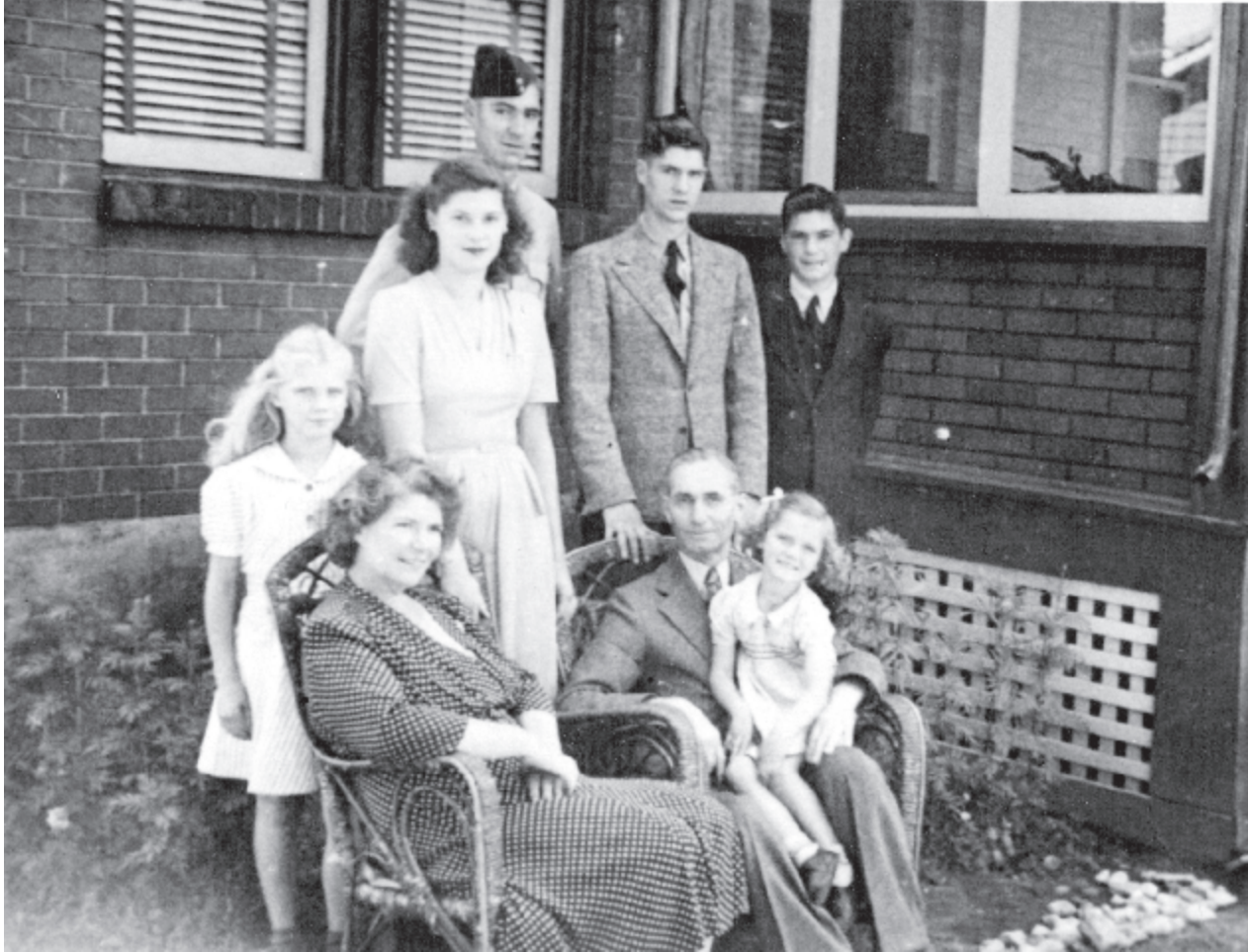
TRINITY UNITED CHURCH
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Anna Chikoski
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Wednesday of the month

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à 16h

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Our Chapleau Families

The D. O. Payette Family



Back row from L.to R: John, Billy and George Payette. Middle: Betty Anne (Morin) and Rita Payette (Swanson). Front: Mrs. Marie Payette, Mr.Ovide Payette and Margaret Rose (Fortin).

Submitted by Margaret Rose Fortin

Ovide Payette was born in Pembroke, Ontario, in 1882. After graduating from high school, he became a teacher for a brief time. I recall his telling stories about his experiences as he taught grades one to nine in a one-room school in Golden Lake, Ontario. Although he loved teaching, the salary was quite low, and certainly not sufficient to raise a family on, so

he looked elsewhere. That's when he came to Chapleau to work in the Men's wear for Smith & Chapple Ltd., Around 1930, he partnered with Arthur Grout to buy the store and became President until he retired in the late 1940's. While he and Mr. Grout were with the store, more and more departments were added until, in hindsight, it was probably one of the first 'Shopping Centres' in Ontario.

My Dad was a

very active member of the Chapleau community. In fact, it was his involvement with the local Catholic Church as Choir Director, that introduced him to my mother, Marie Cahill.

My mother was born in Bondfield, Ontario, but as her mother died when she was very young, she spent a good deal of her growing years in a convent school in Ottawa. It was there that she became a very proficient piano musician, obtaining

her music teaching certificate. While looking for work, she saw that the Chapleau Catholic Church was looking for an organist, and the rest, as they say, is history. They were married in 1923 and raised seven children. My father had a son, Romeo, from his first wife, Cecile Giguere, who had died some years earlier.

Music played a large part in our growing-up years. My mother and dad were involved with the

church choir most of their lives, and as each one of us became old enough to contribute, we were part of the choir. In addition, my dad was involved in the town band as a member and eventually leader for a number of years. My three brothers, John, Billy, and George were all involved in the band at one time or another. My sister Betty Anne played the trumpet, Rita played a little piano and had a lovely singing voice, and I played the piano. It always amazed me that none ever yelled at me: "Get off the piano!!!" as I enjoyed practicing and was always on it. But they never did!

