

**Talk about
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Miss Muggins
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Fresh Donuts



CHAPLEAU EXPRESS

Vol. 16, Issue 26, March 10, 2012

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



Look Who's at it Again!

Last year was quite an exciting one for local girl, Emma Hamill. She competed in the Miss North Ontario Regional Canada Pageant, where with the help of our community, was crowned first runner up, and then went on to Miss Teen Canada- World, where she was again quite successful. The experience was truly a life changing one, and now thanks to the great support from the community of Chapleau, Emma wants to make changes in others lives by competing again in Miss North Ontario Regional Canada 2012.

Miss North Ontario is a pageant, which focuses on inner

beauty, community involvement, charity, and academics. They hope that their delegates are well rounded, compassionate young ladies to represent Northern Ontario at the national and possibly international level.

Miss North Ontario will be taking place May 10th- 12th. On her journey to this exciting weekend, Emma will be raising funds for Northern Ontario Families of Children with Cancer, as well as preparing her platform on anti-bullying, and obtaining sponsorship.

Northern Ontario Families of Children with Cancer is a registered charitable organization based in Sudbury, Ontario and committed to helping families across our Northern Ontario who have a child diagnosed with cancer. Through support groups, bursa-

ries and a variety of other support programs, we provide assistance to families and cancer survivors. Our mission is to provide hope, support, advocacy and education to families.

Northern Ontario Families of Children with cancer has helped and supported hundreds of families in our region, including the Richard family who were residents of Chapleau from 2006-2009. Without their help, it would have been quite difficult for Abby Richard to get the care she needed. Emma will be holding a fundraiser in April. Emma is organizing events from Ottawa, where she is attending the University of Ottawa studying English, and could use all the support she can get. Donations are being taken at the Chapleau Best Start Hub. Emma's goal is to raise more than her total last year of

\$3000. In total the Miss North Ontario delegates were able to raise \$35,000 for the NOFCC.

As a victim of bullying for most of her elementary and high school career, Emma has chosen to promote anti-bullying through her campaign. Hundred of kids commit bullycide every year. It is extremely sad that "bullycide" is even considered a word in the English dictionary. Bullying is not something to be swept under the rug, or looked at as a part of growing up. It is something that can be prevented! If Emma were to be crowned Miss North Ontario, she hope to get the chance to take advantage of her title, and help kids across Northern Ontario, by sharing her story, and giving support.

During the month of April, everyone will have the chance to vote for Emma for the

People's choice award. Last year everyone's votes got Emma the position of runner up in this portion of the contest. For more information visit www.missnorthontario.com.

Emma would like this chance to thank all of her sponsors from last year including, Collins' Home Hardware, Bignuccolo Incorporated, NESER Investments, Canada Brokerlink Insurance, Aux Trois Moulins /Riverside Motel and Restaurant, Full of Fitness, True North Timber, Bruneau's Tax Prep and E-File, Chapleau Real Estate, Sylvestre Transport, NAPA Auto Parts, Alain Turcotte Construction, and Danielle's Hair Dressing Salon. She would also like to thank Ethel Orton, Charlie Byce, Ron Martel, the staff at Chapleau High School, and everyone



else in the community who contributed!

If you are interested in becoming a sponsor, donating, or just looking for more information, feel free to contact Emma at any of the following: emma.a.hamill@gmail.com, 613-850-3662. Face book: Emma Hamill for Miss North Ontario 2012

**111
DAYS
UNTIL
THE
CHAPLEAU
HIGH
SCHOOL
REUNION**

**Long Term
Forecast**

Friday	
High -10	
Low -11	
Saturday	
High 6	
Low -11	
Sunday	
High 7	
Low -2	
Monday	
High 6	
Low -2	
Tuesday	
High 6	
Low -3	
Wednesday	
High 4	
Low -7	

Hockey player with Chapleau roots burning up the league



The Northern Ontario Junior Hockey League announced Wednesday that Jordan Carroll of the Sudbury Cubs has been

named the 2011-12 recipient of the Carlo Cattarello Trophy, which is presented annually to the NOJHL's Most Valuable Player.

Heading into his club's final regular season game this evening vs. North Bay, the 20-year-old Sudbury product has been an offensive force during the entire 2011-12 campaign. Not only will he finish as the league's leading scorer he is also among the elite in the entire 133-team Canadian Junior Hockey League. After 49 games, while still having one game to play, Carroll leads all of the CJHL in goals scored with 69 and sits second overall in total points with 135, which includes 66

assists. The five-foot-nine, 180-pound Cub's forward has also been a model of consistency having only been held off the score sheet once all season. Carroll is currently riding an impressive 40-game point streak and has already shattered Sudbury team single season records for goals, assists and points. He also leads the league in shorthanded markers (9), shares top spot in power play efforts (18) and is tied for second in game-winners (7).

