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Fresh Donuts



CHAPLEAU EXPRESS

Vol. 17, Issue 35, May 11, 2013

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

Great Season For Girls Hockey In Chapleau



By Jeff Hamill

What a season with some great success stories for Chicks hockey here in Chapleau. The peewee team excelled this year winning two tournaments in Sault Ste. Marie and Sudbury. The peewee chicks went undefeated bringing home the gold medal and the banner. The banners now hang proudly at the Moore Arena. Great season girls.

Our Midget team also excelled and improved greatly over the year bringing a silver medal from Sudbury. They played at the rep C level and were extremely competitive throughout the year. They were

very close to making it to the provincial championships but lost to Thessalon who ended up winning the bronze at the provincials. You were that close girl's great season.

The Chapleau Girls Hockey Association executive has done a great job this season. Enrolment was down slightly due to the fact we did not have enough to ice a bantam team. CGHA are very optimistic and feel enrolment will be up next season. Hopes are to ice three teams again. The Peewee and Midget teams did very well and continue to be enrolled as part of the largest women's hockey association in Canada the Ontario Women's Hockey Association (OWHA) who governs women's hockey in Ontario.

There have been many successes throughout the year. The girls should be very proud and encouraged with their overall season. CGHA has

come a long way and is building on its successes for a bright future.

Chapleau Girls Hockey Association would like to thank the people of Chapleau for all their support attending games and throughout our fundraising campaign. Thanks also goes out to our sponsors, Ron Martel, Collins Home Hardware & Home Furniture, Chapleau Valumart and Village Shops, APANO, Multech, Transport L.S. Inc., Gregg's Gas Bar & Horsepower Shop, Racine Lake Campground, Santerre and Son Construction Ltd, Simon Ouellette Contracting, Northern Hyperdrill Contracting, Chapleau Health Services, Bignucolo INC., and Lacroix Bus Lines.

Up next for CGHA will be the annual Hockey Banquet and General Meeting.

The Banquet will be held at Ecole Secondaire Catholique Trillium on Tuesday May 28th, 2013 and will start at 5:00pm.

The AGM will also be held at Ecole Secondaire Catholique Trillium on Tuesday May 28th, 2013 and will start at 7:30pm.

Any amendments to the Constitution stating the section

to be changed and the amended version must be submitted by May 14th to CGHA, P.O. Box 555. Please contact Jeff Hamill at 705-864-2801 for further information.

Anyone interested in a Head Coach position must submit a letter of

qualifications with 5 signatures of parents or current executive at the meeting.

Elections of executive positions – President, Treasurer, Secretary, Vice President, Equipment convenor, Referee in Chief, and Fundraising Chairperson are open

for election. Nominations accepted at the meeting.

CGHA has a bright future. Come on out girls and have some fun! If your child has interested in becoming a Chick please plan to attend the meeting. GO CHICKS GO!!!

Robert Fife wins award from the Canadian Association of Journalists



By Michael J. Morris
Robert 'Bob' Fife, who was born and raised in Chapleau, has won a journalism award from the Canadian Association of Journalists for an investigative story he did for CTV News.

Bob, the son of Margaret and the late Clyde Fife, and Philip

Ling, the CTV Ottawa news producer, won the Open Television Under Five Minutes category on the XL Foods tainted meat scandal. Bob's grandfather, George Fife, was the reeve of Chapleau from 1938 to 1942.

CTV said that the story which aired in October 2012

uncovered repeated citations for deficient safety standards for XL Foods, adding that the Canadian meat packing company came under fire in 2012 after E.coli was detected in some of their products. The CTV report found that U.S. officials had warned XL Foods for years about safety issues at their plants.

The awards for 2012 were announced at the CAJ annual gala in Ottawa on May 4.

Bob is the Ottawa Bureau Chief of CTV News. He is a graduate of Chapleau Public and Chapleau High Schools. At the Chapleau High School 90th anniversary reunion festival in 2012, Bob participated in the ecumenical service.

In the 1980s, Maclean's magazine named Bob as the best investigative reporter in Canada. He has also won other awards.

Long Term Forecast

Friday	High 11	Low -3	
Saturday	High 8	Low -1	
Sunday	High 4	Low -4	
Monday	High 11	Low -4	
Tuesday	High 16	Low 3	
Wednesday	High 20	Low 8	

It's Malibu Madness in April at Mission Motors

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ECO LT 53MPG IS \$99.55 WEEKLY O.A.C..
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Letters to the Editor

Hilda Ritchie
18 Jacobson Drive,
Suite 530, Lively,
Ontario. P3Y1P7
(705) 692-1832,
Ext. 530
May 7, 2013
Dear Editor and Dearest
Friends:

I must first say that I was deeply moved by the farewell reception hosted at Cedar Grove last week.

