

Talk about good coffee!
Miss Muggins Coffee and Fresh Donuts

CHAPLEAU EXPRESS

Vol. 16, Issue 28, March 24, 2012

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



Recycling endeavour initiated by local business



Richard Bignucolo of the Chapleau Valumart demonstrating the operation of the garbage compactor.



A week's worth of cardboard in the packaged bale weighing approximately 1 ton.

Local business co-owner, Richard Bignucolo, of the

Chapleau Valumart has made a sizeable investment to better our environment and extend the life of our local landfill site.

This week a Marathon high density vertical hydraulic thrash compactor and baler has been installed.

All of the cardboard boxes from the Valumart, the Village Shops, Sears and the Source will now be compacted, baled and shipped south to be recycled.

Aside from saving valuable floor space that was once used for storage of

empty boxes the garbage pickup will decrease to twice or three times a week. Mr. Bignucolo has also set up bins to accumulate plastics and wax boxes and containers.

Our municipal landfill will have close to 52 tons of cardboard

missing at the end of the year, a nice improvement.

Hopefully the Township of Chapleau will take a good look at implementing a recycling program in the near future.







Cost savings in extending our landfill site would be benefi-

cial to all.

If a business owner can show corporate responsibilities towards our environment as this story depicts, it's with certainty that a municipality should be capable of doing the same.

97 DAYS UNTIL THE CHAPLEAU HIGH SCHOOL REUNION

Long Term Forecast

Friday	High 13 Low 0	
Saturday	High 16 Low 7	
Sunday	High 15 Low 9	
Monday	High 16 Low 8	
Tuesday	High 16 Low 7	
Wednesday	High 15 Low 8	

Hollywood comes to the Fox Lake Reserve



By Brian Edwards

The Chapleau Cree First Nation was

honoured to host a dinner with the cast and crew of the "Road to Tophet" this

week. The Chief and Council of the CCFN were very impressed

with the talented group of young people and applauded their courage and tenacity in taking on such a project. Chief Corston commended the group on taking the risk of making a feature film in such an unusual location and encouraged the crew to forge on.

The CCFN was so impressed with the quality and production values as well as the caliber of acting in the short "Dead Simple" that the Chief and Council

approached director Steve Schmidt about being involved in the Road to Tophet project. The CCFN is proud to be a partner in production and we are certain that this film will be well received by audiences in Canada and abroad.

A great bunch of people, professional in their trade and committed to the success of their film. Good Luck and we'll see you on the red carpet!

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LETTERS TO THE EDITOR

On Friday March 2, 2012 I attended the “Realigning Health Care Services in the Cochrane District” meeting, as did many other community members illustrating the care and commitment the good people of Chapleau have for our health and well being.

It became immediately apparent that there was a real disconnect between

those attending and those organizing and presenting this forum. The Physical layout and method of presentation was best suited for a small room and a small crowd, not for a large community hall and crowd. Only a few tables were set up, the remainder of the people had to scramble for chairs. The slide show was visible only to those close enough to see it. The audience was informed to hold

their question until the end of the presentation, no question and answer session was held.

The audience was requested to form into groups to discuss and answer predetermined questions. No facilitators nor recorders were provided to assist the groups, they were off chatting amongst themselves and taking pictures. Furthermore, health care providers were segregated from the ‘others’, which did not

go unnoticed by the ‘others’.

The people who attended this forum had things to say, ideas to share, and potential solutions to provide, however the presenter and organizers were not there to listen. What a lost opportunity for the powers that be in the realignment of health care services in the Cochrane District.

Thank you Mr. Editor for this space in your newspaper.

Yours Truly,
Alain B. Bouillon

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GOING TO CHURCH

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

26 Lorne Street North
OFFICE- 21 Lansdowne St.N.
864-0747
New Schedule Effective Nov. 7/09
Nouvel horaire à compter du 7 nov/09
Sat/sam 7 p.m. (E or F)
Sun/dim 9:30 a.m. (F or E)
Weekdays/Semaine lun-ven 9:30 a.m.
Wed/Mer (Hosp) 11:30 a.m.
Fr. Sébastien Groleau

ST. JEAN DE BRÉBEUF (Sultan)

Liturgy of the Word
Liturgie de la Parole
Mass 3rd Sunday
Messe 3e dim 12:00 Noon (B)
Permanent Deacon
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
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Anna Chikoski
Soup Kettle every 2nd Wednesday of the month
www.angelfire.com/ont/trinityuc

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

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

COMMUNITY BIBLE CHAPEL

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I.D. Photos
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On March 10th, 2012 Percy celebrated his 93rd Birthday. Family and friends were on hand to express personal well-wishes and help with cake eating duties.