As previously mentioned, my dad was very involved in the community. Through the years he was a volunteer fireman and chief, a member of the Knights of Columbus and Grand Knight Chairman of the High School Board, Rotarian, member of the Golf Club and Curling Club. After he retired from Smith and Chapple's, my Dad became a Justice of the Peace and assisted people making up legal papers. He even became manager of the rink for a while when it

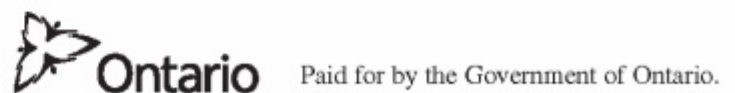
was situated on Lorne Street, When housing was scarce during the late 40's, my Dad had Payette Apartments built. Tending to the affairs of that building would be his main preoccupation after he retired.

What happened to all the children? John married Margaret Rock from Killarney, and settled there as he worked for the Dept. of Highways. George married Betsy Morse, and moved to Espanola where he worked for Eddie Forest Products in Nairn Centre. Billy married Juliette Morin and remained in Chapleau working for Smith & Chapple Hardware and Collins Home Hardware. Rita married Ed Swanson and worked as a secretary in various situations, finally working in the Chapleau Municipal office. Betty Anne married Johnny Morin, and worked only sporadically at her profession of Physical and Occupational Therapist. As for me, Margaret Rose, I married Bobby Fortin and settled in Chapleau to teach high school and raise three lovely girls.



The 2008 Ontario Budget

For detailed information about the new Budget please call 1-800-337-7222 or visit www.ontariobudget.ca



Canadians encouraged to make their stories about cancer their reasons to give

CNW/ - The Canadian Cancer Society encourages Ontarians to make their own cancer stories their reason to give this spring. Approximately two in five Canadians will develop cancer during their lifetimes, but today 60 per cent survive thanks to the work of leading-edge researchers and the ongoing support of

dedicated volunteers and generous donors. During Daffodil Month, the Society is looking for more people to join in the fight against cancer. "We've all been touched by cancer in some way - whether it's personally or through our family and friends," says Peter Goodhand, CEO, Canadian Cancer Society, Ontario

Division. "We all have a personal story about how cancer affects us. And this April, we want you to make your story your reason to give and share our vision in creating a world where no Canadian has to fear cancer." Macushla's story: Macushla Ginivan, a Society volunteer for 12 years, is a colorectal cancer survivor. She was

diagnosed 13 years ago after going to the doctor to check out some symptoms. Today, she's cancer-free and giving back by running a colon cancer support group in North York, Ontario. She advises people with cancer to "reach out" for support: "There are so many people in the community who want to help and can help." How Ontarians can

make a difference and fight back against cancer: - Buy daffodils during the Daffodil Days campaign. From March 27 to March 30, daffodils will be sold at locations across Ontario. - Support volunteers throughout April as they go door-to-door in neighbourhoods across Ontario asking people to give generously or visit www.cancer.ca to find out how to donate time to be a canvasser. - Sign up at www.cancer.ca/relay to participate in the Canadian Cancer Society Relay For Life that occurs in communities across Canada every June - the biggest cancer fundraising event in Canada. Money raised throughout April helps fight all types of cancer by funding leading-edge research, educating Canadians on cancer prevention, advocating for healthy

public policies and providing vital support programs for people living with cancer. The Canadian Cancer Society hopes to raise \$9 million dollars in Ontario this year from the sale of daffodils and the door-to-door canvass. Thanks to the generous support of donors and dedication of volunteers, the Society is making a difference in the cancer fight: - 60 per cent of people diagnosed with cancer today will survive the disease.

Last year, 2,741 one-to-one matches were made for survivors and caregivers with others who had been through a similar cancer experience - In 2007, cancer information specialists answered 30,000 inquiries through the toll-free Canadian Cancer Society Cancer Information Service telephone line.

Huron-Superior Catholic District School Board



Ms. Pino gets her class involved in animated story telling.



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John Stadnyk
Director of Education

www.hscdsb.on.ca

Marchy Bruni
Chairperson



NOTICE TO TAX PAYERS

The second instalment of the 2008 Interim Tax Billing is due March 31st, 2008.

A 1.25% penalty is imposed for late payment in addition to 1.25% per month per instalment on overdue accounts.

AVIS AUX PAYEURS DE TAXE

Le deuxième versement de la facturation intérim des impôts fonciers de 2008 est dû le 31 mars, 2008.

Une pénalité de 1.25% sera imposée aux paiements en retard en plus de 1.25% d'intérêt par mois au compte qui n'est pas payé à temps.

L. Jones
Treasurer/Tax Collector

NHC Northern Haul Contracting
www.northernhaul.com

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Mois de la nutrition 2008

Pleins feux sur la nutrition!



1. Vous voulez être à votre meilleur? Mangez mieux et bougez!

Pourquoi?

Des choix d'aliments éclairés et sains jouent un rôle important afin de réduire vos risques de maladies chroniques comme l'obésité, le diabète de type 2, les maladies du coeur, certains types de cancer et l'ostéoporose. L'activité physique à tous les jours est nécessaire pour être en santé et apporte plusieurs bienfaits tels que condition physique améliorée, meilleure estime de soi, sentiment de bien-être, détente et contrôle du stress. L'inactivité physique est aussi risquée pour la santé que l'usage du tabac!

• Utilisez Bien manger avec le Guide alimentaire canadien www.monguidealimentaire.ca comme carnet de route pour être en santé.

