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CHAPLEAU EXPRESS

Vol. 17, Issue 29, March 30, 2013

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Probe Mines make first public presentation



Dr. David Palmer explaining the drilling process at the public information session.

By Mario G. Lafreniere
A well attended first public presentation

by Probe Mines was held last Monday at the Community Hall to update the community on the progress of the Borden Gold

Project.

Probe CEO David Palmer updated on the on-going economic studies that will continue over the next 2-3 years. "We felt that this was the right time to consult with the communities as early results of our studies are showing that there's potential for a viable mine at the Borden Gold site" said Mr. Palmer

The gold deposit which was confirmed in 2010 is part of more than 2100 mining stakes in the area. The exploration area is located 15 km from Chapleau and 1 km from Highway 101. A total of 110,000 metres of drilling has been done and the gold deposit is now estimated to be 4 million ounces.

The presentation included an overview of the gold mining process and touched on some

possible environmental and socioeconomic impacts as well as how these impacts will be managed. "Mining has come a long way in the past 30 years" said Palmer "it's a tightly regulated industry" he added. As an example he noted that Probe would have to post a bond with the Ministry of Northern Development and Mines to cover 100% of the cost of restoring the mine-site before being granted a permit to build the mine. The project is now in the preliminary economic stage which is stage two of eight.

The following are the remaining stages:

3. Pre-feasibility stage-6-12 months.
4. Feasibility stage-12 months
5. Environmental and social impact stage.
6. Construction stage -18 months.

7. Operation stage-estimated to be between 15 and 20 years.

8. Closure and rehabilitation stage.

It is evident that a lot of steps still have to be taken to get a definite mine opening but the future of our community certainly got brighter.

If and when the mine opens an estimated 1100 workers would be required during the construction phase of the mine. The number of employees needed to operate the mine is estimated to be between 150 and 250.

It is evident that some cottagers are concerned with the development around Borden Lake. These concerns were raised during the question and answer period and some concerns were alleviated.

Cont'd on P.4



Long Term Forecast

Friday	High 4 Low -9	
Saturday	High 5 Low -7	
Sunday	High 3 Low -5	
Monday	High -3 Low -10	
Tuesday	High -1 Low -9	
Wednesday	High -1 Low -6	

Angels On The Road To Tophet

by Steve Schmidt
Since our big news last week, announcing the involvement of Adam Beach (Arctic Air, Flags of Our Father's) in The Road to Tophet, we've had some real activity on our fund raising campaign. With a \$1000 donation from Marjorie Lee made on behalf of her late husband Robert E. Lee of Fox Lake and additional donations from Leo

Brunette and Derek Hopkins bringing the total to \$1200, its been a great week for Chapleau's own movie. With \$2750 raised, we're closer than ever to our goal. Our heartfelt thanks go out to all our supporters!

A US based distributor has expressed initial interest in taking the finished movie to the Cannes Film Market in France in mid May. Cannes is the pre-eminent

place to make an international sale. Additionally our story has caught the attention of some key producers in the emerging Sudbury film scene. They've taken to calling The Road to Tophet, "the little movie that could" and they're in awe of the way the community of Chapleau has embraced and supported the venture. It's enough to make you proud of the old home

town. But in order to take advantage of these developments we need to finish the film with colour correction, original score and an audio mix. For that we'll need to raise a little less than \$3000 to meet our goal of \$5667. If just 300 people donate \$10 each, we'll meet our goal. So for the next two weeks - the remainder of our indiegogo.com campaign - a \$10 donation will qualify you for a digital

download of the movie - yours to keep! Please check out the site - indiegogo.com/TheRoadtoTophet. It's fast and easy, totally secure and safe to use. And we have great rewards for donating at higher levels too. We couldn't be prouder of our community and we hope the finished film will make our community proud.

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Letters to the Editor

Thank you for publishing this letter, received the 18th. Instant which is self-explanatory.

After being stranded in Sudbury for the second time in so many years, I wrote three letters to complain, one to Ms. Carol Hughes, MP., to the Minister of Transportation in Ottawa and the third to the chief operating officer, Via Rail in Montreal.