EMPLOYMENT ONTARIO

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Everyone is welcome

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Ontario

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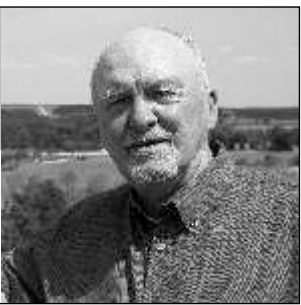
Conseil des Services du District de
Manitoulin-Sudbury
District Services Board



Joseph Adolphe Chapleau a key player in making Canadian Pacific Railway a reality honoured by having Mileage 615.1 divisional point named after him

Chapleau Moments

by Michael J. Morris



Joseph Adolphe Chapleau, born November 9, 1840, in Sainte-Thérèse, Lower Canada, became a lawyer, politician, office holder, and a major supporter of Sir John A. Macdonald, Canada's first prime minister, in bringing about the successful completion of the Canadian Pacific Railway in 1885. He was also a journalist.

Vince Crichton wrote in his book 'Pioneering in Northern Ontario' that Chapleau was named after him by Mrs. Noel de Tilley, the wife of one of the first CPR engineers when

requested to do so by R. Duschene a CPR civil engineer in 1885. I have been unable to discover any further details about the naming of Chapleau, and whether or not Chapleau ever paid a visit to the community that bears his name. Chapleau was Mileage 615.1 on the main line of the transcontinental railway.

However, Mr. and Mrs. Noel de Tilley were certainly early Chapleau citizens and family members have lived in the community ever since.

Ian Macdonald, professor emeritus and former head of the

department of architecture at the University of Manitoba, who has also done extensive research into the CPR, wrote that "Chapleau was a key player in making the CPR project a reality and it was certainly appropriate to honour his contribution by having a major divisional point named after him."

Writing in the Dictionary of Canadian Biography Online, Andree Desilets noted that "While still a child, Joseph-Adolphe showed himself to be intelligent, lively, and curious. He had a taste for learning. His parents found the means for him to study at an advanced level", and by the time he was 21, was called to the bar of Lower Canada as a lawyer.

He started practising law in Montreal and during 15 years of practice he had 22 murder cases and won 21. "In the court-room he spoke with intelligence and sensitivity. He also made good use of dramatic effects, which were commonly employed at that time"

"His pale, attractive face framed by the long hair he let hang loosely about his shoulders, the manner in which he draped himself in his gown, his melodious voice, and his touching, passionate appeals for pity, for mercy, had a miraculous effect on the jury". one writer said of him.

Perhaps his

most famous case was in 1874 when he was selected as the lawyer to defend Ambroise-Dydime Lepine and his Métis companions, who had been arrested in connection with the death of Thomas Scott in 1870 during what has been called the first Riel Rebellion in Manitoba in 1870. Chapleau had known Louis Riel when he attended college in Montreal. It was also important to Chapleau's career as a politician.

It would have undoubtedly been a most difficult trip.

Desilets also wrote in the Dictionary of Canadian Biography Online that "No sooner had Chapleau returned from Winnipeg than he married Marie-Louise King, daughter of Lieutenant-Colonel Charles King, a distinguished soldier who had been born in England and had come in 1860 to live at Sherbrooke, where he became a wealthy land speculator. Marie-Louise was an accomplished young woman who had been educated in a convent



Sir Joseph Adolphe Chapleau

although she was Protestant. She spoke excellent French, was a musician, and had a fine voice trained from early youth. Chapleau had met her the year before at a concert in Montreal. It was thus music that first brought them together, for Chapleau himself was a musician when he was in the mood and sang 'the old songs of France delightfully.' Through this marriage he acquired the means both to pay for his pleasures in life – always numerous –

and to win 'the favour of important people.'"

Chapleau became a leading Quebec and, later, Canadian politician: "devoted, loyal, firm, proud, sometimes abrupt and irritating." as well as being a very talented orator. which was the talk of political circles and of the legislature before he even entered it. Desilets gives us a quote from his address in reply to the speech from the throne on December 30, 1867 as

Cont'd on P.4



John A Macdonald and Joseph Adolphe Chapleau cartoon in Illustrated News celebrating CPR success.