• Bougez! Ajoutez de 30 à 60 minutes ou plus d'activités physiques à vos journées de semaine. Vous n'avez pas besoin de faire 30 à 60 minutes d'activité en une seule fois, additionnez des périodes d'au moins 10 minutes tout au long de la journée. Si vous faites déjà des activités physiques légères (marcher d'un pas modéré, faire des exercices d'étirement), vous pouvez essayer des activités qui vous feront respirer un peu plus rapidement et augmenteront vos battements de coeur (marcher d'un bon pas, déneiger votre entrée,

nager). Pour plus d'information, consultez www.guide-ap.com.

2. Déjouez la balance! Encouragez les membres de votre famille à atteindre et à conserver leur poids santé.

Pourquoi?

Il ne faut pas se le cacher, trop de Canadiens ont un excès de poids ou sont obèses. En 2004, près du quart des adultes canadiens étaient obèses et un autre tiers avait un excès de poids. Au total, c'est plus de 14 millions d'adultes avec un excès de poids.

La situation est tout aussi préoccupante chez les jeunes, puisque 26 % des enfants et des adolescents canadiens âgés de 2 à 17 ans avaient un excès de poids ou étaient obèses.

Au fur et à mesure que l'indice de masse corporelle (IMC) et le tour de taille augmentent, les risques d'obésité, d'hypertension, de diabète et de maladies du coeur augmentent aussi.

Comment?

• Avez-vous un poids santé? Avec l'aide de votre médecin ou de votre diététiste, déterminez votre IMC et votre tour de taille.

Vous pouvez également calculer votre IMC et votre tour de taille www.hcsc.gc.ca/fn-an/nutrition/weights-poids/index_f.html

• Vous devez changer vos habitudes pour réussir à atteindre un poids santé? Faites un changement à la fois:

- Apprenez à connaître la grosseur d'une portion

- consultez le Guide alimentaire canadien au www.monguide-alimentaire.ca pour connaître la grosseur d'une « vraie » portion.

- Garnissez votre assiette de fruits et de légumes colorés, ainsi que de produits à grains entiers.

- Apportez une collation nutritive de la maison (yogourt, oeuf à la coque, une petite poignée d'amandes, un petit muffin fait de grains entiers, sans oublier des fruits et légumes frais!).

- Passez moins de temps devant la télé et l'ordinateur et incitez vos enfants à être plus actifs. Ils peuvent marcher, faire de la bicyclette, aider autour de la maison en déneigeant, jardiner, participer au nettoyage du printemps, transporter les sacs d'épicerie ou organiser une partie de soccer familiale! Le Guide d'activité physique canadien recommande aux enfants et aux adolescents de faire au moins 90 minutes par jour d'activités physiques modérées.

• Planifiez et suivez vos choix d'aliments et d'activités à l'aide de www.profilan.ca des Diététistes du Canada.

Une saine alimentation et un mode de vie actif vont de pair pour atteindre et conserver un poids santé.

3. Mettez sur la qualité! Faites de meilleurs choix alimentaires au quotidien.

Pourquoi?

Nous voulons tous en avoir pour notre argent. Alors pourquoi ne pas choisir les meilleurs aliments qui soient.

Chaque jour, votre corps a besoin de plus de 50 nutriments pour fonctionner de façon optimale et avoir de l'énergie.

Êtes-vous à la hauteur? La plupart des Canadiens ne consomment pas assez de légumes et de fruits, de lait et substituts et de produits céréaliers. Si c'est votre cas, c'est l'heure du changement.

Comment?

• Où que vous soyez, faites des choix santé.

• Lorsque vous êtes sur la route – apportez une collation santé – comme une orange juteuse, une petite poignée de noix non salées, un yogourt ou un petit sac à collation de céréales de grains entiers. Oubliez les croustilles, les bonbons, les boissons énergisantes, les grosses portions de boissons sucrées et les grands cafés.

• Changez les « hum » en « miam-miam » en mangeant des aliments plus variés provenant de chacun des quatre groupes alimentaires.

• Travaillez de concert avec votre école de quartier, votre centre de loisirs et votre lieu de travail pour faire en sorte que des aliments santé et savoureux soient offerts.

4. Optez pour de plus petites portions d'aliments et de boissons.

Pourquoi?

Plus une portion est grosse, plus les gens consomment de calories, ce qui peut entraîner un gain et un excès de poids.

La plupart des gens ne savent pas quelle quantité d'aliments représente une portion – vraiment! Au cours des années, la taille des portions a augmenté pour plusieurs aliments. La majorité d'entre nous n'a pas besoin d'énormes portions!

Comment?

• Écoutez votre corps. Ne mangez que si vous avez faim et arrêtez de manger juste avant d'être rassasié.

• Apprenez à reconnaître à quoi correspond la grosseur d'une portion d'aliments selon les recommandations du Guide alimentaire canadien – réduisez la taille de vos portions, mais ne coupez aucun des groupes alimentaires!

• Utilisez www.profilan.ca un outil des Diététistes du Canada, permettant d'évaluer vos choix d'aliments et la quantité d'aliments que vous consommez selon votre âge et votre sexe.

• Si vos portions sont disproportionnées, c'est le temps d'y remédier! Par exemple, une bouteille de jus de 591 ml (19 oz) contient 4,7 portions de légumes et fruits! Une portion de jus de fruits correspond à 125 ml (1/2 tasse). Une portion de produits céréaliers correspond à 1/2 bagel (45 g), pas à un gros bagel en entier.

Suite P.6

Faites un peu de marche tous les jours

Où?

- dans les endroits intérieurs
- sur des sentiers à l'extérieur
- sur la piste de l'école
- dans le voisinage

Faites un pas en avant! Composer 864-1610 pour la trousse de *Ça marche!* ou téléchargez un calendrier à l'adresse suivante : www.sdhu.com.

Visez Santé dès aujourd'hui!
Service de santé publique de Sudbury et du district
Sudbury & District Health Unit

Mois de la nutrition 2008

Suite de la P.5

5. Colorez votre menu grâce aux fruits et légumes!

Pourquoi?