I am known as the letter writer and a fighter...so I guess it paid off.

I am also

pleased to report that we will be having a new Budd Car...it is presently in Sudbury and the crew is being trained to operate it...at long last!

Yvette Joyal

Mrs. Yvette Joyal

Dear Mrs. Joyal:

This refers to your letter of February 11th, 2013, addressed to Mr. John Marginson, concerning your recent experience with VIA Rail Canada. It was forwarded to my attention for further handling.

First and foremost, please allow me to apologize for the delay and disruption in service on January 30" and February 13" between Chapleau and Sudbury. Unfortunately, mechanical malfunctions and operating difficulties beyond our control can occasionally, despite our best efforts, cause delays or force us to cancel a train.

This being said, alternate transportation should have been provided to Chapleau and other stations which are accessible by road, as per our protocol. This incident has been brought to the attention of the appropriate manager for internal follow-up with the staff involved. We deeply regret the inconvenience caused to you and your son-in-law on this occasion.

As a token of our concern, VIA offers a travel credit equivalent to 50% of the fare paid (before

tax) for the affected trip when this train is delayed by two hours or more. Insofar as the return portion of your trip is concerned, our records indicate that the unused portion of your ticket has been refunded.

In view of the particular circumstances of your trip, we have exceptionally increased your credit to 100% and have also added \$30.00 for a total credit of \$60.00. The enclosed certificate is valid one year, is transferable and may be presented at any VIA ticketing office.

Again, I am very sorry for the difficulties caused to you as a result of these exceptional circumstances. We value your business and hope that we will have the opportunity to serve you again soon, albeit under better circumstances.

Sincerely,
Susan Williams
Regional General Manager, Central

Wedding Bells



Paul and Caroline Martel are pleased to announce the marriage of their son Michel to Charmaine Remers, daughter of Walter and Elaine Remers from Floradale, Ontario. Wedding vows were exchanged on July 28, 2012 in Elora, Ontario.

Paul et Caroline Martel ont le bonheur de vous faire-part du mariage de leur fils Michel a Charmaine Remers, fille de Walter et Elaine Remers de Floradale, Ontario. Le mariage fut celebre le 28 juillet, 2012 a Elora, Ontario.

COMING SOON



Chiropractic Services at the Chapleau General Hospital. Dr. Paul Merlino DC will be providing chiropractic services in the physio therapy department of the Hospital every **Friday from 10-7pm and Saturday Morning 8-12pm starting Friday April 5th, 2013.**

Please call Dr. Merlino at **705-575-3365** to start booking your appointments.

The Chapleau Express

P.O. Box 457, Chapleau (Ont.) P0M 1K0

Telephone - Fax : 705-864-2579

e-mail : chaexpress@sympatico.ca

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The Chapleau Express is delivered free of charge to every household each Saturday. If you have any comments, please feel free to contact us. Subscriptions: \$80.00 per year (Canada) \$160.00 U.S per year (U.S.A). Canadian Publications Products Sales Agreement #30183799

The publisher or editor of The Chapleau Express reserves the right to edit or withhold from publication any letter for any reason whatsoever. Once received, all letters become the possession of The Chapleau Express. Letters reflect the opinion of the author, not necessarily that of The Chapleau Express or its staff.

The Chapleau Figure Skating Club

Presents - Disney on Ice - Dare to Dream

Where: Chapleau Moore Arena

When: Saturday March 30th, 2013

Time: 3:00 p.m. - 5:00 p.m.

Price: \$5.00

Draw to be made for \$500.00 worth of lottery tickets - tickets can be purchased at the show

50/50 Draw to be held

IN MEMORY

George L. Evans

No Farewell words were spoken,
No time to say goodbye,
You were gone before we knew it,
And only God can tell us why.

Lovingly remembered and always in our thoughts

Nicki, Helen and Gus Katsenos

OBITUARY

Larry Bean

Passed away peacefully at home on Thursday, March 14, 2013, at the age of 66. Larry is predeceased by his mother, Lorraine Bean, September 19th, 2009. Beloved brother of Joan Brothers (James) of Dartmouth, Nova Scotia, Linda Bean (Deb) of Kitchener, Mike Bean of Chapleau. Uncle to Laura Godin and Chris Brothers of Nova Scotia. Great uncle to Megan, Kyle, Haley and Ryan. Larry was an avid gardener and loved nature.