His offensive

output is the most the NOJHL has seen in 20 years when John Stos racked up 173 points for the Rayside Balfour Canadians in 1991-92 on 67 tallies and 106 helpers. That campaign two decades ago also marked the most goals any skater in the NOJHL has scored since Carroll has this season when Mike Dore lit the lamp 77 times in 44 games for Rayside Balfour.

Jordan is the grandson of Larry and Claudette Carroll of Chapleau.

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Leisure committee open meeting



Charter members of Missanabie Lodge, Independent Order of Oddfellows at Chapleau. Taken at the presentation of the charter on May 16, 1888. They are as follows. Back row left to right: W.Yuel, J.B. Dexter, H. Curran, Abe Austin. Front row left to right: J. McNeice Austin, C. Kyle, N. Atkinson. (Photo from the Vince Crichton collection)

The Chapleau Leisure Committee invites all citizens to an open meeting on Tuesday, March 13th at 7:00 p.m. in Council Chambers.

The purpose of the open meeting is to revitalize the municipal museum. We need new ideas to remake our historical home into a

vibrant part of our heritage. We want to record our cultural and ethnic past by opening the doors to all who have contributed to this community. We need ideas to express the community's past in modern ways such as videos, computers and CDs. We need ideas to integrate our past with our fine artists and arts

and crafts. So, if you are a local history buff, genealogist, general history nut, fine artist, arts and crafts folk, computer geek, raconteur, photographer, young, old, come out and

tell us your ideas. A museum is a special place which tells who we are and who our ancestors were. It is a place to be proud of. Come out and make Chapleau proud.

CHAPLEAU MINOR HOCKEY ASSOCIATION
Annual Meeting
Tuesday April 17, 2012 at 7:30 pm
Curling Rink Lounge

Amendments to the Constitution stating the section to be changed and the amended version, must be submitted by April 3 to CMHA, P.O. Box 1021.

Anyone interested in a Head Coach position must submit a letter of qualifications with 5 signatures of parents or current executive at the meeting.

Election of Executive positions – President, 1st & 2nd Vice Presidents, Treasurer, Secretary, Equipment Convenor & Public Relations Director are open for election. Nominations accepted at the meeting.

Minor Hockey needs your support.
Please plan to attend!

HOCKEY
THIS WEEKEND

The Chapleau Chicks Midget team will be playing a 3 game series against the Marathon Ice Rats Saturday Mar 10th and 11th. Game times are;
Saturday 2:00 pm
Saturday 8:00 pm
Sunday 11:00 am
Come out and cheer your Chicks on to victory.

**Anthony Pucci, Hons. B. Comm.,
FMA Vice President**



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March 20th, 2012

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GOING TO CHURCH

Catholic Church
SACRED-HEART OF JESUS PARISH
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26 Lorne Street North
OFFICE- 21 Lansdowne St.N.
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New Schedule Effective Nov. 7/09
Nouvel horaire à compter du 7 nov/09
Sat/sam 7 p.m. (E or F)
Sun/dim 9:30 a.m. (F or E)
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Wed/Mer (Hosp) 11:30 a.m.
Fr. Sébastien Groleau
ST. JEAN DE BRÉBEUF (Sultan)

Liturgy of the Word
Liturgie de la parole
Mass 3rd Sunday
Messe 3e dim 12:00 Noon (B)
Permanent Deacon
Diacon Permanent
Ted Castilloux
Diocese of Moosonee Anglican Church of Canada

ST. JOHN'S CHURCH
4 Pine Street West
705-235-5556
Sunday Service
10:30 a.m.
The Rev. Iris Montague
ST. MARY'S ANGLICAN CATHOLIC CHURCH

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

CHAPLEAU PENTECOSTAL CHURCH

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

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

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PAROISSE NOTRE-DAME-DES-SEPT-DOULEURS (Foleyet)

Liturgy of the Word
Liturgie de la Parole
Mass 2nd-4th Sunday/
Messe 2e-4e dim 12:00 Noon (B)
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BIRTHDAY
March 10
To a wonderful Dad and Grandfather



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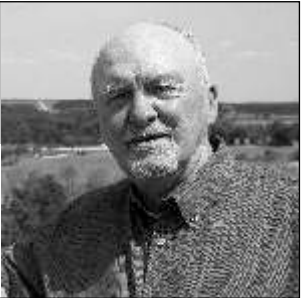
Venez nous voir au
12 rue Birch E.,
Chapleau
705-864-0430
Tous sont bienvenue

20130330

Chapleau 'rode the wave of community spirit' to win 2011 Ultimate Fishing Town Contest, according to sponsor World Fishing Network

Chapleau Moments

by Michael J. Morris



When it comes to fishing, "basically, what you want, you can get, because Chapleau's got it all", fishing for trout, Chapleau's more like a jack-of-all trades. "It has every-thing you could want.