Les légumes vert foncé et orangés comme le brocoli, les épinards, la courge d'hiver et les carottes, ainsi que les fruits comme les petits fruits, les oranges et le melon sont des sources importantes d'antioxydants offrant des bienfaits pour la santé. Une alimentation riche en légumes et en fruits peut aider à conserver un poids santé.

Comment?

• Savourez des légumes et des fruits entiers de préférence aux jus – leur texture croquante et leurs fibres sont plus satisfaisantes et vous font sentir rassasié.

• Essayez des fruits et des légumes colorés, de saison; faites cuire de la courge, taillez un cantaloup, achetez des poivrons ou savourez des petits fruits!

• Les fruits et légumes surgelés représentent une solution pratique et nutritive lorsque les fruits et légumes frais locaux ne sont pas de saison.

6. Soyez astucieux – Lisez les étiquettes des aliments!

Pourquoi?

Avec le règlement sur l'étiquetage nutritionnel en place, la plupart des produits alimentaires emballés ont un tableau de la valeur nutritive.

Les sondages

indiquent que 75 % des Canadiens utilisent les étiquettes des aliments pour y trouver l'information sur la valeur nutritive et les allégations relatives à la santé.

Comment?

• À l'épicerie, vérifiez le tableau de la valeur nutritive et la liste des ingrédients sur les étiquettes des aliments pour vous aider à faire de meilleurs choix.

• Notez la grosseur d'une portion apparaissant dans le tableau de la valeur nutritive. Elle peut être plus petite ou plus grande que la quantité que vous mangez.

Lorsque vous comparez des produits, assurez-vous de comparer les éléments nutritifs pour une même quantité d'aliments.

• Le % de la valeur quotidienne (% VQ) vous permet de voir d'un simple coup d'oeil si une quantité spécifique d'un aliment renferme beaucoup (% VQ élevé) ou peu (% VQ faible) d'un élément nutritif donné; par exemple, les céréales dont l'étiquette indique qu'elles contiennent 8 % VQ pour les fibres alimentaires représentent un meilleur choix que celles qui contiennent 2 % VQ.

• Pour en savoir plus sur la façon de lire les étiquettes, visitez une épicerie virtuelle au www.faitesprovisiondesainealimentation.ca

7. Profitez de l'heure du repas pour passer du temps en famille.

Pourquoi?

Manger ensemble signifie manger mieux! Les enfants et les adolescents qui mangent en famille consomment davantage de légumes, de fruits, de produits céréaliers à grains entiers, d'aliments riches en calcium et moins de matières grasses, de gras saturés et de boissons gazeuses.

Les aînés qui participent à des programmes de repas communs ont davantage de contacts sociaux et participent à un plus grand nombre d'activités de loisirs et sociales. Lorsque les enfants vous aident à choisir des aliments santé à l'épicerie et à la préparation des repas, ils acquièrent des connaissances qui préparent la voie à un futur en santé.

Comment?

• Prenez l'habitude de prendre chaque semaine trois repas en famille.

• Faites participer tout le monde! Assignez une tâche à chacun pour la préparation du repas – que ce soit trouver une recette, planifier le repas ou la liste d'épicerie, aider à faire l'épicerie, cuisiner ou nettoyer.

• Les repas en famille font collaborer les différentes générations, stimulent la fierté en la culture et les traditions alimen-

taires.

• Pour des idées de recettes et des solutions pour la préparation quotidienne des repas, consultez le plus récent livre de recettes des Diététistes du Canada, *Simplement délicieux*.

8. Faites de la saine alimentation une nouvelle habitude pour la vie!

Pourquoi?

Nous ne pouvons arrêter le temps, mais nous pouvons bien vieillir. Nos besoins nutritionnels changent avec l'âge. Les modes alimentaires surgissent et disparaissent, mais maintenir le cap en utilisant le Guide alimentaire canadien comme pierre angulaire d'une saine alimentation vous aidera à combler vos besoins toute votre vie.

Comment?

• Changez votre consommation d'aliments pour le mieux. Faites un changement à la fois:

- Expérimentez en ajoutant des noix, des graines et des légumineuses à vos salades afin d'augmenter votre apport en fibres.

- Fixez-vous l'objectif de servir du poisson deux fois par semaine pour consommer davantage de bons gras.

• Essayez un nouveau légume ou fruit comme collation pour augmenter votre consommation d'antioxydants.

Les options sont

illimitées. Faites-le à votre façon, lentement mais sûrement, jusqu'à ce que ça devienne une habitude.

9. Ajoutez www.dietetistes.ca/mangermieux à votre liste de sites Web favoris en tant que source crédible d'information en nutrition!

Pourquoi?

Chaque année, plus de deux millions de personnes visitent le site Web des Diététistes du Canada. Au www.dietetistes.ca/mangermieux vous trouverez des feuillets d'information et une foire aux questions (FAQ) sur plusieurs sujets touchant la nutrition, des recettes santé et des conseils, ainsi que des outils interactifs tels:

• L'analyseur de recettes – découvrez les nutriments que contiennent vos recettes préférées et apprenez comment rendre vos recettes plus santé.

• ProfilAN – obtenez une analyse personnalisée de vos choix quotidiens d'aliments et d'activités.

• Faites provision de saine alimentation apprenez-en davantage à propos de l'étiquetage nutritionnel en visitant une épicerie virtuelle.

• Menu au goût du jour – composez un menu

d'une journée pour le déjeuner, le dîner, le souper et les collations et comparez vos choix avec les portions recommandées par le Guide alimentaire canadien.

Comment?

• Pointez, cliquez et informez-vous au www.dietetistes.ca/mangermieux!

10. Vous avez une question sur les aliments ou la nutrition? Demandez à une diététiste professionnelle!

Assurez-vous d'obtenir vos renseignements sur la nutrition auprès d'une diététiste professionnelle. Les diététistes se fondent sur les données scientifiques les plus exactes, fiables et actuelles sur les aliments et la nutrition.