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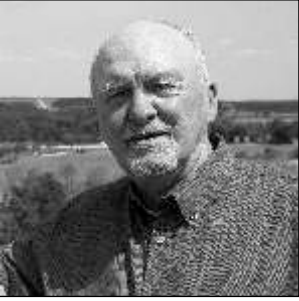
705-864-0430

Tous sont bienvenus

Randy Carroll, Michael Tremblay score winning goals as Chapleau Midget Huskies in great team effort win NOHA championship in 1979

Chapleau Moments

by
Michael J. Morris



The Chapleau Midget Huskies went all out to defeat Blind River for the Northern Ontario Hockey Association Midget "C" championship winning the best of three series in two thrilling straight games in 1979.

And as there was no Midget "C" category in southern Ontario, it gave the team bragging rights as the all-Ontario champions.

Playing on Easter weekend, it didn't look good for the Huskies in the first game as they fell behind Blind River 4-0 early in the first period, but David Freeborn followed by Yves Gervais put them on the scoreboard.

The Chapleau Sentinel account of the games kindly provided to me by team member Dan Tebbutt, relates that in the second period "hot goaltending" by Shane Gillham making "key saves" kept the Huskies in the game and the second period ended with them behind 5-3.

A determined effort in the third led to the game ending in a 6-6 tie with John Bernier and Geoffrey Hong both scoring. The story leaves out who scored two goals but I am sure one of the players will remind me as I am still in touch with several of them. I was at the games but my memory

is not as good as it once was.

In the first overtime period despite "thrilling action at both ends as both teams tried desperately to end the game" they remained deadlocked.

At the 11:36 mark of the sudden death overtime, Randy Carroll notched the winner.

In the second game, the Huskies took the lead in the first period on a goal by Gary Chambers but Blind River tied it up shortly thereafter. In the second their opponents took the lead, but David Freeborn got the equalizer.

In the first two periods the game was "free wheeling with great chances by both teams."

However, disaster seemed to strike in the third period as the Huskies has fallen behind by three goals.

But this team was no quitter. Trust me on this one as I was standing right behind the bench, and was as excited as I have ever been at a hockey game. What happened next counts among my great Chapleau hockey moments.

John Bernier scored to begin the comeback and nine minutes later Yves Gervais narrowed the margin to one goal. Shane Gillham was making outstanding



Chapleau Midget "C" NOHA Champions 1979. Back row from left: Martin Healey, Shane Gillham, Tim Morin, John Bernier, Robert Serre, Dan Tebbutt, Michael Tremblay, Paul Legros, Geoffrey Hong, Michael Payette, Mike Tangie. Front from left: Marc Trottier, David Freeborn, Yves Gervais, Lorne Riley, Randy Carroll, Gary Chambers, Shawn Russell. Absent coach Jamie Doyle

saves but time was running out on the Huskies.

With 48 seconds remaining in regulation time Randy Carroll scored assisted by Tim Morin and John Bernier, and the Huskies remained alive to play overtime.

For 18 minutes, the play was marked by end to end rushes and great performances by both goaltenders.

Then with two minutes remaining "big Michael Tremblay intercepted a clearing pass and scored an unassisted goal." The Huskies won 6-5, and were the NOHA champions.

The Chapleau team had defeated Matheson, Smooth Rock Falls and Englehart to reach the finals. Randy Carroll was mentioned as the "big man" scoring the

winner in first game and tying goal in second, but great credit also went to goaltender Shane Gillham. Tim Bernier and John Bernier each collected nine points.

Coaches Jamie Doyle and Mike Tangie had done an incredible job. Jamie had been working in Chapleau when the season started, but was transferred to Sudbury so travelled for games, while Mike was a constant steady hand. Jamie was also playing for the Chapleau Intermediate "A" Huskies.

My sincere thanks to Dan Tebbutt for taking the time to get me information on the series.