Locomotive 281 and CPR shops at Chapleau circa 1886. (Courtesy Dr. Vince Crichton)



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Chapleau Moments

Cont'd from P.3 stand at the cradle of a new constitution; he called for unity as an example. "We around a cradle



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**Come in to check out our newly
expanded space.**

**Reminder to place your orders
early for Easter**


THE CHAPLEAU HIGH SCHOOL REUNION QUIZ



Name the CHS student, the school board member, the teacher (easy!) and the persons seated on left and back right circa 1966 graduation

Last week's answer

The figure skater is Ann (Card) Morin



passions are stilled, divisions vanish, giving place to feelings of love, to plans for glory and for the future." He was 26 when first elected and 38 when he became premier of Quebec in 1879.

Desilets added that he would repeat this appeal often in the course of his political career, which was played out in three acts: from 1867 to 1882 he sat in the Legislative Assembly of Quebec, where he became the fifth premier of the province; from 1882 to 1892 he was in Ottawa as the member for Terrebonne and a minister of the crown; from 1892 to 1897 he served as lieutenant governor at Spencer Wood.

In 1880 when he was premier of Quebec, Chapleau greatly assisted John A. Macdonald, the prime minister in ensuring that plans for the CPR, not that popular a project in Quebec, went ahead. The Illustrated News of July 24, 1880, carried cartoon of a triumphant John A. and Chapleau as the prime minister was leaving for London to negotiate the Pacific railway contract.

After leaving office as Lieutenant Governor of Quebec in 1897, Chapleau, according to Desilets "returned to Montreal, which had been at the heart of his life in politics, with a well-defined program: 'To abstain from active politics [and] to attend to my own affairs and

very little to those of others.' An annual income of between \$5,000 and \$6,000 assured him of a comfortable living, and he could still count on his profession. But illness defeated him. He died on 13 June 1898. Three days later, after a state funeral that brought out as many former opponents as friends, he was buried in Notre-Dame-des-Neiges

cemetery in Montreal."

Back to Chapleau and the CPR. In 1885 as the railway was completed, and Chapleau, the place named after him at Mileage 615.1 was becoming a divisional point, Chapleau gave a 64 page speech in the House of Commons in defence of the railway project on June 10, 1885. The CPR still had enemies, and Chapleau said in part that those who want to destroy the good work of the CPR will not

succeed. "They will be like loose winds, blowing smoke and sand, and carrying dark things with them... The Pacific railway will remain solid as if those winds had not passed over it."

Thanks to Anne (Zufelt) McGoldrick, Michael McMullen and Ian Macdonald for their research assistance and to Andree Desilets who wrote Chapleau's biography for the Dictionary of Canadian Biography Online. My email is mj.morris@live.ca

EMPLOYMENT OPPORTUNITY

Position: Land Use Planning Coordinator
Location: Chapleau First Nation
Closing Date: April 6, 2012 at 4:00 p.m.

SUMMARY OF POSITION:

Mushkegowuk Council is developing capacity to support values mapping and land use planning. The planning is community led, but regionally integrated through Mushkegowuk Council. We are looking for a coordinator who can work with Chapleau Cree First Nation in developing this initiative.

Reporting to the Land Use Planning Manager of Mushkegowuk Council, but with local First Nation supervision, the Coordinator will collect and map the indigenous knowledge and land use values of the local First Nation to be used for planning purposes. As part of a team of regional staff and community coordinators, the Coordinator will help to build common understandings and awareness of land use planning and help to ensure that the planning process is built on community values and traditions.

Must reside in the Chapleau area for the duration of the project.


Qualifications:

- Strong knowledge and understanding of First Nations
- Effective oral and written communication skills
- Computer software experience including Work, Excel and databases
- Experience with GIS considered an asset
- Strong problem solving and analytical skills
- Proven organization and project management skills
- Ability to work with minimum of supervision
- Knowledge of resources issues affecting First Nations
- Working knowledge of relevant government agencies and ministries
- Knowledge of Resource Development activities in the Mushkegowuk region
- Experience with program and policy development

Please submit a resume and covering letter with three (3) references to:



Lands and Resources Director
Mushkegowuk Council
36 Birch Street South
Timmins, ON P4N 2A5
Phone: (705) 268-3594
Fax: (705) 268-3282
Email: land@mushkegowuk.ca
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Les élèves du CSCNO brillent au Grand défi robotique



Pas moins de 16 équipes provenant de 12 écoles élémentaires du Conseil scolaire catholique du Nouvel-Ontario ont participé au Grand défi robotique tenu à Sudbury le 2 mars dernier. Le Grand défi robotique, qui en est à sa 9e édition, permet aux élèves de la 4e à la 8e année de dévoiler leur créativité, leur ingéniosité et leur ténacité. Cette compétition amicale favorise le travail d'équipe tout en initiant plusieurs élèves à l'ingénierie et à la technologie.