Also many thanks for the beautiful afghan purchased from the Seniors' Club by my friends. I know many of the club had their hand in making it. The Prayer Shawl from the Catholic Women's League is so pretty! Thank you also!

To those who

contributed to the beautiful baking; it looked so inviting, and tasted magnificently! I'm sure all enjoyed the treats!

And a very special thank to all who decorated and coordinated the event, especially Yvette Joyal, and the close friends who joined in that work.

Lastly thanks to the Seniors' Club who offered the hall, the equipment, dishes, etc. at no cost.

The many friends and acquaintances who took the time to wish me well have, over the years, provided me a sense of belonging in our town of Chapleau.

It's difficult to leave you and this town; it has been my home for most of my life and I have many good memories stretching back from childhood, all the way up to this present day.

Chapleau was, and still is a beautiful place to raise a family. The countryside around Chapleau was good to us, and for many years we enjoyed the company of both Chapleauites, and the many Canadians and Americans who sought adventures in the wilderness around Chapleau.

Now, my family wants me close, and a move to Meadowbrook Retirement Village in Lively brings me nearer to them.

My son Allan

and his wife Laura live only minutes away. Brian and his wife Loreen (Riley) who live near Canada's Wonderland will be able to visit much more often. Lark and Connie are soon to move south, also to be closer to family. Darryl, and his wife Jane now can fly into Sudbury, cutting off hours of travel.

Honestly, I leave with mixed feelings. But I am not yet done with Chapleau.

This July, I plan to return for a visit with son Allan to visit my nieces Debra Tina, and Bonnie (all daughters of Jeana and Louis Cappellani) at 7-Mile Lake. I'll also look forward to seeing Mya, Doug and Tina Prusky's daughter.

I'll let Yvette know my travel plans, and I'm sure she'll pass the news on to you.

When I am back,

I'd truly enjoy spending a bit of time with as many of you as possible.

I am also hoping that you'll keep in touch with me, and when passing through Sudbury and Lively, you'll stop to visit, if even for a short while. Failing that, a phone call to bring me news will always be

appreciated. My phone number is at the top of this letter.

Once again, thank you; each and all, for the lovely afternoon of May 2 and during my time at Cedar Grove.

I'll miss all of you tremendously.

Hilda Ritchie

THANK YOU

During Austin's illness and now his recovery we have been very blessed with tons of love and support.

We appreciate all the emails, FaceBook messages, phone calls, monetary donations, gifts, cards, meals and most importantly the thoughts and prayers from everyone.

Words alone cannot express our gratitude enough.

Thank you from the bottom of our hearts. Sending everyone a huge hug!

**Aaron, Nikki, Austin and Emily
Bouvier and our families
The Bouviers, Domingues and Encils**

'Youth in Care' Day will see powwow and traditional adoption ceremony return to Chapleau region

On May 14 2013, the Anishi-naabe Abinoojii Family Services, Chapleau Sub-Office in conjunction with the Child Advocacy in Toronto, will be hosting a 'Youth in Care Day' at Brunswick House First Nation.

The events, some of them the first of their kind held in the

area in living memory, will be a Traditional powwow and a Traditional Ojibway Custom Adoption Ceremony. This Traditional Adoption ceremony is being revived and brought back to the First Nation communities in the Chapleau region. Following the ceremonies will be a Traditional Feast.

The staff at Anishinaabe Abinoojii have been fund raising for this very special event. The day will be broadcast via link to all Child and Family Services in Ontario.

This is a special event for all families, staff and communities. All are welcome to join in the celebrations.

MPP CONSTITUENCY CLINICS

Tuesday May 21

Hornepayne

9:00 - 10:00 am @ Grace United Church

White River

2:00-3:00 pm @ Municipal Office

Pic Mobert First Nation

3:30 - 4:30 pm @ Band Office

Thursday May 23

Chapleau

9:00 - 10:00 am @ Municipal Office

Wednesday May 22

Manitouwadge

9:00 - 10:00 am @ Recreation Centre

Dubreuilville

1:00 pm - 2:00 pm @ Municipal Office

Wawa

3:00 - 4:00 pm @ Municipal Office

Michael Mantha, MPP for Algoma-Manitoulin, is hosting constituency clinics in communities across the northern and western regions of the riding. The public is invited to meet with Mr. Mantha to discuss issues and concerns. For further information please contact the constituency office.



Michael Mantha

Algoma-Manitoulin, MPP | député

Email | Courriel : mmantha-co@ndp.on.ca

Tel | Tél : 705-461-9710

Fax | Télcop : 705-461-9720

Toll free | Sans frais : 1-800-831-1899



Faites une différence dans la vie des aînées.

