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# CHAPLEAU EXPRESS

Vol. 14, Issue 33, May 1, 2010

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## Another Great Success for Chapleau's Phenomenal Women Social



Two Phenomenal Chapleau Women Honoured at Bignucolo Wing in acknowledgment of International Women's Day. Mrs. Bernier is pictured here with her son Michael, and Mrs. Bontinen with her daughter Nancy Freeborn, immediately following the happy occasion. Congratulations to both Graces!

Submitted by Pat Tangie  
On March 8th Pat Tangie, Judy Stein,

and community members Joanne Laughland and Kathleen Bouchard

had the great honour of hosting Chapleau's Phenomenal Women's Social. This event was

the fourth consecutive year of APANO-Chapleau and CHADWIC Home's partnership. The date was chosen to coincide with International Women's Week and it was our way of bringing Chapleau into the global celebrations.

Once again, many family, friends and co-workers joined us in recognizing and commemorating some of the beautiful women who make up the strong fabric of our community. We are so fortunate to be surrounded by these loving, supportive women who so obviously share their generous spirits

without hesitation on a day-to-day basis.

This occasion is especially significant in that there was no panel of judges; these acknowledgements came directly from the real experts....husbands, sons, daughters, friends and coworkers....those people who know the true essence of our Phenomenal Women's spirits.

By popular demand, we included a few different things to our program. Inspirational, community minded women who have passed on into the spirit world were acknowledged for their valuable

contributions that have made our society much richer. Family members and close friends of Lauraine Swanson, Ashley Sweeney and June Johnston accepted Phenomenal Women certificates on behalf of their loved ones. A brief celebration was also held at the Bignucolo Wing on March 9th, to honour Mrs. Grace Bernier and Mrs. Grace Bontinen as esteemed members of the Phenomenal Women of Chapleau.

We are very grateful to each of the 44 women who were acknowledged this year and we proudly  
**Cont'd on P.2**

## Local Rotarians plan Bingo for Haiti

By George Evans

On Tuesday, May 11, the Rotary Club of Chapleau will hold a Bingo in the Community Hall in the Sports Complex. (This date will allow husbands, children, and grandchildren to give

tickets to Bingo-mums and Bingo-grandmas for Mothers' Day) All the net proceeds will be contributed to the world-wide effort to help Haiti recover from the catastrophic earthquake of last January 12.

In that earthquake, up to 250,000 Haitians died --most of them being buried in hastily dug mass graves. Of those who survived, about 300,000 were injured --many having to endure amputations without anesthesia. The capital city and nearby villages became

piles of rubble. Over a million homeless people now live in squalid tent-cities set up in public places without potable water or toilets.

The sheer size of the disaster is overwhelming. Yet the resilient spirit of the Haitian people has won the admiration of the whole world and the whole world is organizing itself to help in the reconstruction of the homes and lives of the survivors.

The Rotary Club of Chapleau is joining in this effort. The Club invites Bingo

fans to come out on May 11 to the Rotary Bingo for Haiti. Doors will open at 6:00 p.m., and the first game will start at 7:00 p.m. Posters around town have the full programme of games.

Advanced tickets at \$50 are available at the Royal Bank, Snip 'n' Style, Valu-Mart, Village Shops, the Sport & Trade Show (April 30, May 1) or from any Rotarian. By draw, the price of one of the advance-sale tickets will be refunded to the holder of the lucky advance-sale ticket.



**Long Term Forecast**

**Friday**  
High 19  
Low 8

**Saturday**  
High 19  
Low 12

**Sunday**  
High 13  
Low 8

**Monday**  
High 13  
Low 5

**Tuesday**  
High 13  
Low 2

**Wednesday**  
High 14  
Low 0

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# Another Great Success for Chapleau's Phenomenal Women Social



**Back Row L-R:** Anik Nadon, Kathleen Bouchard, Gisele Barlow, Ethel Orton, Marilyn Doyle, Nat Orton, Lorne Swanson (Lauraine Swanson Memorial), Anita Panamick (Ashley Sweeney Memorial), Carla Guthrie, Elise Charron, Pam Morin, Vikki Desmoulin, Charmaine Saunders, Jan Hazen, **Sitting L-R:** Lynn Fortin, Beverly Perrault, Mireille Larocque, Phyllis McLeod, Chantal Servant and Micheline Boisvert.



**The Saunders women made the Phenomenal Women's Social a Family Affair. Mom Charmaine with daughters Beverly, Angela, and Granddaughter Carlie**

**Cont'd from P.1**

Janet Hazen, Janice Tremblay, Shonne Klatt, Norma Caldwell, Marjorie Ludie O'Hearn, Phyllis McLeod, Pam Morin, Adyh Duffney, Tracy Paquette, Crissy Waugh, Marilyn Doyle, Carla Guthrie, Janet Hazen, Janice Tremblay, Shonne Klatt, Norma Caldwell, Marjorie Cachagee Lee, Sylvie Sylvestre, Gisele Barlow, Rita Poulin, Ashley Sweeney (memorial), Lauraine Swanson (memorial),

Anik Nadon, Beverly Perrault, Caroline Ojebah, Anne Ouellette, Ethel Orton, Nat Orton, Mireille Larocque, Danika Larocque, Doris Riopel, Isabelle Servant, Lisa Gauthier, Lynn Fortin, Grace Bernier, Grace Bontinen, June Johnston (memorial), Vivian Fortin, Lisa Tremblay, Chantal Servant, Micheline Boisvert, Kim Genereux, Josee Gerrior, Lisa Ojebah, Victoria Desmoulin, Charmaine Saunders and Elise Charron.