Dans le cadre de cette compétition, chaque équipe de quatre élèves devait construire un robot à partir de pièces LEGO NXT. Par la suite, elle devait démontrer les capacités de l'automate lors de deux épreuves, qui ont mesuré la force et la

précision du robot, le niveau de contrôle par les élèves et la réussite de la programmation.

Tout en mesurant l'efficacité des robots, on a aussi remis des prix pour la qualité des bannières d'école et du cri de ralliement.

Gagnants aux défis :
Cycle moyen (4e à 6e année) :

1re place : Ordilions, École Ste-Marie (Azilda)

2e place : Comètes Lego, École Jean-Paul II (Val Caron)

3e place : Robots Techniques, École Notre-Dame de la Merci (Coniston)

Cycle intermédiaire (7e et 8e année) :

1re place : Technotigre, École St-Denis (Sudbury)

2e place : Robolynx, École Alliance St-Joseph (Chelmsford)

3e place : Robot en Coyote, École Trillium

(Chapleau)

Meilleure bannière

Cycle moyen : Ordilions, École Ste-Marie (Azilda)

Cycle intermédiaire : Robots-Vipère, École St-Joseph (Dubreuilville)

Meilleur cri de ralliement

Cycle moyen : Lions en feu, École Ste-Marie (Azilda)

Cycle intermédiaire : Robots Gamma, École Notre-Dame de la Merci (Coniston)

Le Conseil scolaire catholique du Nouvel-Ontario offre une éducation catholique de langue française reconnue pour son excellence. Le CSCNO fournit un milieu propice à l'apprentissage et un programme éducatif de qualité, de la petite enfance à l'âge adulte, à quelque de 7200 élèves répartis dans un réseau de 27 écoles élémentaires et 10 écoles secondaires.

CSCNO students shine in the Great Robotics Challenge

Sixteen teams from 12 Conseil scolaire catholique du Nouvel-Ontario elementary schools competed in the 9th annual Great Robotics Challenge (Grand défi robotique) that was held in Sudbury on March 2. The Grand défi robotique enables students from grades 4 through 8 to display their creativity, ingenuity and tenacity. This friendly competition encourages teamwork while initiating youngsters to the world of engineering and technology.

Each team comprised of four students was asked to construct a robot made from LEGO NXT blocks. The robots were then tested in two different contests, which measured the strength and precision of the machines as well as the success of its

programming and level of control by its student masters.

Though the competition primarily measured the efficiency of robots, prizes were also awarded for quality of school banners and a team cheer.

Winners in the competition:

Junior Division (grades 4 to 6):

1st place: École Ste-Marie Ordilions (Azilda)

2nd place: École Jean-Paul II Comètes Lego (Val Caron)

3rd place: École Notre-Dame de la Merci Robots Techniques (Coniston)

Intermediate Division (grades 7 to 8):

1st place: École St-Denis Technotigre (Sudbury)

2nd place: École Alliance St-Joseph Robolynx (Chelmsford)

3rd place: École

Trillium Robot en Coyote (Chapleau)

Best Banner

Junior Division: École Ste-Marie Ordilions (Azilda)

Intermediate Division: École St-Joseph Robots-Vipère (Dubreuilville)

Best Team Cheer

Junior Division: École Ste-Marie Lions en feu, (Azilda)

Intermediate Division: École Notre-Dame de la Merci Robots Gamma (Coniston)

The Conseil scolaire catholique du Nouvel-Ontario offers a French Catholic Educational Program that is widely recognized for its excellence. The CSCNO provides a quality academic program that runs from early childhood to adult education, with some 7,200 students in 27 elementary and 10 secondary schools.



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

Big Crunch Day at Fatima

For the last few days, tension had been building up among students at Our Lady of Fatima School in Chapleau. Staff members challenged them to celebrate March-Nutrition Month by trying at least a small bite of broccoli.

It was interest-

ing to see the faces and reactions among the group when on March 8, just before 10am., Principal Salazar presented two trays with steamed and raw broccoli florets to students and staff. A side bowl with salad dressing was strategically placed, just in case.

Everybody lined up and gave it a good try!

Amazing that some of the reluctant eaters ended up asking for extra servings. It was a success! Clean trays, no leftovers. A word of caution parents, you have now some converted vegetable-eaters at home, watch out! We

heard Nigel saying: "We should do this every week, Miss. It was fun and delicious." Other students were already preparing a list of suggestions: carrots, cauliflower, you name it.