The Ultimate Fishing Town cake

the World Fishing Network (WFN) says in a news release as it launches its 2012 Ultimate Fishing Town Contest which Chapleau won in 2011.

Anglers can target northern pike, walleye, yellow perch, splake, smallmouth bass, whitefish, lake trout, brook trout and more.

bass in deep cover. Basically, what you want, you can get, because Chapleau's got it all." The news release points out that Chapleau's 157,480 votes were only 10,000 more than fellow Ontario town Port Colborne but it "rode the wave of community spirit to get \$25000 prize.

"The 'friends telling friends' approach proved to be the deciding factor in Chapleau's win, especially through social tools like Facebook and email. As word got out, support just kept growing, and pride in the town eventually took over and was seen in all facets of the community, whether business or personal. Like Roscoe, the local media got involved and even ads were placed in newspapers, radio, and television to help promote the

making it a prime eco-tourism destination for nature lovers and wildlife travellers. "Within this wilderness paradise are hundreds of lakes and rivers filled with a huge variety of different species."

WFN said: "Just winning the Ultimate Fishing Town contest has already done a lot for Chapleau. With that exposure, the town was put on the map right away as a great fishing destination. When taking into account the prize winnings, tourism continues to be the focal point as new signage and promoting pamphlets were planned to help promote the town's fishing opportunities even more. In addition, educational programs and fishing derbies for youth were in the works to help bring excitement to the sport for future generations."

As of now, the Chapleau Fishing Advisory Committee, who were instrumental in getting the word out about the contest, are accepting proposals for funding. the news release said.

Aside from the exposure and the donation, this contest helped renew pride in the community. Even a year later, evidence of the accomplishment is still visible. At an annual pike fishing derby in early February, crowds in attendance cheered when free Ultimate Fishing Town Canada shirts were being handed out. Coordinator Bill



Bill Groves, fishing derby co-ordinator checks out a catch

Groves actually threw them into the crowd and there was a

Thanks to Bill Groves for the fishing photos not necessarily



Griffin Mulligan fishing on the Chapleau River circa 1912!

Comparing Chapleau to Roscoe, its winning counterpart in the United States, WFN says that while the American city's "charm lies in fly

"Fishing is great any time of year, from catching panfish with the kids and ice fishing for walleye to fly fishing for trout and taking out a kayak for

contest." It also noted that Chapleau is the gateway to the Chapleau Crown Game Preserve, over 2,700 square miles,



Welcome to the ice fishing derby

stampede to get one. Congratulations to all who were responsible for the success of the pike fishing derby. From all reports received out here in British Columbia, its was a resounding success, and an excellent way to get everyone warmed up for the Chapleau High School Reunion Festival.

from the recent ice fishing derby. And, I could not resist including one of my great uncle Griffin Mulligan fishing on the Chapleau River about 100 years ago. Griifn was the brother of my grandmother Lil (Mulligan) Morris. I have no idea how many fish he caught that day. My email is mj.morris@live.ca



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Shooting begins for “On the Road to Tophet”

It’s finally here! Principal photography on “The Road to Tophet” begins this Monday, March 12, 2012, and for the next 21 days, Chapleau will be transformed into Hollywood Way North! Locations include downtown Chapleau, Mulligan Bay, Serviss Lake, Fox Lake and Martel and Planer Road. We have cast a number of small roles locally, and are excited to have so many members of the community involved.

And you haven’t missed out. If you’ve always dreamed of being in the movies, now’s your chance! We are still looking for extras, particularly for Thursday March 22. We also need snow machine

drivers, sleds and trailers, as well as key crew positions. These and many other opportunities await so call 705-864-1665 or email theroadtothopet@gmail.com for your chance to get involved!

We continue to be amazed at the overwhelming show of support from the community. We would like to thank Mayor Andre Byham, Councillor/Deputy Mayor Lisi Crichton-Bernier, Councillor Larry Lacroix, Councillor Doug Greig, and Councillor Rose Bertrand, for the Council’s unanimous pledge of support to the movie. We are absolutely thrilled to

have the community behind us.

We would also like to recognize Lucy, Lynn and Richard Bignucolo of Bignucolo Inc., the newest sponsors of “The Road to Tophet”. Their generous contribution and enthusiastic support are most sincerely appreciated.