In addition to the acknowledgers, Phenomenal Women, and staff from our


respective organizations, we would like to thank our "behind the scenes" supporters. Northern Credit Union, Chapleau Village Shops, Collins Home Furniture, Between Friends Coffee Shop, Brunswick House and Chapleau Cree First Nations, 101 Gas Bar, Ecole Trillium, Chapleau High School, Chapleau News Depot, MNR Chapleau District, District of Sudbury Social Services Administration Board, Canada Brokerlink, Miss Muggins/KFC and for housing our acknowledgement forms and deposit boxes; Royal Canadian Legion Branch #5, and of

course the Chapleau Express. Thanks also go to those who brought donations that we were able to pass on to Pastor Dan for Meals of Hope.

APANO - Chapleau and CHADWIC Home

know that we could not have such a successful event without the support of the whole community. We say chimeegwetch, thank you, grazie, merci beaucoup EVERY-ONE!

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



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**IMPORTANT MEETING**  
**Thursday, MAY 13th 7 PM**

**NOMINATIONS & ELECTION of Officers for the next term of office.**

**PLEASE ATTEND**

**President Branch 5**

**OBITUARY**  
**Elwood L. Corrigan**

A long time resident of Chapleau, passed away peacefully on Saturday April 17, 2010 just one day after his 93rd birthday. Beloved son of the late Florence and Martin Corrigan. Dear brother of Ivan Corrigan (Audrey) of King City, Ontario and the late Maynard Corrigan. Elwood will be fondly remembered by his nieces and nephews Ellen, Sharron, Michael and Shawn. At Elwood's request there will not be any funeral services. Cremation. Interment will take place in the family plot at the Chapleau Municipal Cemetery later this spring. (Arrangements entrusted to P.M. Gilmartin Funeral Home, 1-800-439-4937).

**The Chapleau Express**  
P.O. Box 457  
Chapleau (Ont.) P0M 1K0  
Telephone - Fax : 705-864-2579  
e-mail : chaexpress@sympatico.ca  
Published every Saturday/Sunday  
Deadline for receiving ads is Wednesday at 4 p.m.

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: \$75.00 per year (Canada) \$150.00 U.S per year (U.S.A)  
Canadian Publications Products Sales Agreement #30183799

**GOING TO CHURCH**

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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  
864-1604  
Sunday Service  
10:30 a.m.  
Rev. Bruce Roberts

**ST. MARY'S ANGLICAN CATHOLIC CHURCH**  
78 Devonshire Street  
864-0909  
Sunday Service 10 a.m.  
Rev. William P. Ivey

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

**TRINITY UNITED CHURCH**  
Corner of Beech and Lorne  
864-1221 Sunday Service and Sunday School 11:00 a.m.  
Anna Chikoski  
Soup Kettle every 2nd Wednesday of the month  
[www.angelfire.com/on/trinityuc](http://www.angelfire.com/on/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)

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864-0470  
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# D.O. Payette played important role in Chapleau in business, church and overall community life including 'catalyst' for first winter carnivals

Chapleau Moments

by  
Michael J. Morris



As I was browsing through a wonderful pile of Chapleau material recently received from David McMillan, it intrigued me to discover one clipping noting that D.O. (Ovide) Payette would sing "the Mass of Angels" all in Latin at Sacred Heart Roman Catholic Church.

I was aware of Mr. Payette's very significant role in the history of Chapleau, but did not know that he had been a soloist and choir director at Sacred Heart church.

Lucien Bouillon, who would become a Roman Catholic priest and the first to be ordained to the priesthood in Sacred Heart Church in 1965, made the observation about Mr. Payette's singing in Latin in an article in The Chapleau Sentinel marking the 100th anniversary of the parish in 1986. Lucien was serving as an altar boy in the fifties when Mgr. Romeo Gascon was the pastor.

From the time Mr. Payette arrived in Chapleau just after the beginning of the 20th Century he was involved in the life of the community and his church. I visited that fantastic resource for Chapleau material, [www.chapleau.com](http://www.chapleau.com), created and maintained by Hugh Kuttner, and discovered photos showing that Mr. Payette was playing hockey on a Chapleau team by 1905-06. As there is a trophy in

one photo, it looks like his team had won a championship.