Just recently, Dan sent me the following:

"I play hockey with Greg White. He's

from the Soo and played for the Rapids in the 60's (in the international Junior 'B' Hockey League) and has shared some stories of playing the Huskies. He recently told me, 'Whenever we had a game in Chapleau, we needed three lines. One on the ice, one on the

bench and one down in the dressing room thawing out on the steam radiators!' Boy did that bring back some memories. That arena could be awfully cold in the dead of winter."

Happy Easter to all. My email is mj.morris@live.ca

RATE PAYERS MEETING

APRIL 2, 2013

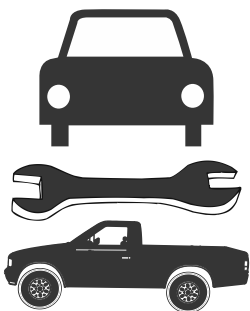
6:30 p.m.

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Probe Mines make first public presentation

Cont'd from P.1

Mr. Palmer also addressed some concerns regarding a recent leak from a hose on one of its ice drills: "the hose contained no hazardous material,

only lake water and rock dust from drilling we've been doing on the ice." He said. "As soon as we noticed the leak we took measures to clean up the spill and ensure that First

Nation environmental monitors were onsite and the Ministry of Environment were satisfied with the results."

Mr. Palmer welcomed the questions and stated that input from the community is a very important part of the process. Public consultations will be an ongoing process.

The environment and its protection is a priority for Probe Mines and procedures used are compliant with the Ministry of the Environment.

The president of Probe Mines closed the presentation by stating his company's goal of making this a local project with the communities as key partners in its develop-

ment. As an example of this commitment, Probe has started working with the Chapleau Economic Development Corporation to look at the economic benefits and spinoffs of the project. Said Mayor Byham: "This mine is still a few years off and while it's not yet a sure thing, we felt it was important to start working together to make sure

that we're prepared to handle a project of this size and get the most from the benefits it could bring to Chapleau."

A team effort between the community and Probe mines will facilitate resolutions of possible upcoming issues and obstacles. Good planning on the part of the Township of Chapleau in regards to

infrastructure will be required sooner than later.


There is a long road ahead but it is one of encouragement and hope and it is with certainty that our community can and will work with Probe Mines to constructively forge ahead and ensure our future as a community and that of our children and grandchildren.

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Anthony's next visit to RBC Royal Bank Chapleau Branch will be on **Tuesday April 9th, 2013**

Call 1-800-557-2396 for a complimentary appointment.

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CHAPLEAU MINOR HOCKEY ASSOCIATION

Annual Meeting
Tuesday April 23, 2013 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 9 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. We will be accepting applications for the following teams: Anklebiters, Tykes, Novice House, Novice Rep, Atom House, Atom Rep, Peewee House, Peewee Rep, Bantam House, Bantam Rep and Midgets.

Election of Executive positions – Equipment Convenor, Public Relations, Chairperson & Finance Committee, Initiation Director are open for election. Nominations accepted at the meeting.

Minor Hockey needs your support. Please plan to attend!

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24 hour Emergency Towing
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Roch would like to take this opportunity to welcome Class A mechanic **Albert Lapierre** to his team. Call and book an appointment today for all your automotive needs.




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RATE PAYERS MEETING
APRIL 2, 2013
6:30 p.m.
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CALL 705-864-2238 FOR MORE INFORMATION

North East LHIN RLISS Nord Est

With the help of Northerners, community leaders and health care partners, the North East Local Health Integration Network (NE LHIN) is working to improve access to health care for people living in Northeastern Ontario.

More than 4,000 Northerners contributed to our recently released three-year strategic plan.

Thank you!

We continue to need your help. We are currently working on building a local health care system with:

- More coordinated primary care;
- Smoother transitions of care for people going from hospital to community;
- More community-based-care to care for our seniors and frail elderly – the fastest growing part of our population base;
- Increased access to mental health and substance abuse services; and
- Services that respect the cultural and linguistic diversity of Northerners.