Keep checking The Chapleau Express for full details on The Road to Tophet! Coming this March 23, Juno award-winning singer Laura Hubert performs at a special benefit gala. The music is sure to be



Welcome to the newest sponsors of The Road to Tophet: Bignucolo, Inc. From left: Director Steve Schmidt, Lucy Bignucolo, Lynne Bignucolo, Richard Bignucolo, Producers Alex Green and Kyle Corston.

superb, and all the stars will be out, so don’t miss this red carpet event, right here in Chapleau! Lights, camera, action...see you in Hollywood, Chapleau!



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INSPECTION

Approved Forest Management Plan Inspection Gordon Cosens 2010–2020 Forest Management Plan

The Ontario Ministry of Natural Resources (MNR), Tembec and the Kapuskasing Local Citizens Committee (LCC) would like to advise you that the 2010–2020 Forest Management Plan (FMP) for the Gordon Cosens Forest has been approved by the MNR Regional Director and is available for inspection.

The Planning Process

The FMP takes approximately two years to complete. During this time, five formal opportunities for public and Aboriginal involvement are provided. The fourth opportunity (Stage 4) for this FMP occurred on September 12, 2011 when the public was invited to review and comment on the Draft FMP. This ‘Stage 5’ notice is to advise you that the MNR-approved FMP will be available for inspection for 30 days.

FMP Inspection — Final Opportunity

During the 30-day inspection period, you may make a written request to the Director, Environmental Assessment Approvals Branch, Ministry of the Environment for an individual environmental assessment of specific forest management activities in the FMP. A response to a request will normally be provided by the Director, Environmental Assessment and Approvals Branch, Ministry of the Environment after the completion of the 30-day inspection period.

The MNR-approved FMP and summary are available for inspection during normal office hours for 30 days from **March 9, 2012 to April 8, 2012** at the following locations:

- Tembec office in Kapuskasing (detailed information below)
- MNR public website at ontario.ca/forestplans. The Ontario Government Information Centre at 774 Bay Street, Toronto and at the following ServiceOntario counters that provide Internet access: 5520 Highway 101 East, South Porcupine/143 Fourth Avenue, Cochrane/190 Cherry Street, Chapleau.

Interested and affected persons and organizations can arrange an appointment with MNR staff at the appropriate MNR District or Area Office to discuss the FMP.

For further information, please contact:

Joshua Breau, RPF
Ministry of Natural Resources
122 Government Road
Kapuskasing, ON P5N 2X8
tel: 705-337-9314
e-mail: joshua.breau@ontario.ca


Peter Terris, RPF
Tembec
1 Government Road
Kapuskasing, ON P5N 2Y2
tel: 705-337-9776
e-mail: peter.terris@tembec.com

Gilbert Peters
Kapuskasing Local Citizens Committee
RR #1, 237 Peninsula Road
Moonbeam, ON P0L 1V0
tel: 705-367-2114
e-mail: gilpete29@hotmail.com


The approved FMP will be available for the 10-year period of the FMP at the same locations listed above.

The Ministry of Natural Resources is collecting your personal information under the authority of the Crown Forest Sustainability Act. Any personal information you provide (address, name, telephone, etc.) will be protected in accordance with the Freedom of Information and Protection of Privacy Act. Your personal information may be used by the Ministry of Natural Resources to send you further information related to this forest management planning exercise. If you have questions about the use of your personal information, please contact Roger Carriere at 705-372-2217 or toll-free at 1-800-667-1940.

Renseignements en français : Joshua Breau 705-337-9314 ou sans frais au 1-800-667-1940.



Map showing the location of the Gordon Cosens Forest, highlighting the Hearst District, Kapuskasing, and surrounding areas. The map includes a legend for Small Cities, Cities, Large Cities, Major HWY, and the Gordon Cosens Forest. Key locations marked include Hearst, Kapuskasing, Cochrane, Timmins, Porcupine, Wawa District, Chapleau District, and Timmins District.



**REPORT
FROM
Queen's Park
BY
Mike Mantha**

Provincial Member of Parliament
for Algoma-Manitoulin



In the north, many of us come from generations of Miners. We all have family, friends and loved ones working in the industry. However nothing is more tragic than losing a loved one in a mining accident, especially if those accidents could possibly have been prevented.

On Wednesday, the United Steelworker local 6500 released the results of their investigations into the deaths

of miners Jason Chenier, 35, and Jordan Fram, 26. Chenier and Fram died on the evening of June 8, 2011 when an uncontrolled torrent of wet ore material burst out of the number 7 ore pass at Vale Inco's Stobie mine and buried them.

At a press conference at Queen's Park, United Steelworkers told the media that their local 6500 members had been complaining for weeks about problems in the

Mining Safety

number 7 ore pass. However, management neglected to address their concerns, and requests went unanswered.