• Pour trouver une diététiste professionnelle consultez la section. Trouvez une diététiste au www.dietetistes.ca

• Demandez à votre médecin de vous diriger vers une diététiste professionnelle.

• Communiquez avec le service de santé publique de votre région ou avec votre CLSC.

• **Ici à Chapleau, appelez Robin Greer, Diététiste professionnelle au Services de Santé de Chapleau, 864-3079**

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Investment Advisor
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TUESDAY
April 8th, 2008

ANTHONY WILL BE PLEASED TO ADVISE YOU ON A WIDE VARIETY OF INVESTMENT SERVICES

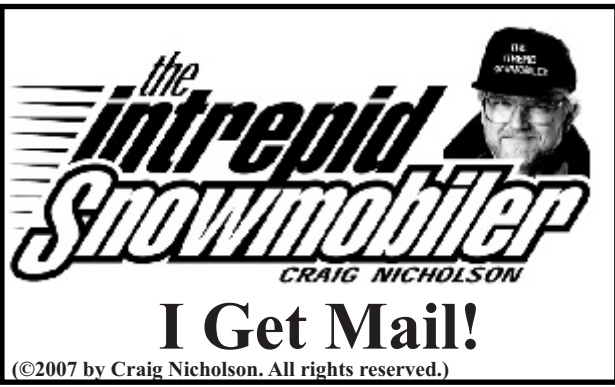
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the Intrepid Snowmobiler
CRAIG NICHOLSON
I Get Mail!
(©2007 by Craig Nicholson. All rights reserved.)

I write a lot of columns that elicit reader reaction. That's a good thing, because there's more than one side to many stories. Here are a few comments on last

season's column called Trail Anomalies. Among other topics, it spoke to overgrown trailsides, centre curbs left by groomers, and logging roads. I included each item because whenever riders get together, they cause heated debate. So now the volunteers get their say...

About logging roads, I asked: Why can't we get a strip of snow along the roadside to ride on? And: Why do they have to spread out gravel the size of baseballs? To the first one, Mike Landers, logging operations employee from Manitouwadge replied: "Logging roads are built to Industry standards to allow for two haul trucks to meet safely...we need to plow the road to meet these standards." And to the second: "The forestry industry does not have crusher or screening plants available like MTO does ...therefore uses pit run material." Thanks, Mike.

Regarding overgrown sides, Kevin Campbell of Sudbury wrote: "A club can brush the same section of trail every year and still have overgrown sides as you put it. Recently my club had a

bush party (trail brushing), we had 10 members out (we have about 350). We met at 7:30 am in -20 degree weather worked like dogs all day to brush the trail." I hear you, Kevin. Mike Abbott of Wawa said this about centre curbs: "I am an experienced heavy equipment operator with many hours as a volunteer groomer and even I sometimes leave a curb. Take into consideration the -35 degree temperatures and the blowing snow that cause the windows of the groomer to freeze up making visibility less than perfect. Add to that, snow drifting in on one side of the trail while leaving the other side bare. This condition lifts the drag on one side while forcing the other side down which then cuts a little deeper leaving a curb, this can also be caused by the natural side hills we have to contend with. In many cases it would take another pass with

the groomer to remove this curb; the problem is how far do you have to go to turn around and make this extra pass? Then after the repair turn around again. This process could take several hours, adding to grooming costs and to the 16 hour shift that is being done by a volunteer." Right on, Mike.

Then there's this from Richard Bleskie, a club vice president from the Sudbury area: "I have just completed reading your article and it made my blood boil. Here is a person (you) that makes a lot of his living off organized snow-mobiling...At the same time I wonder how often you don your work boots and mitts and hit the trails to do work such as brushing, signing, walking miles to stake out new trails, builds bridges, re-decks other bridges, stakes lakes, cuts deadfalls off of trails, patrols for free loaders, sells permits, -I could go on and on, but I would venture to say

that these are all volunteer jobs and you are too busy riding and enjoying someone else's labour." Sock it to me, Richard!!

I should note that my Trail Anomalies column never mentioned the word volunteer or pointed the finger at any person, club or region. It didn't even mention Ontario. But such is the passion that snowmobiling engenders, and I'm glad that we have something to care about so much. I just don't think that it needs to get personal... oh well. And by the way, I have done that volunteer work and often get criticized by snowmobilers who accuse me of making excuses for club volunteers! Talk about being between a rock and hard place...


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

MOMENTS FROM THE PAST




Betty Anne (Payette) Morin - Winter Carnival Queen of 1951 and "Bub" Zufelt

Chapleau Figure Skating Club
Presents
YEAR END ICE SHOW



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Take a step in the right direction. Call 864-1610 for a Walk This Way kit or download a calendar at www.sdhu.com.

Make it a **Healthy Day!**
Sudbury & District Health Unit
Service de santé publique de Sudbury et du district

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

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

We also carry road trip snacks, which includes Subs, Chips, Pop, plus a whole lot more.
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2008 Budget Highlights

Growing a Stronger Ontario

The McGuinty government believes that investing in people is the best way for the province to reach its full potential. The 2008 Budget makes major new investments in skills, infrastructure and innovation to encourage economic growth and job creation.

Why invest in skills?

So people can get well-paying, long-term jobs that match the changing needs of the economy.

\$1.5 billion, three-year Skills to Jobs Action Plan that will provide new skills for new careers, expand postsecondary student aid and programs, and build places to learn,

including: \$355 million over three years for a Second Career Strategy to help 20,000 unemployed workers get long-term training for new and better careers \$75 million over three years to increase the number of apprentices.

Why invest in infrastructure?