Do you want to help implement positive changes for local health care? Get involved. Consider:

- Serving on our Board of Directors and its advisory committees on health professional resources and Aboriginal health care.
- Joining the NE LHIN as a staff member.

With offices in North Bay, Sault Ste. Marie, Sudbury and Timmins,
Your LHIN is just a Click or a Call away...

www.nelhin.on.ca
1-866-906-5446

Avec l'aide des résidents du Nord, des chefs de file communautaires et des partenaires du secteur de la santé, le Réseau local d'intégration des services de santé du Nord-Est (RLISS du Nord-Est) déploie des efforts pour que les gens qui vivent dans le Nord-Est de l'Ontario aient un meilleur accès aux soins de santé.

Plus de 4 000 résidents du Nord ont contribué à la préparation de notre plan stratégique de 3 ans que nous avons rendu public récemment.

Merci!

Nous avons toujours besoin de votre aide. Nous travaillons actuellement à l'établissement d'un système local de services de santé qui offre :

- Plus de soins primaires coordonnés;
- Des transitions plus faciles entre les soins dispensés à l'hôpital et ceux dispensés dans la communauté;
- Plus de soins communautaires pour nos aînés et nos personnes âgées frêles, qui constituent le segment de notre population de base qui affiche la croissance la plus rapide;
- Un accès accru aux services de santé mentale et de lutte contre la toxicomanie;
- Des services qui respectent la diversité culturelle et linguistique des résidents du Nord.

Désirez-vous aider à apporter des changements positifs aux services de santé locaux? Envisagez de participer d'une des façons suivantes :

- En faisant partie de notre conseil d'administration et de ses comités consultatifs sur les ressources professionnelles en santé et les services de santé pour les Autochtones.
- En devenant membre du personnel du RLISS du Nord-Est.

Avec des bureaux à North Bay, Sault Ste. Marie, Sudbury et Timmins,
votre RLISS est facilement accessible par Internet ou téléphone...

www.nelhin.on.ca
1 866 906-5446



Changements au programme de transport médical du ministère de la santé

Le Réseau du mieux-être francophone du Nord de l'Ontario tient à partager une importante nouvelle à l'égard d'un changement apporté au programme de subvention accordée aux résidents du Nord de l'Ontario pour frais de transport à des fins médicales, programme connu par plusieurs comme 'Travel Grant'. À compter du 1er décembre dernier, l'octroi pour la portion d'hébergement est soumis à de nouveaux critères. Les patients qui doivent voyager au moins 200 kilomètres dans un sens pour se rendre chez le spécialiste le plus proche ou subir une intervention dans un établissement de soins doivent maintenant présenter un reçu pour leur hébergement qui servira à prouver qu'ils ont effectivement engagé la dépense.

Voici quelques questions et réponses de cette allocation d'hébergement tirées du

site Web www.health.gov.on.ca

Pourquoi faut-il dorénavant présenter un reçu pour être admissible à l'allocation d'hébergement?

Pour respecter l'engagement de prudence qu'a pris le gouvernement à l'égard des dépenses de fonds publics, le programme exige maintenant que l'on présente un reçu à des fins administratives et de vérification. Les reçus doivent être présentés pour les services médicaux prodigués le 1er décembre 2012 ou après cette date.

Quelles sont les formes de reçus acceptables? Puis-je présenter des copies?

Il faut présenter le reçu original détaillé. On entend par « reçu original détaillé » un reçu indiquant la liste des articles achetés et le prix individuel de chaque article, par exemple d'un hôtel ou d'un motel. Il s'agit habituellement du reçu

qui est imprimé par une caisse enregistreuse. Le reçu d'autorisation d'une carte de crédit ou de débit n'est pas un reçu détaillé.

À qui dois-je soumettre mes reçus?

Les reçus justifiant les frais d'hébergement doivent être envoyés avec votre formulaire de demande.

Faut-il avoir payé pour l'hébergement afin d'être admissible à l'allocation d'hébergement?

Afin d'être admissible à l'allocation d'hébergement, le patient doit aussi avoir engagé les frais d'hébergement et avoir présenté un reçu pour justifier le paiement.