Their 207-page report revealed that senior managers knew about the severity of the situation. They had been told on numerous occasions that the water accumulating in the area could be very hazardous when mixed with the rock and sand, and could trigger a blast of material down the ore pass.

Management allowed two drain holes and continued dumping of "wet muck" into the ore passes; this led to

temporary blockages. It was also revealed that Chenier had set up guardrails at different locations to prevent the passing of material into the ore pass and also to keep workers out of the area due to the pooled water. However we have been told that management directed the removal of these barricades at least three times.

We know that occasionally tragic accidents can happen; however, the United Steelworkers probe into the Brazilian-owned Vale Inco mine have made it clear that the company ignored safety precautions and failed to

enforce health and safety regulations which, according to USW, would have prevented these deaths.

After these disturbing revelations, Nickle-Belt MPP France Gélinas and I went into question period to demand some answers.

I requested that the Premier direct the Minister of Labour to conduct a full and public investigation into the causes of these fatalities so that tragedies like this can be prevented in future.

My colleague MPP France Gélinas called on the Attorney General to direct his Assistant Deputy Attorney General-Criminal Law to

determine whether charges under the Westray provisions of the Criminal Code of Canada should be laid against Vale-Inco officials.

Deaths like these are completely unacceptable. The USW investigation suggests that negligence and failure to adhere by basic health and safety regulations caused these unnecessary deaths. As Critic for Northern Development and Mines I am committed to ensuring that the Premier directs his Ministries into full and extensive inquiries into these and other deaths and mining safety in general so that these tragedies are never repeated.

Illegal activity in game preserve leads to fines

A Foleyet man has been fined \$1,385 for illegal hunting and fishing activities within the Chapleau Crown Game Preserve.

Wilfred Trochimchuk pleaded guilty to a number of offences, including possession of a firearm in the game preserve, operating an all-terrain vehicle (ATV) without a helmet, making a false statement to a conservation officer and possessing more than the allowed limit of walleye.

Wilfred Trochimchuk pleaded guilty as was fined \$250 for possession of a firearm in the game preserve, \$85 for operating an all-terrain vehicle without a helmet, \$750 for making a false statement to a conservation officer and \$300 for possessing four walleye over the limit.

Court heard that in October 2009, conservation officers met Trochimchuk in the Chapleau Crown Game Preserve, where hunting

is prohibited. He was in possession of a loaded sawed-off shotgun capable of harvesting moose and other big game, although he possessed an archery hunting tag for a bull moose. Trochimchuk said the shotgun was required for bear protection. He made false statements to officers regarding the location of his camp, from where he produced four walleye beyond the legal limit. The shotgun and all walleye were seized and later forfeited to the Crown.

Justice of the Peace Alex Spence heard the case in the Ontario Court of Justice, Timmins, on February 16, 2012.

To report a natural resources violation, call 1-877-TIPS-MNR (847-7667) toll-free any time or contact your local ministry office during regular business hours. You can also call Crime Stoppers anonymously at 1-800-222-TIPS (8477).

INSPECTION

Inspection of Approved 2012–2013 Annual Work Schedule Pineland Forest

The Chapleau District Office of the Ontario **Ministry of Natural Resources (MNR)** has reviewed and approved the **EACOM Timber Corp.** April 1, 2012–March 31, 2013 Annual Work Schedule (AWS) for the **Pineland Forest**.

Availability

The AWS will be available for public inspection at the EACOM Timber Corp. office and the MNR public website at ontario.ca/forestplans beginning **March 14, 2012** and throughout the one-year duration. Ontario Government Information Centres at the Chapleau District Office and Gogama Area Office provide access to the Internet.

Scheduled Forest Management Operations

The AWS describes forest management activities such as road construction, maintenance and decommissioning, forestry aggregate pits, harvest, site preparation, tree planting and tending that are scheduled to occur during the year.

Tree Planting and Fuelwood

EACOM Timber Corp. is responsible for tree planting on the Pineland Forest. Please contact EACOM Timber Corp. for information regarding tree planting job opportunities.

For information on the locations and licence requirements for obtaining fuelwood for personal use, please contact the Chapleau District Office or Gogama Area Office. For commercial fuelwood opportunities, please contact EACOM Timber Corp.