So people and goods move quickly and efficiently on highways, roads and bridges. So students have the newest facilities and the best technology to help them learn. So people have decent places to live. In 2007-08: \$497 million for public transit in the Greater Toronto Area and Hamilton \$400 million for municipal roads

and bridges in communities outside Toronto \$100 million to rehabilitate social housing units, including energy-efficiency improvements. Why invest in competitiveness?

So Ontario businesses can grow and compete nationally and globally, improving our quality of life.

\$750 million in proposed tax measures over four years to encourage business growth, particularly in the manufacturing and resource sectors. Proposing a 10-year Ontario income tax exemption for new corporations that commercialize intellectual property developed by

qualifying Canadian universities, colleges or research institutes.

Modernizing regulation to reduce the paper burden for Ontario businesses. **Why invest in innovation?**

So people can turn their ideas into new products and services.

\$250 million over the next five years to the Ontario Research Fund to invest in research infrastructure at Ontario institutions \$42.5 million in strategic investments to boost innovation in Ontario's economy.

Why invest in business and industry sectors?

So people can get well-paying, long-term jobs.

The five-year, \$1.15 billion Next Generation of Jobs Fund will help secure new investment and jobs. The government's initiatives will help key sectors such as financial services, the entertainment and creative cluster, tourism, manufacturing, mining, forestry and agriculture stay competitive in a rapidly changing global marketplace.

Why invest in education?

So kids can learn and reach their full potential.

\$18.8 billion towards grants for school boards in 2008-09, a 20 per cent increase since 2003-04 \$9,821 in 2008-09 in average per-student funding, a 24 per cent increase since 2003-04. More funding for literacy programs and for children with special education needs.

Why invest in health?

So people stay well and get the best care if they are sick.

\$40.4 billion in health care investments in 2008-09 to improve access, shorten wait times, promote wellness and prevent illness.

Why invest in children and families?

So children have the best start in life, low-income Ontarians can get jobs and support their families, and seniors can live in dignity.

\$135 million over three years to provide dental services to low-income families \$32 million over three years for the Student Nutrition Program, doubling its

annual funding \$1 billion over five years for a proposed new property tax grant of up to \$500 a year for senior homeowners with low and moderate incomes.

Why invest in postsecondary education?

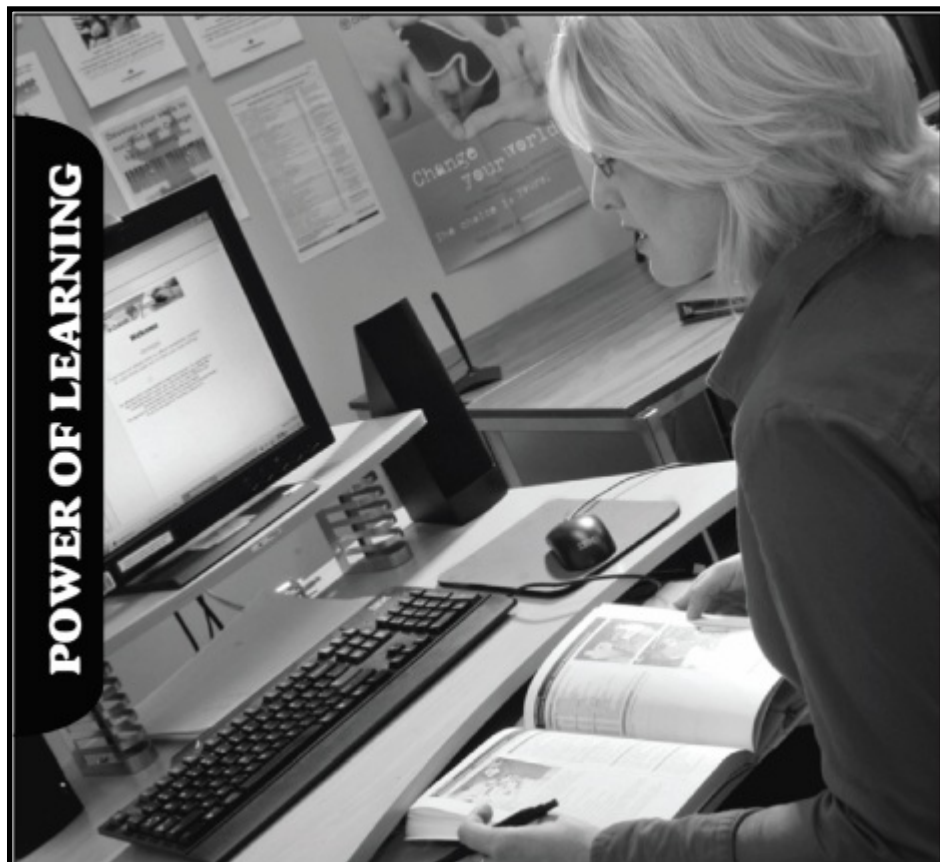
So Ontario has the best-educated and highly skilled workforce.

\$970 million to build and repair facilities to keep our postsecondary institutions cutting edge \$465 million over three years to improve postsecondary student aid and introduce other programs to increase participation in post-secondary education.

Why invest in the environment?

So we have clean air, water and land, and address climate change.

\$41 million over four years to support the development of toxics legislation and a toxics reduction strategy. Proposing to extend the Retail Sales Tax exemption on qualifying ENERGY STAR® household appliances and light bulbs to the end of August 2009.



Your link to learning!

Contact North — your link to college and university programs and courses in Chapleau. With our communications technologies, you can attend classes and be connected to your instructor and fellow students wherever they may be in Northern Ontario. Our spring/summer course guide, Access, is now available. Inside, you will find a list of the full-time programs offered this fall. **Register now!**

Rachel Charron
12 Birch Street East
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Apply in person with resume to:

Chapleau Village Shops

Long Term Care Placement Questions

How do I qualify for Long-Term Care?