****Besoin de bénévoles****



Nous recherchons activement des bénévoles désireux de s'impliquer auprès des aînés de notre communauté en effectuant un des services suivants:

- Conducteurs de fourgonnette
- A ide pour faire l'épicerie

Intéressé? Appelez Julia - Coordinatrice
Vieillir chez soi (705) 864-3061

Great Business Opportunity

Owners want to retire

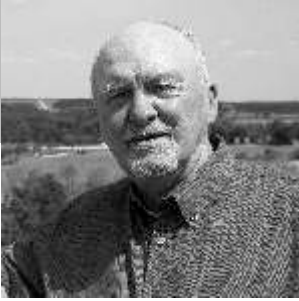
A well established corner store business as well as the Starlite Building.

Please see Diane at the corner store for more details

Harry 'Butch' Pellow brings back memories of childhood playing at The Big Rock overlooking the 'back river'

Chapleau Moments

by Michael J. Morris



When we were home for the 90th anniversary reunion of Chapleau High School in 2012, we were unable to find the time to bring back our childhood by going to play at The Big Rock, located in what is now the Peace Park on the banks of the 'Back' as

opposed to the 'Front' river, near the Roman Catholic Cemetery.

When I was home for the 100th anniversary of the incorporation of Chapleau as a municipality in 2001, I did make time to visit The Big Rock, and as I

sat on it thinking about my childhood, Keith 'Buddy' Swanson came along with his dog, and joined me. It was to be my last conversation with Buddy, and somehow fitting that it was on The Big Rock, where we could see the pond where he and his friends played hockey on many a bitterly cold winter day.

I managed to get a photo of it, and asked Harry 'Butch' Pellow, one of my oldest friends, to share his memories of The Big Rock, an important place when we were kids growing up in Chapleau. I hope kids still play there but don't go down near the river.

Here is Butch on The Big Rock.

By Harry 'Butch' Pellow The Big Rock was just that.

Emerging from the coarse grass and somewhere from the centre of the universe this seemingly giant granite boulder sat waiting for us to creep up on it as the sun rose on any weekend on a spring, summer or fall morning. Beside it, the ground was exposed by the regular weekend scraping of heels, the rock's movement due to frost heave in the winter and erosion along the edge of the hillock. In this recent picture you can still see exactly what I mean and all that after almost 65 years.

But it wasn't just a rock. It was the centerpiece of a cowboy movie, a hideaway from bandits or the law, and where we would shoot, maim, wing, or capture and tie up our adversaries whomever they might be. It was a dry gulch, a mountain top, a cliff, a destination, a point of arrival and a lookout. In fact it would be anything we put our mind to

making it out to be.

In the early mornings as the sun rose low from the east with dew on the grass it had a crystalline appearance that quickly faded as the shadows shortened, and by evening it was dark and foreboding. We hid from passersby and calls to dinner from whatever origin in the east of downtown and from the river to lower town.

It was our place, and we shared it only infrequently with new friends or others who we would invite in because we needed reinforcements for the cavalry or our posse.

There were the usuals including Morris, Evans, Schroeder, Bolduc, Steen, Hong, Fink, Pellow, Cachagee and other guys too; and even on occasion a few girls who for now will remain nameless, but they would saunter in to see what was going on and wanting to be part of the intrigue and never at the early hour we were there.

Dawn Goldstein enjoyed special status and was part of the usual group.

It was our time, and it remains a mystery to me today that I would even be able to have this incredibly vivid visual and olfactory recollection of the cool, fresh morning air being carried on the breeze over the windy, weedy, Nebskwashi River with its sparkling water creating a glare over the rock that was blinding.

There were other rocks too, other players, and other intrigue, but it was always the cowboys and the other guys; the good guys and the bad guys; and until I saw "Shane" I don't recall anything meaningful but the out of doors in the movies of



Harry Pellow at CHS reunion in 2012



Harry 'Butch' Pellow and Michael all set to chase the bad guys



The Big Rock on the 'Back River'



Michael with his grandmother Edythe Hunt all ready to head off to The Big Rock

the day, and never really seeing the kitchen or parlour of a good guy's family home. For sure they lived somewhere besides behind a big rock, but in those days at the big rock we really didn't care.

Thanks Butch. A member of one of

Chapleau's pioneer families, Harry was the architect for the Chapleau Civic Centre, Chapleau Recreation Centre, Cedar Grove Lodge, Chapleau General Hospital and the golf club house. My email is mj.morris@live.ca

<p>Ontario Licenced Motor Vehicle Inspection Station</p>		<p>Chapleau Cree Auto/Truck Monday - Friday 8:30 a.m - 4:30 p.m. "Preventive Maintenance keeps you on the road" FOX LAKE RESERVE</p>	<p>CALL 864-9090 for an appointment</p>
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Taxpayers Federation Gives Top Waste Award to the \$143 Pencil Sharpener Teddy Award to Toronto District School Board's Contract with the Maintenance and Skilled Trades Council

The Canadian Taxpayers Federation (CTF) held its 15th annual Teddy Waste Awards in Ottawa this morning, and the Toronto District School Board (TDSB) walked away with the top local prize for its outrageous contract

with the Maintenance and Skilled Trades Council.