Puis-je utiliser un programme de récompense, comme Air Miles, pour payer mon hébergement?

Oui, les milles de votre programme de récompense sont un mode de paiement acceptable, et il faut présenter un reçu détaillé.

Le reçu n'est pas en mon nom en tant que patient, sera-t-il accepté?

Non, le reçu doit être émis au nom du patient.

J'ai logé chez des parents/amis, suis-je admissible à l'allocation d'hébergement?

Non, si vous n'avez pas engagé des frais pour votre hébergement, vous n'avez pas droit à l'allocation d'hébergement.

Mon hébergement était pour une durée plus longue qu'une seule nuit, est-ce que l'allocation d'hébergement couvrira toute la durée de mon séjour?

Seule une allocation d'hébergement de 100 \$ est octroyée par déplacement admissible à des fins médicales – l'allocation n'est pas un remboursement et n'est pas calculée en fonction du nombre de nuits

d'hébergement.

Est-ce que les accompagnateurs sont dorénavant admissibles à l'allocation d'hébergement?

Non, les personnes qui vous accompagnent ne sont pas admissibles à l'allocation d'hébergement.

Est-ce que mes frais de repas, taxi, etc. seront pris en charge si je ne loge pas à l'hôtel?

Non, le programme ne couvre

pas les frais engagés pour les repas et les taxis.

J'ai perdu mon reçu et il m'est impossible de le remplacer. Pouvez-vous m'octroyer l'allocation d'hébergement?

Non, il est impossible d'octroyer l'allocation d'hébergement sans avoir le reçu pour justifier le paiement de l'hébergement.

Le spécialiste que l'on m'a dit de consulter est à une distance de

moins de 200 km, mais le spécialiste que j'ai consulté m'a demandé de ne pas prendre le volant et de passer la nuit sur place. J'ai le reçu pour la nuit d'hébergement à l'hôtel – suis-je admissible à l'allocation d'hébergement?

Non, vous n'êtes pas admissible à l'allocation d'hébergement. Vous devez avoir eu à parcourir une distance d'au moins 200 kilomètres dans un sens.



Licensing:

Standards, Legislation and Inspections

In Ontario, anyone who cares for six or more unrelated children under the age of 10 must be licensed by the Ministry of Education. This includes home-based child care and centre-based child care.

Licensed child care programs must meet and maintain specific provincial standards set out in the *Day Nurseries Act*. These standards provide for the health, safety & developmental needs of the children.

At least once a year, staff of the Ministry of Education make unannounced inspections of all licensed child care programs to:

- make sure that provincial standards are being met
- issue and renew licences
- investigate complaints
- monitor operators who are having difficulty meeting licensing standards.

Inspection reports for all licensed child care programs are available on the licensed child care finder.

For more information please call
The Chapleau Child Care Centre
at 705-864-1886
or stop by the Centre at 28 Golf Road



10 conseils pour réduire vos risques de chutes

1. Ralentissez votre rythme et prenez le temps de veiller à votre sécurité.
2. Soyez physiquement actif la plupart des jours, durant 30 à 60 minutes.
3. Faites vérifier régulièrement votre vision et votre ouïe.
4. Discutez avec votre médecin ou votre pharmacien des médicaments et des suppléments que vous prenez.
5. Maintenez un régime alimentaire sain et équilibré, buvez beaucoup d'eau et limitez votre consommation d'alcool.
6. Lorsque vous marchez à l'extérieur, soyez conscient de votre environnement et surveillez où vous mettez le pied.
7. Utilisez des articles de sûreté comme une canne, une marchette, des barres d'appui et des tapis de baignoire antidérapants.
8. Portez des chaussures à semelles antidérapantes, des bottes et des pantoufles bien ajustées, et obtenez les soins nécessaires pour vos pieds.
9. Utilisez une lampe veilleuse et conservez une lampe de poche près du lit.
10. Remplissez la feuille de vérification de sécurité à domicile qui se trouve dans le *Guide de vie autonome*. Obtenez votre exemplaire du Guide en composant le numéro ci-dessous.