In order to qualify to move to a long-term care home, a person must:

- Be 18 years of age or older.
- Possess a valid Ontario Health Card.
- Have health care needs that cannot be met with any combination of care-giving or community-based services in the home.
- Have health care needs that can be met in a long-term care home.

Bignucolo Residence is a provincially regulated long-term care home and applications for admission into this home can only be made through the Community Care Access Centre (CCAC). A Case Manager from CCAC will come to your home or the hospital to assess your health-care needs and determine if you are eligible for a long-term care home.

How many long term care facilities do I have to apply to?

If you are able to remain in your home until a bed becomes available in the long-term care facility you are applying to, you are only required to apply to one long term care facility but can apply to a maximum of three homes. If you are an Alternative Level of Care (ALC) patient of Chapleau General Hospital you are required to apply to three long term care homes. You will need to indicate your first choice in a facility and then name at least two other alternatives. ALC means that you no longer require "acute" hospital care; however you are not able to return to your home due to lack of support in the home for

ongoing care requirements.

For Example:

An elderly patient has suffered a stroke, following emergency treatment; they are admitted to hospital for their recovery. Once they have reached maximum recovery, they are assessed and it is determined that they will no longer be able to care for themselves independently and there is insufficient community services and/or family support for them to stay in their home. They have completed the "acute" phase of their hospital care once they reached maximum recovery, however they cannot be discharged into the community. At that point they are considered an ALC patient and are required to complete the long term care application process for at least 3 facilities.

Acute care beds must be available for patients requiring acute medical care. Hospitals are granted acute beds based on their population base. In Chapleau there are only 13 beds that must service the acute care needs of the entire community. The majority of these beds are in semi-private rooms (e.g. two beds in a room); therefore bed flexibility is further limited by male/female occupancy.

Additionally, current infection control regulations require many acute care patients to be isolated due to specific symptoms/illness or following return from another hospital where they have been treated or had surgery. If acute care beds are occupied by ALC patients, those coming to the hospital for acute medical treatment will need to

be transferred for that care to hospitals outside the community.

The priority for a patient requiring long term care services is to get them in a safe and appropriate care environment, hence the requirement to apply to 3 facilities. This ensures that the client will be placed more quickly in a long term care facility and the acute care beds will be accessible to patients requiring acute care.

If I get accepted to my other choices first, can I remain on the list for my first choice still?

If you get accepted to another facility first, you are able to remain on the waiting list for your first choice facility. If you decide later you no longer want to return to your first choice facility you can remove your name from the waiting list.

Who is responsible for the waiting list?

CCAC maintains the waiting list for all provincially funded long term care beds. This ensures a centralized waiting list. All applicants are treated equally. If you required more information about how the waiting list is managed, you can contact CCAC with any questions Toll free at 1.800.461.2919

Are there different types of beds?

Yes, there are 3 types of beds Basic (ward), Semi-Private and Private. At the time of application you must indicate your preference. You can change your preference at a later date should your financial circumstances change. When a bed becomes available the hospital notifies CCAC about the specific type of bed that comes available.

The bed will be offered to the first person on the waiting list who has indicated the specific type of accommodation that is available at the time. For example, if a private bed becomes available it will be offered to the first person on that list who has indicated they are applying for a private bed. If the room is a basic (ward) room we would tell them it is a basic room and it is either male or female depending on who is in the other occupied bed in the room.

Costs

The Ministry of Health and Long-Term Care pays for the care you receive. However, you are responsible for accommodation costs, as shown below. The accommodation rates are adjusted periodically by the Ministry and are standard throughout Ontario.

Long stay Accommodation type Daily basic rate is \$50.76, daily semi private is \$58.76, daily private \$68.76. Monthly rate for basic accommodation is \$1593.45, \$1787.29 for semi private and \$2091.45 for private. (Rates effective July 1, 2007 subject to change)

How long is the waiting list in Chapleau?

The number of people on the waiting list for Bignucolo Residence, the long term care facility at Chapleau General Hospital, usually fluctuates between 18 to 24 clients. Clients on the waiting list include those waiting for placement at home, in ALC beds and in other long-term care facilities.

While there is a shortage of long term care beds in all of

Ontario, this shortage is strongly felt in Northern Ontario due to the lack of alternatives (e.g. supportive housing, day programs, retirement homes, etc.).

The provincial government is currently trying to strengthen community support alternatives so that the elderly may remain in home longer, they refer to it as the "Aging at Home Strategy".

Chapleau Health Services is currently investigating different opportunities for Chapleau under this initiative.

If you have any additional questions please do not hesitate to contact Chapleau Health Services at chapleauhr@sschs.ca.

We would be pleased to assist or put you in contact with the appropriate agency.



We are currently seeking qualified candidates for the following positions:

TEMPORARY PART-TIME DIETARY AIDE

Services de santé de Chapleau Health Services is currently seeking a temporary part-time Dietary Aide.

Qualifications:

- A minimum of Grade 12 education.
- Working knowledge and experience in institutional food service procedures.
- Food Services Worker Certificate is required.
- Food Handlers Training Program presented by the Sudbury & District Health Unit required.
- Ability to communicate effectively orally and in writing in the English language.
- Ability to communicate orally in French will be considered an asset.

TEMPORARY PART-TIME HOUSEKEEPING/LAUNDRY AIDE

Services de santé de Chapleau Health Services is currently seeking a temporary part-time Housekeeping/Laundry Aide.

Qualifications:

- Minimum Grade 12 education.
- Ability to communicate orally and in writing in the English language.
- Ability to communicate orally in French will be considered an asset.
- Experience in commercial laundry and housekeeping services, particularly in a health care environment and formal certification will be considered an asset.

Interested applicants may submit résumés by April 4th, 2008 to

Human Resources
Services de santé de Chapleau Health Services
6 Broomhead Road, P.O. Box 757
Chapleau, Ontario
P0M 1K0

Tel: (705) 864-3054
Email: 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.