Over a two-year period the union charged \$158 million for routine tasks such as installing a pencil sharpener (\$143), hanging three pictures (\$266) and installing

an electrical outlet (\$3,000).

"It is no wonder the TDSB is running a multi-million dollar structural deficit when they're paying skilled carpenters \$143 to put four screws into a piece of wood," said

CTF Ontario director Candice Malcolm.

"In the case of the outlet, the job took four hours but taxpayers were billed for 76 hours, as revealed by a Toronto Star investigation," Malcolm continued.

When union boss Jimmy Hazel was asked to explain these soaring fees, he told the Star, 'we don't need to f---g prove anything to anybody about costs.'

"Today, thanks to Jimmy Hazel & Co., the TDSB receives this well-deserved recognition as the worst of the worst in government waste and arrogance," said Malcolm. "Giving public sector unions a monopoly on maintenance shouldn't be a

license to spend without concern for the taxpayers."

"Hopefully our waste award will serve as a reminder," Malcolm concluded.

Also nominated from Ontario was Dalton McGuinty for his campaign's decision to cancel construction on unpopular gas plants in the GTA, and 29 Hamilton Public Works employees who were literally found

asleep on the job.

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government. Founded in 1990, the CTF has over 80,000 supporters and eight offices across Canada. The CTF is funded by free-will, non tax-receiptable contributions. The CTF's website is at www.taxpayer.com



MAKE A DIFFERENCE IN THE LIFE OF A SENIOR

VOLUNTEERS NEEDED



Present opportunities to volunteer include:

- Aging At Home Van Drivers
- Grocery Helpers

Interested in lending a caring hand?

Julia - Volunteer Coordinator
(705) 864-3061

OPEN HOUSE

Join us to say farewell to
Anna Chikoski
Sunday, May 19, 2013
from 7:30 to 9:00 p.m.

Trinity United Hall
Best Wishes Only

Le Relais pour la vie invite la communauté à participer au Défi Toonie

Le Relais pour la vie de Chapleau souhaite lancer un invitation à toutes les entreprises, les organisations et toute la communauté pour aider à correspondre aux argents amassés par notre défi Toonie

dans les écoles. Les élèves, le personnel et les enseignants de toutes les écoles de Chapleau sont invités à venir marcher un tour pour notre défi Toonie. Chaque personne participant devra payer une pièce de

deux dollars (payable, sur place, au membre du comité du Relais pour la vie responsable pour le défi). Cela aura lieu après la marche de survivant, à environ 19 h 20. Le thème relais cette année est « Les Grands

Films » et nous invitons les participants du défi Toonie à s'habiller comme leurs personnages / stars de cinéma préférée et marcher un tour complet dédié à ce défi. Merci de lutter

contre le cancer avec nous! Merci à tous les participants! Merci de soutenir votre communauté!

Si vous êtes intéressé à faire correspondre l'argent amassé par nos étudiants de Chapleau

dans le défi Toonie, s'il vous plaît appeler Rosane Connelly au 705-864-1010.

L'école ayant amassé le plus de Toonies remportera le prix de l'Académie pour l'excellence dans l'esprit d'école.

Invitation to participate in Relay for Life Toonie Challenge

The Chapleau Relay For Life would like to extend an Invitation to all Businesses, organizations and the whole community to help match the money raised by our school Toonie Challenge.

Students, staff and teachers of all Chapleau schools are invited to come out and walk our toonie challenge Lap. Each participating individual pays one Toonie (collected by a designated Relay staff

member at the Relay event.)

This is to take place after the Survivor walk, at approx 7:20 Pm.

The Relay theme this year is Movies and we invite

the participants of this Toonie Challenge to dress up like your favourite movie character/star and walk one full lap dedicated to this challenge

Thank you for fighting cancer with

us! Thank You to all who participate, Thank you for supporting your community!

If you are interested in matching the money raised by our Chapleau students in the Toonie

Challenge, please contact Rosane Connelly at 705-864-1010.

The school with the most toonies wins the Academy award for excellence in school spirit!

Le Relais pour la vie

Competition Toonie

vous invite à une compétition: élèves et personnel des écoles, le vendredi, le 14 juin à 19h20, à la piste et pelouse, Chapleau High School

Venez combattre le cancer - payer 2\$
Marcher un tour avec vos amis,

Bougez vos fufounes! - Deguisez-vous en costumes, choisissez de votre film favori.