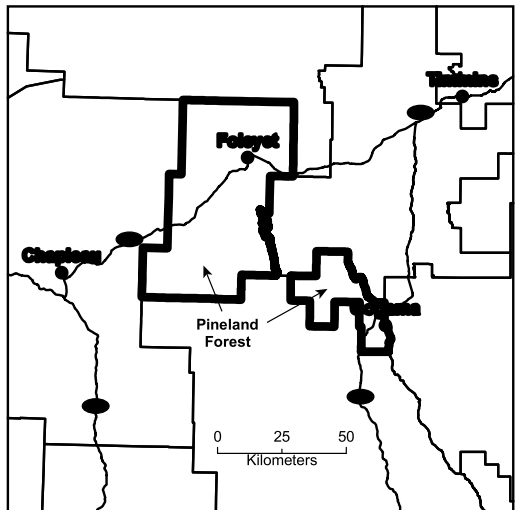
More Information

For more information on the AWS or to arrange an appointment with MNR staff to discuss the AWS or to request an AWS operations summary map, please contact:

Kelly Ellis, RPF, Area Forester
Ministry of Natural Resources
Chapleau District Office
190 Cherry Street
Chapleau, ON P0M 1K0
tel: 705-864-3163
fax: 705-864-0681

Mike Forrest, RPF
Operations Forester
EACOM Timber Corp.
P.O. Box 150
267 McChesney Road
Timmins, ON P4N 7C9
tel: 705-267-3339 ext. 504
fax: 705-267-2247

Gail Ballak, RPF, Area Forester
Ministry of Natural Resources
5 Low Avenue
Gogama, ON P0M 1W0
tel: 705-894-3022
fax: 705-894-2040



Renseignements en français : 705-864-1710



Please stop by the Centre at 28 Golf Road or
14 Strathcona Street or call 705-864-1886
for more information or to register.

**The Chapleau Child Care Centre
de Garde d'Enfants
is now offering
Music, Science, Fitness,
French and Art Programs plus so much more**



Submitted by Robin Greer

Myth Sea salt is natural so it's better for you than table salt. **THE TRUTH:** Sea salt, just like kosher and gourmet salt, has about the same amount of sodium as table salt. It is not a healthier choice. Too much sodium can be harmful to your health. The differences between sea salt and table salt are taste, texture and how they are made. Table salt is mined from dried-up ancient salt lakes. Some table salts include

‘Get the real deal on your meal’ from dietitians!

iodine, a nutrient that helps prevent thyroid disease. Sea salt is made by evaporating seawater and tastes different depending on where it's from. Whichever salt you choose, use less. For a flavour boost, sprinkle food with orange or lemon juice, garlic, herbs or spices. **Myth:** "Cooking meals at home takes way too much time." **THE TRUTH:** Getting a healthy, home-cooked meal on the table doesn't take as much time as you think. Simple, nutritious foods can make tasty meals, and planning meals in advance lets you use your time wisely. For example, try making

"planned extras" (leftovers on purpose) that can be used for another meal, or make big batches of food on weekends, freeze small portions and defrost on nights when time is tight. Cooking at home doesn't mean never using convenience foods. Healthy versions of convenience foods, like pre-washed, ready-to-eat vegetables or pre-cut fresh meat skewers, can be time savers that help get meals to the table quickly.

Myth "Certain foods, like grapefruit, cabbage soup or celery, can burn fat and make you lose weight quickly." **THE TRUTH:** Sorry! There is no food that burns fat or makes you lose weight more quickly. Weight loss diets that focus on single foods, like grapefruit, cabbage soup or celery, are restrictive and lack nutrients needed for good health. It's true that when you eat only one type of food, like cabbage soup, you

might eat less and take in fewer calories than you need and maybe lose weight at first. But in the end, these diets are boring, don't create healthy habits you can

stick with, and don't help with long-term weight loss. The best way to lose weight is to eat healthy foods in the right portions and be active.



FREE PUBLIC SKATING

Monday March 12, 2012 – 1- 3 p.m.
Tuesday March 13, 2012 – 1-3 p.m.
and 7 - 8 p.m.

Wednesday and Thursday
March 14 & 15, 2012 - 1 – 3pm

PATINAGE GRATUIT POUR TOUS

lundi 12 mars, 2012 – 13h00 - 15h00
mardi 13 mars, 2012 – 13h00 – 15h00 & 19h00-20h00
mcredi 14 mars, 2012 - 13h00 – 15h00
jeudi 15 mars, 2012 – 13h00 - 15h00

Carnaval à Trillium



THE CHAPLEAU HIGH SCHOOL REUNION

QUIZ



Very much involved in the life and times of Chapleau in many capacities, this Chapleau High School graduate also enjoys fishing. (Photo courtesy of Bill Groves)

Last week's answer

Teacher George Evans with Michael Cecile at CHS grad circa 1966



Le carnaval de l'école secondaire Trillium a été un énorme succès! L'activité s'est déroulée le 1er mars et a débuté avec un barbecue organisé et fourni par le Gouvernement des élèves. Lorsque les élèves étaient bien remplis, ils et elles se sont rendus à l'activité de leur choix, c'est-à-dire, le curling, la raquette et la pêche sur



glace. Tous les élèves et le personnel de l'école se sont bien amusés. Félicitations

à tous! Nous aimerions souligner que Brandon Fletcher-Pilote a remporté le

concours de pêche grâce à la seule prise de la journée: un brochet.