Pour plus d'information concernant les facteurs de risque de chute ou les programmes de prévention des chutes, appelez le programme :

**Avancez de pied ferme Sudbury
Manitoulin 705.674.4330, sans frais
1.855.674.4330**



Les districts de Sudbury et Manitoulin
Logo adapté avec la permission de Avancez de pied ferme
Nipissing / Parry Sound, décembre 2010.

*Ce document est une adaptation du Grey
Bruce Falls Prevention and Intervention
Program.*

Taxpayers Federation Elated With Passage of Bill C-27

CTF's three-year push for disclosure of aboriginal politicians' salaries pays off, bill will improve accountability

The Canadian Taxpayers Federation (CTF) applauded the federal government for passing and proclaiming Bill C-27 today; legislation that will require aboriginal politicians on all reserves in Canada to disclose their salaries to the public (just like every other politician in the country). The CTF first began

pushing for such a change back on December 22, 2009.

"We're ecstatic this bill has become law as we've pushed hard for it over the last three years," said CTF Prairie Director Colin Craig. "Plain and simple, aboriginal politicians should have to disclose their pay to the public just like all other politi-

cians in the country. The federal government deserves praise for addressing this issue."

"We really tip our hat to the brave men and women on reserves who have risked a lot to leak documents or speak out," added Craig. "Most people don't understand it, but it can be really difficult

to speak out on reserves. This legislation will help people on reserves hold their officials accountable."

The CTF began pushing for the bill back in December 2009 when Phyllis Sutherland, a whistleblower from the Peguis First Nation, provided copies of outrageous pay information from her community. At the time, the chief and council from the small

community of 3,700 were making more in pay, or close to Prime Minister Stephen Harper's salary.

The story from took on national attention and soon after the CTF was flooded with calls and emails from people living on reserves across the country.

"People either had documents to leak or wanted help getting access to their band's financial statements.

We knew we had to keep pushing hard on this issue," continued Craig.

The CTF also noted the bill will help clear the names of the many good chiefs and councillors out there who aren't taking exorbitant pay cheques, but have been painted with the same brush. Disclosure will help everyone sort out who is taking advantage of the system and who isn't.

Local volunteer awarded Jubilee Medal



A local volunteer, Mr. Louis Dubé was surprised at a ceremony that was held on February 16th, 2013 at Sacred Heart Catholic church during the 7:00 mass. Carol Hughes M.P. presented Mr. Dubé with the Queen's jubilee award for all of his voluntary work in our community over the years. He spends his summers working at the Peace Park and has spent the last 13 winters refinishing the woodwork at the church, not to mention all years spent as an active member of the Knights of Columbus.



Services de santé de
Chapleau Health Services

We are currently seeking qualified candidates for the following position:

1 FULL-TIME CARE COORDINATOR

Minimum- Maximum Hourly Rate as per Collective Agreement
\$29.36 - \$42.44

Hours: Monday – Friday 8:30am - 4:30pm

Please visit our website at www.sschs.ca under Career Opportunities for more information on the position description and qualifications.

Interested applicants may submit résumés by April 5th, 2013 to:

Human Resources

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

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.



Top 10 Tips to Reduce Your Chance of Having a Fall

1. Slow down and take time to be safe.
2. Be physically active for a total of 30 to 60 minutes most days.
3. Have your vision and hearing checked regularly.
4. Discuss your medication and supplements with your doctor or pharmacist.
5. Eat a healthy balanced diet, drink plenty of water, and limit your alcohol intake.
6. When walking outside, be aware of your surroundings and watch where you step.
7. Use safety equipment such as canes, walkers, grab bars, and rubber bath mats.
8. Wear non-slip shoes, boots, and slippers that fit well, and seek treatment for foot problems.
9. Use a night light and keep a flashlight by your bed.
10. Complete the home safety checklist in the *Independent Living Guide*. Get your guide by calling the number below.



Sudbury and Manitoulin Districts
Logo reproduced with permission of the Stay On Your Feet
Nipissing / Parry Sound, December 2010.

For more information about risk factors for falls or local falls prevention programs, call:

Stay On Your Feet Sudbury Manitoulin
705.674.4330, toll-free 1.855.674.4330

This document was adapted from the Grey Bruce Falls Prevention and Intervention Program.