L'école ayant le plus de toonies remporte le prix de l'Académie pour l'excellence dans l'esprit d'école.

6th Annual Relay For Life

Movie Theme Toonie Challenge

Invites all Students, teachers and Staff to the **Toonie Challenge** at the Earl Freeborn Field of Dreams Chapleau High School, Friday June 14th at 7:20pm

Walk one Full Lap - Shake your Bootie - Pay your Toonie

Dress up funny, Pick from your favourite movie !!

Opening ceremonies at 6:45pm - Unite in the fight against cancer !
Come celebrate 75 years with The Canadian Cancer Society

The School with the most Toonies will be presented with an Academy Award for excellence in school spirit.

Diabetes – what You Need To Know



The Foot Exam

If you have diabetes, you may have heard your health care provider mentioning that you need a foot exam. Why is this quick and painless test so

important?

The main purpose of performing regular foot exams on people living with diabetes is to determine if the person is at risk for diabetes-related foot complications.

People with diabetes are at risk of developing foot problems as a result of nerve damage (neuropathy), poor blood flow or changes in the shape of their feet or toes.

Problems such

as calluses, blisters, wounds or infections can ultimately lead to amputation. The hopeful news is that most amputations are preventable with regular foot screening, proper foot care and wearing properly fitted shoes.

Foot exams can be as simple as a 60 second sensory test to a more in depth look at the entire foot that may take 15 minutes. A sensory test uses a monofilament that is similar to a piece

of fishing line. The tester will ask the person being examined to close their eyes and indicate verbally if they feel anything as the monofilament is pressed against different areas of the foot. In a more detailed exam, toe nails, skin, pulses and foot structure are assessed. Footwear will be reviewed to note if it is offering the wearer the right support and fit.

Key questions that the health provider

will ask for any foot exam include:

1. Do your feet ever feel numb?
2. Do they tingle?
3. Do they ever feel like they are burning?
4. Do they ever feel like insects are crawling on them?

Regular foot examination can help both the person with diabetes and their healthcare professional identify potential risk factors as they arise and manage them in a timely manner. The frequency of a foot exam is determined by how high-risk the person's feet are for wounds and is agreed upon by the person and their healthcare pro-

vider.

Healthcare professionals who are able to provide this exam include a Diabetes Education Program Staff member, a Foot Care Nurse, a Chiroprapist or a Family Physician.

Has it been over 1 year since your last foot exam? Are you noticing changes with your feet? If you have answered yes to either of these questions, please give the Diabetes Education Program a call and book an appointment for a foot exam.

Helping people with diabetes to put their best foot forward,

Diabète – Ce que vous devez savoir

Examen des pieds

Si vous êtes atteint du diabète, vous avez peut-être déjà entendu votre fournisseur de soins de santé parler de la nécessité de vous soumettre à un examen des pieds. Pourquoi cet examen rapide et qui ne cause aucune douleur est-il si important?

Le principal objectif de l'examen régulier des pieds de personnes aux prises avec le diabète consiste à déterminer si elles présentent un risque de complication des pieds liée à cette maladie.

Les personnes diabétiques présentent un risque de problèmes des pieds en raison de lésions

nerveuses (neuropathie), d'une mauvaise circulation ou d'une modification de la forme de leurs pieds ou de leurs orteils.

Les problèmes tels que des callosités, des ampoules, des plaies ou des infections peuvent mener à l'amputation. La bonne nouvelle, c'est qu'il est possible de prévenir la plupart des amputations à l'aide d'un examen de dépistage régulier des pieds, de soins appropriés et du port de souliers bien ajustés.

Les examens des pieds peuvent consister en un simple test sensoriel de 60 secondes ou d'un examen approfondi du pied entier pouvant durer 15 minutes. Le test

sensoriel utilise un monofilament qui ressemble à une ligne de pêche. L'examineur demandera à la personne subissant l'examen de fermer les yeux et d'indiquer oralement si elle ressent quelque chose lorsque celui-ci passe le monofilament sur différentes régions du pied. Lors des examens plus approfondis, les ongles d'orteils, la peau, le pouls et la structure des pieds sont aussi évalués. Les chaussures font aussi l'objet d'un examen, en vue de déterminer si elles offrent à la personne qui les porte un soutien adéquat et si elles sont bien ajustées.

Voici des questions clés que les

professionnels de la santé poseront lors de tout examen des pieds :

1. Sentez-vous parfois que vos pieds sont engourdis?
2. Présentent-ils des picotements?
3. Avez-vous parfois des sensations de brûlure aux pieds?
4. Sentez-vous parfois comme si des insectes vous montaient sur les pieds?