For more information on our organization
www.sschs.ca

Rest insured: protect the business you built

In business, having the right insurance policy can mean the difference between success and failure, solvency and bankruptcy. But knowing what kind of insurance you need, when you need it, and how to get the most value for your money is complicated.

"The kind and amount of insurance you need is specific to each business," explains Sloan Levett, C A, CFP, who specializes in wealth management at Fuller Landau LLP. "CAs see a lot of different scenarios; they're experts at identifying risks and minimizing loss by recommending the appropriate kind and amount of insurance coverage."

The first principle is always to hold on to what you have. "Start by ensuring the continuation and

protection of the business itself," says Herb Huck, CA, director, professional advisory services with RBC Insurance. "Businesses need general liability and property insurance to protect against fire, theft, and business-related liability claims."

"Next come life and health," says David D'Cruz, CA, with Fuller Landau. "Small businesses with more than one owner must have plans in the event that one of the principals dies. With a properly structured shareholder agreement, insurance can provide the funds for the remaining partners to buy out a deceased partner's interest in the business." The correct type and quantity of insurance provides equitably for everyone - the family of the deceased partner is compensated for his or

her share, and the other owners are able to continue operating the business.

"Smaller businesses are especially vulnerable to loss of expertise," says Simon Gilmartin, vice president, Insurance Business Markets for RBC Insurance. "Key-person insurance can give business owners the funds they need to deal with losses resulting from the absence of key people and to replace them should they be unable to return due to illness, death or disability as defined in the policy."

But insurance can do more than protect you against mishaps or tragedies.

"If you're looking to grow your business, insurance may be a requirement to secure debt obligations for bank financing," adds Levett at Fuller Landau. "As

CAs, we look at trends. A growing business must have enough insurance to cover its increasing value. We regularly check to see if a company's insurance coverage is adequate or if it needs to be adjusted."

"Insurance can help protect your business by providing coverage to meet your

financial obligations if certain losses or events occur, including the loss of a key member, disability of an owner, travel medical emergencies, theft or damage," says Gilmartin from RBC Insurance. "A well-designed group benefits plan can also offer significant advantages to the

business owner, such as helping to attract and retain key employees."

Don't leave insurance to chance. A detailed discussion with your Chartered Accountant can help you find the best solutions for protecting both you and your business.

McGuinty Government Banks On The Education And Skills Of Ontarians

CNW-The Ontario government will invest in skills training for Ontario workers, including a new, longer-term skills training program for up to 20,000 people.

Premier McGuinty says these new budget initiatives will help move the Ontario economy forward by improving workers'

skills and education. Tuesday's budget is part of the government's five-point plan to grow the economy and includes: - Investing \$1.5 billion for skills training through the Skills to Jobs Action Plan - Infrastructure improvements in every municipality in Ontario that will create 10,000 jobs during construction -

Lower costs for businesses by eliminating the capital tax for manufacturers - Partnerships with forward-looking businesses to create jobs through the Next Generation of Jobs Fund - Support for research and development to turn homegrown ideas into Ontario jobs.

**April Happenings
at
Chapleau High School**

Character Attribute: Responsibility

Tuesday, April 8	NSSSAA Badminton Semi-Finals in Wawa
Tuesday, April 15	Euclid Math Contest - Per. 1 & 2
Wednesday, April 16	NSSSAA Badminton Finals in Chapleau Fryer, Galois and Hypatia Math Contest - Per. 1 Report Cards will be distributed
Friday, April 18	Dinner Theatre at 6:00 p.m. - "The Trouble with Summer People" Tickets will be available for purchase at the Chapleau High School main office.
Saturday, April 19	Play at 7:00 p.m. - "The Trouble with Summer People" Entry Fee: \$5.00 for Seniors and Students \$7.00 for Adults
Monday, April 21	OPP vs CHS Students 7:00 - 9:00 p.m. (Floor Hockey) → Silver Collection (Proceeds to Autism) Autism Day
Friday, April 25 Friday and Saturday, April 25 and April 26	CHS will be participating in the Rotary Trade Show. You are welcome to visit our booth.
Activities to come	
Thursday, May 1 Friday, May 2	Algoma Contest 8:45 to 10:15 a.m. Professional Activity Day - No school for students

**Common Sense
Health Alternatives**

**Calling on all former patients of
Dr. G.E. Young.**

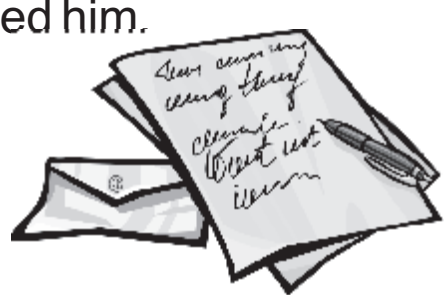
If you think he should be back in Chapleau, drop him a line in a card or letter and mail it to:

Dr. George Young
P.O. Box 817
Room 122 Extend-a-care
Schumacher, Ontario
P0N 1G0

He is very lonely and would love to think that the patients he cared so much for have not abandoned him.

Yours sincerely

Fred Wong



THE LOCAL MARKET PLACE

CHADWIC HOME, FAMILY RESOURCE CENTRE

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

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

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

Société Alzheimer Society meetings will be held at the Chapleau Hospital every 1st Monday of each month starting from 7:00 p.m. to 9:00 p.m.

Narcotics Anonymous offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:00 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

APARTMENTS FOR RENT

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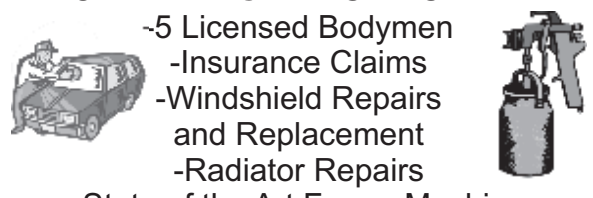
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