So, we should thank the Better Beginnings- Better

Futures office from Sudbury (sponsors of our Breakfast Program) for the great idea of the Big Crunch: many schools across the

province took the challenge that by 10 o'clock on March 8, every child had to give a vegetable a try; in our case, it worked.



Wedding Engagement



I would like to announce the engagement of our son Sheldon to Naureen Mufti of Ottawa. He proposed on the Golden Gate Bridge in California. Sheldon is the son of the late Bud and Bunny Swanson of Chapleau. The wedding is to take place in Ottawa, September 1, 2012.

Congrats, Love Mom



Thank you

Thank you to all Tembec Chapleau Employees and Staff for the outstanding contributions made towards ensuring a Safe Workplace for all. The dedication, determination and accountability has allowed Tembec Chapleau to achieve the impressive milestone of **365 Days Lost Time Incident Free.**

Your consistent contribution towards the development, implementation and adherence to the Tembec Chapleau Policies, Procedures and Programs has ensured that we all work in a safe environment and go home to our families in the same manner.

The efforts put forth will ensure that we can remain confident in our future as a company and as a team.

Well Done!

Eric Tremblay
General Manager
Tembec Chapleau FPG



Merci

Merci à tout les employés et le personnel de Tembec Chapleau pour les contributions exceptionnelles faites pour assurer un milieu de travail sécuritaire pour tous. Le dévouement, la détermination et la responsabilité a permis à Tembec Chapleau d'atteindre l'étape impressionnante de **365 Jours Sans Incident à Temps Perdu**

Vos contributions constantes à l'égard du développement, de la mise en oeuvre et le respect envers les politiques de Tembec Chapleau, les procédures et les programmes a assurés que nous travaillons tous dans un environnement sécuritaire et que nous allons à la maison à nos familles de la même manière.

Les efforts de chacun assurera que nous pouvons rester confiants dans notre avenir en tant qu'entreprise et d'équipe.

Bravo!

Eric Tremblay
General Manager
Tembec Chapleau FPG

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 has the desire to stop using drugs/alcohol. Open discussion meeting on Saturday at 7:00 p.m. Pentecostal Church. Call 705-860-9769 for support.

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 apartment for quiet person. Central location, first floor, include Frig, stove, washer, dryer and other furniture, great view on the street. No pets, \$495.00/month plus utilities. Call or leave a message. 705-864-9075. Mar24

2 bedroom, spacious apartment close to downtown available May 1st. Heat, hydro and parking included as well as fridge and stove. Quiet, non-smoking building. \$500/month - call 705-471-2544 for more details or to arrange viewing. Mar31

1 bedroom apartment available April 1st. Phone 705-864-2902.

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1-2-3



NOTICE TO TAX PAYERS

The second instalment of the 2012 Interim Tax Billing is due March 30th, 2012.

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 2012 est dû le 30 mars, 2012.

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

L. Jones
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APANO presence evident in our community

By Diana McCartney

APANO (Aboriginal Peoples Alliance of Northern Ontario) is a non-profit organization which develops and implements social, health, economic, cultural and recreational programs and activities to meet the needs of the community.

The function of APANO is to assist in different matters concerning Off-Reserve Status,

Non-Status, Inuit and Metis peoples. Although APANO is Native oriented, participation by the Non-community(s) is encouraged.

In the past year we have partnered with a variety of local organizations, which have been instrumental in the success of the APANO.

Past accomplishments have been the Community Garden located on the

Chapleau Hospital grounds; which Sue Cauchy, Michael Leveques and many others, have dedicated countless volunteer hours to.

Funding from New Horizons has recently allowed past worker Sue Cauchy's vision to evolve. Over 25 local First Nations and Metis Elders, adults & youth, meet regularly to plan, design and create their own Regalia. Our aim is to have them completed for the upcoming powwow on June 21 (National Aboriginal Day). These gatherings have allowed everyone to share, teach and learn from others.

Our Girls Group has 25 regular participants, who enjoy everything from crafts, pet day, sewing, cooking and much



Mayor Byham and Michael Levesque working at the Community Garden located on the Chapleau Hospital grounds.

more. With self-esteem being our focus, we discuss things such as bullying, self-image and the Seven Grandfather Teachings. Thanks to the local Curling Club; the girls enjoyed a free day of curling over the March Break.

Our Elders Program meets every Tuesday and Thursday afternoons for Talking Circles, meals, Bingo, puzzles, teachings or just a friendly visit. Everyone is welcome.

My advance foot-care experience allows me to service

the community and local diabetics with foot care. As the Community Well-ness Worker, I am funded by MNO (Metis Nations of Ontario). Please feel free to contact me at the APANO office for further information.

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