Un examen régulier des pieds peut aider tant les personnes diabétiques que leurs professionnels de la santé à déterminer les facteurs de risque potentiels à mesure que ceux-ci apparaissent et à les prendre en charge sans tarder. La personne diabétique et son professionnel de la santé s'entendent sur la fréquence de l'examen des pieds selon le degré de risque élevé de blessures aux pieds.

Parmi les professionnels de la santé pouvant effectuer cet examen, on trouve les membres du personnel des programmes d'éducation des diabétiques, les infirmières et infirmiers spécialisés en soins des pieds, les podologues ou les médecins de famille.

Est-ce que votre dernier examen des pieds remonte à plus d'un an? Avez-vous remarqué des changements de vos pieds? Si vous avez répondu oui à l'une ou l'autre de ces questions, appelez le Programme d'éducation des diabétiques et prenez rendez-vous pour subir un examen des pieds.

Nous aidons les personnes diabétiques à se remettre sur pied.

JOB OPPORTUNITY

Part Time
Housekeeping/room attendant

Approx 16 hours per week
Suitable for student

Apply in person with resume
Call 705 864 1670
Or email to:
goldenroute@xplornet.com

Kathy's Kitchen at the Golden Route Lodge
12 miles west of Chapleau on Hwy#101



Plan to Join Us!!

The Chapleau Children's Service Provider
Network
invites all families to a

FREE OPEN HOUSE

This is an opportunity to find out what services are offered

for children in the community of Chapleau.

There will be food, beverages, children's activities, draws and door prizes.

When: Friday, June 7, 2013 from 5 – 7 p.m.
Where: Community Centre (Arena)

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

Course pour la cause

Les élèves de l'École secondaire catholique Trillium invitent la communauté à participer à la troisième course annuelle pour la lutte contre le cancer.

Venez marcher et/ou courir un **2 km, 5 km ou 10 km**

samedi le 25 mai à 11h

(L'inscription débute à 10 h)

et courez la chance de gagner un prix de participation !

coût d'inscription : 12 ans et plus – 25 \$

moins de 12 ans – 15 \$



Les fonds recueillis lors de la course seront donnés au Relais pour la vie par l'équipe d'ESCT.
On vous remercie pour votre appui !

The students at École secondaire catholique Trillium would like to invite the community to participate in the second annual run for the fight against cancer.

Come walk and/or run **2 km, 5 km or 10 km**

on Saturday May 25th at 11 am

(Registration begins at 10 o'clock)

Participation prizes to be won!

Registration cost : 12 years and older - \$ 25
under 12 - \$15

Join us for a BBQ following the race offered by the grade 8 students

This run is a fundraiser for ESCT's Relay for Life team and will be donated at this year's event. We thank you for your support !



Run for the Cause

Forest Fire Update

The forest fire hazard in areas south of Highway 17 is currently high. The public is advised that grass fuels are very dry and multiple new forest fires are occurring daily.

There were 16 new fires in the region between May 3 and May 6 – all caused by people.

S u d b u r y

district responded to seven new fires burning approximately 9 hectares. Midhurst responded to one new fire burning 3.5 hectares. Pembroke also responded to one new fire. All of these fires are now out.

North Bay district responded to two new fires over the weekend covering a total of 3.4 hectares.

One is out and the other is being held. A 1.0-hectare fire was confirmed in North Bay district today and is not yet under control.

Parry Sound district had three new fires, which are all out.

Hearst 1, reported on Sunday,

burned 10 hectares and is now out.

During the spring, grass and forest fuels are dry and fires can spread out of control quickly. Residents planning on burning grass, brush or other wood debris should consider composting, chipping or taking the material to a landfill site instead. For more information on safe

burning guidelines and how to be FireSmart, visit ontario.ca/fireprevention.

To report a forest fire north of the

French River call 310-FIRE (3473). For areas south of the French River, please call your local municipal fire department or 911.



INSURANCE

Larry Donovan, Office Supervisor, Rosane Connelly, Insurance Advisor, Jocelyne Gervais, Insurance Advisor

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Denise's Café

31 Birch St.
705-864-2400

This Saturday May 11th will be the last Saturday that we will be open until further notice

EAT IN OR TAKE OUT
We serve breakfast & lunch daily MON-FRI.
6:00 a.m. to 4:00 p.m.

OPEN ON SATURDAYS FROM 7-12 BREAKFAST ONLY

Last Chance for Mother's Day Flowers Saturday until noon. Come for breakfast and pick up your flowers. Closed on Sunday

Aux Trois Moulins Riverside Motel

The motel is now accepting applications from adults and students seeking employment.

Housekeeping

- appreciate teamwork
- enjoy cleaning
- self motivated

Successful applicants will demonstrate enthusiasm, excellent communication skills and willingness to learn.