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
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.

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1998 Chevrolet Suburban 4x4, 6.5 l. Diesel 1500 with 2500 undercarriage. AM/FM CD Recent front diff & transfer case overhaul, new front shocks and wheel bearings, new fuel lines, rim mounted winter tires. Newer fuel tank (4yrs) Needs Engine. 276,000 kms. \$1700.00 obo. As is. Call 705-864-0889.

2010 Dodge Grand Caravan SE rear entry converted passenger wheelchair van. Asking \$27,500.00 firm certified+4 mounted winter tires (studs). Worth over \$55,000.00 new. Call 705-864-0889 ask for Mario or leave a message.

WANTED

To purchase winterized cottage or home with power for year round living near water within 30 km of Chapleau. Call 705-864-1870 and leave message.



Have a Great Weekend

GET INVOLVED VISIT THE "Chapleau Community Engagement Group" ON FACEBOOK AND GIVE US YOUR OPINIONS.



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All friends and well wishers welcome

Three Mills, March 30th
8:00 to 1:00
See you there!



Happy Easter



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Lianne.vipond@century21.ca
www.century21.ca/lianne.vipond



121 Brock Street
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Customers reaching for the STARS



Shown above is a group of shoppers at Chapleau Valu-mart with Dietician Robin Greer.

Guiding Stars is a food rating system that rates food based on nutrient density using a scientific algorithm to assign a 0, 1, 2 or 3 star rating. The program rates foods based on vitamins, minerals, fibre, whole grains, Omega-3s, saturated fat, trans fat, added sodium and added sugar. "No stars" means, although the food was rated, it

didn't meet the nutrition criteria to earn a star. Guiding Stars is an objective, patented food rating system that rates food based on nutrient density using a scientific algorithm. Foods are rated based on a balance of credits and debits. Foods are credited for vitamins, minerals, dietary fibre, whole grains, and Omega-3 fatty acids,

and debited for saturated fats, trans fats, added sodium and added sugar. Rated foods are marked with easy-to-follow tags indicating 1, 2, or 3 stars.

As you go through each aisle of the store, look for the easy-to-follow Guiding Stars shelf tags indicating 1, 2, or 3 stars.

If the shelf tag

has no stars, it simply means either:

a.) The food doesn't meet the nutritional criteria for a Guiding Star. Of course, you can still enjoy these foods. Nobody is expected to eat star worthy foods all the time. Just consider balancing eating the foods you love with a healthy, active lifestyle. And, as always, you can read the Nutrition Facts panel and ingredient list to help you make informed choices that

work best for you and your family.

b.) The food is not rated. Products like bottled water, dried spices, coffee and tea are not rated by Guiding Stars because they contain fewer than 5 calories per serving.

c.) The food hasn't yet been rated. There is a chance that a new item has hit the shelf and has not yet gone through the full rating process. Check back during your next visit!

Guiding Stars is not intended to tell you what to buy, but

rather point you toward nutritious choices. Guiding Stars is also not a substitute for a physician's advice, diagnosis or treatment of a pre-existing condition.

Guiding Stars is objective, based on consumer research, and not influenced by price, brand or manufacturer trade groups. And with over 30,000 rated foods in the Guiding Stars database, making nutritious choices for you and your family is now simple...and even fun.



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Services de santé de
Chapleau Health Services

We are currently seeking qualified candidates for the following position:

1 TEMPORARY PART-TIME DIETARY AIDE
From April 15, 2013 to September 1, 2013
Minimum – Maximum As per Collective Agreement
\$18.513 - \$19.343

Qualifications:

- A minimum of Grade 12 education.
- Working knowledge and experience in institutional food service procedures.
- Food Services Worker Certificate an asset.
- 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.

Interested applicants may submit résumés by April 5th, 2013 to
Human Resources
Services de santé de Chapleau Health Services
6 Broomhead Road, P.O. Box 757
Chapleau, Ontario
P0M 1K0
Tel: (705) 864-3061
Email: chapleauhr@sschs.ca

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.
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