Find us at Trinity United Church!

705-864-0470
voice mail or email
guthric@email.adsb.on.ca
We will get
back to you!

Chapleau LEARNING CENTRE

FREE Adult Learning

Funded by the Government of Ontario **EMPLOYMENT ONTARIO**

THE LOCAL MARKET PLACE

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

ALCOHOLICS ANONYMOUS

Offers help to anyone who desires to stop drinking. Open discussion meeting on Sundays at 2:00 p.m. Trinity United Church basement. Telephone contacts: 864-2786

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

Societe 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

VILLAGE SHOP APARTMENTS
2 & 3 bedroom Apt. available . Laundry on site, secured entrance. Please call Lucy 864-1114.

Semi furnished upper floor, 2 bedroom apartmeth located at 23 Grey St. S. Asking \$450.00 per month. Call 705-864-0499 for more info. Mar17

2 bedroom, spacious apartment close to downtown available May 1st. Heat, hydro and parking included as well as fridge and stove. Non-smoking, quiet building! \$500/month - call 705-471-2544 for more details or to arrange viewing. Mar10

PET & HOUSE SITTER

Pet and house sitter available. If you are going away or need someone to take care of your house, pets, plants etc. please call Kate at 705-864-0771. Other duties can be arranged. Mar10

WANTED

To buy: A second hand fridge and stove in good condition. Please call 705-471-2544 or 705-864-0771 and leave a message.

WINNER/GAGNANT

"Winner of the 6 bush cords of firewood drawn Feb. 29th, 2012 is Maria Gagné with Ticket no. 038. Congratulations to the winner and thanks to everyone for their support. Knights of Columbus & Sacred Heart Parish. La gagnante des 6 cordes de bois de chauffage tirées le 29 février est Maria Gagné avec le billet 038. Félicitations à la gagnante et merci à tous ceux qui nous ont encouragés. Les Chevaliers de Colomb & la Paroisse Sacré-Coeur."

✓ **Tax Returns**
✓ **Program services**



864-1558
Garry Bruneau

✓ **Rapports d'impôts**
✓ **Services de programmes**

The **Chapleau Gymnastics Club** would like to express our sincere gratitude to everyone who contributed to our successful Gym-A-Thon held on January 28th, 2012. We wish to thank all those who sponsored a gymnast and to the local businesses that helped make the event as special as it was; Village Shops and Aux Trois Moulins for donating prizes and Chapleau Valu Mart for donating healthy snacks for our hard working gymnasts. We could not have done it without you.



Set your clock ahead 1 hour Saturday night!



SUPERIOR EAST/SUPÉRIEUR EST
Community Futures Development Corporation
Société d'aide au développement des collectivités

Attention: Are you a Small Business Owner? Do you require financing? Thinking of starting a business? The staff of the Superior East Community Futures Development Corporation will be in Chapleau on **March 15th, 2012**. The CFDC offers small business loans and counselling to current small business owners or individuals looking at starting a business. **To make an appointment to discuss financing options, please call 1-800-387-5776, ext. 221.**

Attention: Êtes-vous propriétaire d'une petite entreprise? Êtes-vous en besoin d'aide financière? Vous-voulez vous partir en affaires? Le personnel de la Société d'aide au développement des collectivités Supérieur Est sera à Chapleau le **15 de mars, 2012**. La SADC offre des prêts financiers et des services-conseils aux propriétaires actuel(le)s de petites entreprises et aux individu(e)s intéressé(e)s à se partir en affaire. **Pour prendre rendez-vous et discuter de vos besoins d'aide financière ou pour obtenir des services-conseils, communiquez avec nous au 1-800-387-5776, poste 221.**



Dr. L. R. Simpson VETERINARIAN

Will be at the Trinity United Church
Monday, March 19th, 2012
FOR APPOINTMENTS CALL
Nadene McEachren at 864-1055
lrs.vet@gmail.com



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CLEANERS
Drop off at **Between Friends (Cedar Grove)**
Mon to. Fri. 8 am-noon and 1-4 pm

ALL ADS ARE ACCEPTED AT DENISE'S FLOWER SHOP
DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.

CLASSIFIED ADVERTISING RATES

Regular Classified Ads
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Each additional word \$0.16+GST

No refunds on cancelled classified ads.



NEW AT THE CHAPLEAU PUBLIC LIBRARY

ATTENTION
Dora is exploring for March Break. Explore with her daily 2-3pm at the Library during March break.