Please bring resume and/or application to
Motel receptionist

Chapleau General Hospital

AUXILIARY TEA

May 10th, 2013



Royal Canadian Legion

Admission \$3.00



special invitation

Are you concerned about the health care services in Chapleau and catchment area, which includes Foleyet, Sultan and the 3 First Nations Reserves? Do you wonder how the local budget is managed? Do you wish you could be more involved in finding local health care solutions? If you answered yes to any of these questions, you might just be the person that Services de santé de Chapleau Health Services' (SSCHS) Board of Directors is looking for.

SSCHS is currently looking for directors to sit on its' governance board. We are seeking candidates with a diverse range of skills and experience, knowledge of the region served by SSCHS, good written and verbal communication skills, and ability to think strategically and understand SSCHS' governance principles. If you have some or all of these qualities, SSCHS invites you to apply to become a member of its board of directors and be a part of the health care solution for Chapleau and area.

Now is your chance to step up to the plate and make a difference in your local health care system. For more information, you may contact Gail Bignucolo, Chief Executive Officer of SSCHS (705-864-1520), or Denise Portelance-Godin, Board Chair (705-899-2464-Foleyet), or visit our website at www.sschs.ca

Capsule Santé Du Carrefour Santé De Chapleau-Foleyet-Sultan

Saviez-vous que ...

Le Carrefour santé de Chapleau-Foleyet-Sultan est une organisation communautaire qui vise à assurer la disponibilité des services de santé en français dans la région de Chapleau, Foleyet, et Sultan.

Saviez-vous que ...

Le Carrefour santé mène un sondage afin de mieux connaître certains besoins de services de santé dans la région. Nous demandons à la population francophone et anglophone de compléter le sondage d'ici le 10 mai. Il ne faut qu'environ 5 minutes pour répondre au sondage disponible

dans les deux langues officielles. Merci de faire suivre le sondage dans vos réseaux :

Sondage en français : www.surveymonkey.com/s/carrefoursantef

Sondage en anglais : www.surveymonkey.com/s/carrefoursantee Enfin, saviez-vous que ...

Le Carrefour santé a maintenant une

page Facebook. Visitez et aimez notre page Facebook au lien suivant : www.facebook.com-Carrefour-Santé-Région-de-Chapleau.

Chapleau Girls Hockey Association Banquet and Annual General Meeting

The Banquet will be held at Ecole Secondaire Catholique Trillium on Tuesday May 28th, 2013 and will start at 5:00pm.

The AGM will also be held at Ecole Secondaire Catholique Trillium on Tuesday May 28th, 2013 and will start at 7:30pm.

Any amendments to the Constitution stating the section to be changed and the amended version must be submitted by May 14th to CGHA, P.O. Box 555. Please contact Jeff Hamill at 705-864-2801 for further information.

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

Elections of executive positions – President, Treasurer, Secretary, Vice President, Equipment convenor, Referee in Chief, and Fundraising Chairperson are open for election. Nominations accepted at the meeting.

THE LOCAL MARKET PLACE

FOR SALE - FOR SALE - FOR SALE

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.

HOUSE FOR SALE

15 Grey Street North. 5 Bedroom, 2 Bathrooms, Basement mostly finished. Shed in back 10x14. Asking \$118,000 or B/O. Anytime after June 1st. Contact Billy or Lucie at 705-864-2924

LOT FOR SALE - LOT FOR SALE

Serviced lot for sale. 30 Adele St. 55' x 135'. \$19,900. Call Timmins 705-363-0414 Jun1

WANTED - WANTED - 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.

WATER FRONT TRAILER SITES ON MULLIGAN'S BAY

\$500.00
FOR SEASON



CONTACT
LLOYD COTTON
864-1846

Adult Mental Health (18 yrs and up) and Addiction Services (all ages) offered at Turning Point. Located at 8 Lorne St. South. For professional, confidential services, please call 705-864-1919. Open Monday to Friday from 8:30am to noon and 1pm to 4:30pm. **Services de santé mentale pour adultes (18 ans et plus)** et les services de toxicomanie (tous les âges) offerts à Point décisif. Situé au 8, rue Lorne Sud. Contactez-nous au 705-864-1919 pour des services professionnels et confidentiels. Les heures ouvrables sont de 8 h 30 à midi et de 13 h à 16 h 30.

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.

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.



Attention Legion Members

Branch 5 is looking for motivated individuals to serve on the Chapleau Legion Executive Council. Declining membership has left your Legion with a shortage of volunteers. Please mark the following dates on your calendar and make an effort to attend.

Without an executive there is no Legion

May 9th 7:00 pm
Nomination Meeting
June 3rd 7:00 pm
Nominations and Elections

Note: Nominees must be a regular or associate member and must provide a written affidavit declaring their intentions or be present for the nomination and election.