NEW BOOKS

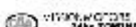
The Cat's Table - Michael Ondaatje
I've Got Your Number - Sophie Kinsella
Private Games - James Patterson
Down the Darkest Road #3 - Tami Hoag
Nina, The Bandit Queen - Joey Slinger

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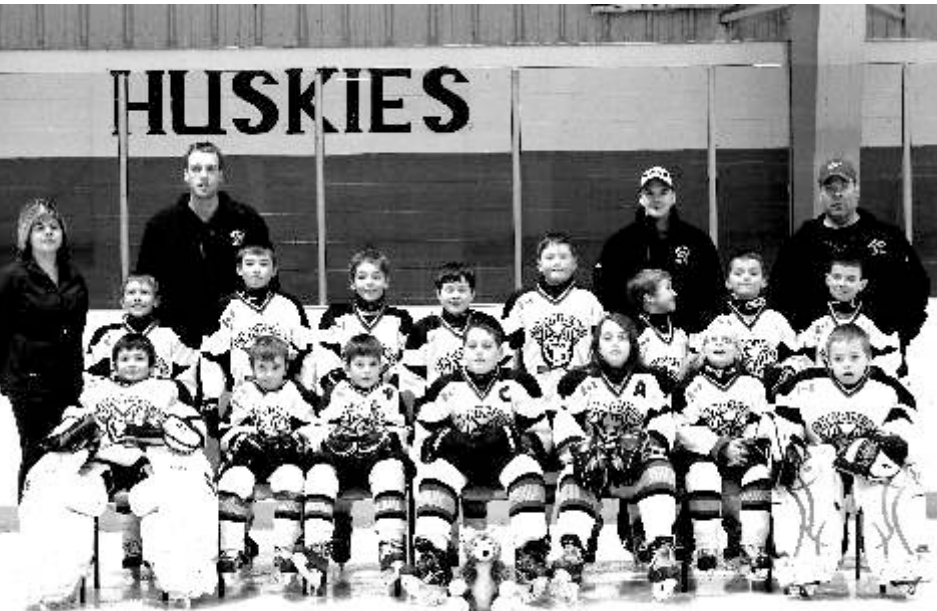
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PLEASE CALL 705-856-1406

Chapleau Novice Huskies hosting Grand Finale Tournament March 16th, 17th and 18th



The Novice Huskies are very excited to be hosting the Grand Finale at the Moore Arena in Chapleau March 16th - 18th. They will be competing against teams from Iroquois Falls, Kirkland Lake, South Porcupine and Timmins. The Chapleau Novice

Huskies will be playing their first game against Iroquois Falls on Friday, March 16th at 2:00 p.m. and their second game against Kirkland Lake following the Opening Ceremony at 6:30 p.m. Many fund-raisers are planned throughout the week-end: a bake sale; tickets

for an authentic Patrick Roy jersey donated by Baz's Coins and Collectibles; a draw for two hockey sticks donated by Collin's Home Hardware and original NHL hockey plaques made by Michael Schuurman. There will also be 50/50 draws and Chuck A Puck events

held throughout the weekend.

The parents and players of the Chapleau Novice hockey team will be preparing a Spaghetti supper for all to enjoy on Saturday night from

5 p.m. until 7:00 p.m. The cost for this supper will be \$8.00 for adults and \$5.00 for children. The residents of Chapleau are encouraged to come and support this worthy cause.

The arena will be the place to be all weekend long. Come support our young hockey players as they play their hearts out in their final tournament of the year. LET'S GO HUSKIES! LET'S GO!

All MEN'S & LADIES' WINTER SWEATERS 1/2 PRICE

CHECK OUT NEW ARRIVALS for Spring

CHECK OUT our new arrivals in Sterling Silver Jewellery

Other Little Things that we do!
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Ontario

Services de santé de Chapleau Health Services

"Wellness à la Carte" Project Presents:

A Free Food Handler Certification Program for Adults
Learn to safely handle food for work and at home
English session: Monday, March 19th, 2012
French session: Friday, March 23rd, 2012
Time: 9:00am to 3:30pm
Location: Cedar Grove Lodge, 101 Pine St.
Register by March 16th by calling Turning Point at 705-864-1919

Refreshments will be served.

Le projet Bien-être à la carte vous offre gratuit pour adulte

Un programme de certification des préposés à la manutention des aliments
Apprenez la manutention sécuritaire des aliments au travail et chez soi
La séance anglaise aura lieu le lundi 19 mars 2012
La séance française aura lieu le vendredi 23 mars 2012
Heure : 9 h à 15 h30
Lieu : Foyer Cedar Grove Lodge, 101, rue Pine
Inscrivez-vous par le 16 mars en appelant Point décisif au 705-864-1919

Rafrâichissements seront servis