Kathy's Kitchen at the GOLDEN ROUTE LODGE

Opening for the season May 11th

Breakfast served from 7am - 11am
Everyone welcome.

24 hour reservation now required
For Dinner (5pm - 9pm daily)

Mother's Day Special "surf & turf"
or just lobster or just steak



- bait & tackle!
- handmade crafts!
- fireworks!

705 864 1670
12 miles west of Chapleau
on Hwy #101w



MOTHER'S DAY WEEKEND BUFFET (ALL YOU CAN EAT) at Hongr's Bar & Grill

Saturday & Sunday Nights
May 11th & 12th, 2013
5:00 p.m. to 7:30 p.m.

Telephone 864-1311
Reservations recommended but not required



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25 Centre St.
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1-705-264-4334

SLOMA CLEANERS

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

NEW AT THE CHAPLEAU PUBLIC LIBRARY

NEW BOOKS
Fly Away - Kristin Hannah
The Hit - David Baldacci
12th of Never - James Patterson

DID YOU KNOW?
The Library has subscriptions to over 35 french and english magazines for all ages and interests.

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DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.

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First 25 words or less \$6.25
Each additional word \$0.16+GST

No refunds on cancelled classified ads.



Casual Receptionist

The Chapleau and District Family Health Team is presently looking for 1 **Casual Receptionist** to join our team to provide reception, medical secretary and transcription services for the Chapleau and District Family Health Team (CDFHT). The CDFHT will augment the services currently provided through the Chapleau Health Team Physician Group with a range of services from other health professions, to offer comprehensive primary care for the 2,500 residents of Chapleau and District.

Ideally, the Receptionist holds a diploma as a Medical Secretary from a recognized college or educational facility. However, a combination of an Ontario Secondary School Graduation Diploma, or equivalent, in conjunction with directly related experience may be considered. The Receptionist has previous related experience in a health care setting.

Qualifications:

- Perform routine office procedures and clerical duties, and understand medical terminology
- Communicate effectively with patients, physicians and other personnel in order to give and receive information or instructions
- Effectively use computer information systems and software
- Bilingualism, French and English, is required

Qualified applicants are encouraged to submit a cover letter and resume by May 21, 2013, to:

Chapleau and District Family Health Team
 2 Broomhead Road, P.O. Box 757
 Chapleau, ON P0M 1K0
 Attention: Janet Broomhead, Executive Director
 E-mail: jbroomhead@cdfht.ca
 Fax: 705-864-0149

We appreciate the interest of all applicants, and will contact only those selected for an interview.



2013 Summer Science Camp

Chapleau Health Services will be sending Chapleau students to the Northern Ontario Medical School's summer science camp. The camp will be held at Laurentian University's Sudbury campus from July 8-12th. The costs of meals, accommodations and transportation will be covered by Chapleau Health Services. Chaperones will be accompanying the students. Students from grades 9 to 11 may apply.



Application forms are available on the Chapleau Health Services' web site (www.sschs.ca). Copies are available at school and at the Chapleau General Hospital. All applications must be submitted no later than Thursday, May 23, 2013, to Julia Bignucolo, Administrative Human Resources Assistant, Chapleau Health Services. For further

details, please contact Julia at jbignucolo@sschs.ca or call 864-3061.

Camp des sciences de la santé 2013

Les Services de santé de Chapleau parraineront un voyage pour les élèves de Chapleau pour assister au Camp des sciences de la santé offert par l'École de médecine du Nord de l'Ontario. Ce programme offert en anglais, aura lieu le 8 au 12 juillet à l'université Laurentienne à Sudbury. Les coûts de nourriture, d'hébergement et du transport seront payés par les Services de santé de Chapleau. Des chaperons accompagneront les élèves. Ce programme est ouvert aux élèves de la 9^e à la 11^e année.

Les formulaires d'inscription sont disponibles sur le site web des Services de santé de Chapleau (www.sschs.ca). Ils sont également disponibles aux écoles et à l'Hôpital Général de Chapleau. Tous formulaires doivent être remis au plus tard le jeudi 23 mai à l'adjoite administrative des ressources humaines, Julia Bignucolo. Pour plus amples renseignements, veuillez contacter Julia par courriel au jbignucolo@sschs.ca ou par téléphone au 864-3061.

Mother's Day is on May 12th

Celebrate Mom!
 "With Something Special"



Gold or Silver 25%



All New Spring Fashions Tops, Capris, Dresses 30% off

New from Crabtree & Evelyn Gift Sets Assorted Lotions & Body Products

Check out our Summer Sandals & Hats



Brew a "Happy Mother's Day" with a Keurig Coffee Maker and Coffee



Other Little Things that we do!

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MONA'S GREENHOUSE
 will be open

for the season Saturday, May 11th, 2013

"JUST IN TIME FOR MOTHER'S DAY"



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