Turning to Chapleau Trails, edited and published by Dr. William R. Pellow, I found that his daughter, Margaret Rose (Payette) Fortin wrote that her father, born in Pembroke, who taught school in Golden Lake, Ontario, came to Chapleau to work in the men's wear at Smith and Chapple Ltd. By around 1930, Mr. Payette and Arthur J. Grout bought the store and started to expand its departments. Mr. Payette became president of the company.

Margaret Rose noted that it was probably one of the first "shopping centres" in Ontario, and it likely was, living up to its reputation of providing "Everything for Everybody." For those of us who grew up shopping and working at Smith and Chapple, it is hard to believe that it closed its doors 23 years ago on April 30, 1987.

During the thirties plans to start a Chapleau winter carnival were made in Mr. Payette's office. He was described as the "catalyst" for starting the winter carnivals, and his business partner Mr. Grout became the chairman.

Mr. Payette was also very active in the Chapleau Town Band and by 1952 took over leadership of it and served in that capacity for 10 years until he retired. I can recall times when Mr. Payette, and three of his sons, John, Billy and George, would all be playing in the band for the July 1 celebration.

He also served as a volunteer firefighter and was Chapleau's fire chief for a number of years as well as being manager of the Chapleau Memorial Community Arena at one time and chairman of the Chapleau High School Board.

Very involved in all aspects of life in Chapleau, Mr. Payette was a member of the Rotary

Club, the golf and curling clubs, and at Sacred Heart Church, he was a member of the Knights of Columbus and a Grand Knight. After his retirement from Smith and Chapple, Mr. Payette also served as a Justice of the Peace.

Margaret Rose wrote that music was a large part of the "growing up years" in the Payette family home with both her parents involved in the Sacred Heart church choir, and "as each of us became old enough to contribute, we were part of the choir." In fact, she revealed that her parents met at the church when Mr. Payette was the choir director, and her mother, (Marie Cahill) arrived in Chapleau to become the church organist. She adds, "the rest, as they say, is history. They were married in 1923."

Mr. Payette's contribution, in his church, in business and the wider community, played an important role in the life and times of Chapleau.

### MAIL

Commenting on Chapleau Moments about 1976, Eugene Bouillon wrote: "OMG", Michael, yes memories (of 1976). I graduated from College and of course worked with Terry (Bryson) helping plan the Celebrations. Also, travelled with Doreen (Collings) to Red Rock to pick up the Pickerel for the Fish Fry and stayed up all night working on the fire for the Beef BBQ. Yes memories."

Darlene Ranger sent along some of her thoughts: "Just love reading all about the yester years. Love to know where people are. ...I too have kept up with the paper. Imagine I have been gone for 23 years ... Have not missed a paper...Home is Home I guess..... Keep it Up my friend.... love it.... "

Thanks to everyone who is in touch with comments and ideas for Chapleau Moments. My email is [mj.morris@live.ca](mailto:mj.morris@live.ca).



Chapleau Hockey Team and executive in 1912. Back row left to right: Fred Leclerc, Dr. J.J. Sheehan, Oliver Lesak, B.E. Lewery, Fred Knox, H.S. Meller. Centre row left to right: Simon Kruger, Tom Thomson, Oscar Tremblay, Omar Royal, Gordon Sheppard. Front row left to right: D.O. Payette, Ernie Cressey, T. Harry Wolfe. Vince Crichton collection, courtesy of Dr Vince Crichton.



Choir of Sacred Heart Church circa 1913. (1) Mrs. William Therrien, (2) Albert Desjardins, (3) Mrs. Acquin, (4) Joe Albert, (5) Miss Simmoneau, (6) Randolph Serre, (7) Jeanne Lamothe, (8) D.O. Payette, (9) Alec Langis, (10) Father Gascon, (11) Victor Perpette, (12) Fred Leclerc, (13) Mrs. D.O. Payette, (14) Lydia Langis, (15) Mrs. Pelton, (16) Mr. Pisanni. Vince Crichton collection, courtesy of Dr Vince Crichton.



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# Emergency Preparedness Week

## Are You Ready For An Emergency? What If You Have A Chronic Condition Like Diabetes?

We have all seen the disasters on TV: Katrina, The Ice Storm of 1998, Forest Fires in other areas..... but what if an emergency hits home (remember the power outage of 2003)

We all agree. We need to be prepared. This article is a reminder of what you need to do to be ready. But what if you have a chronic condition? What if you have diabetes? Read on and find out.

1. Have a **Plan**. It will help you and family members know what to do in an emergency. Try the following government

site for help: [www.getprepared.ca](http://www.getprepared.ca)

2. Create a KIT filled with everything you will need to survive for 72hr. It needs to be stored in a clearly marked, fireproof and water-proof container. Store it somewhere you can easily find. Remember perishable things like food, medication, batteries need to be replaced twice a year (maybe when the time changes, like your fire alarm batteries). Here is what should be included in the kit:

**WATER:** two litres per person per day (3 day supply). Try small bottles that

can be carried easily in case you have to evacuate.

**FOOD:** store enough to last each person 72 hours. Choose foods that don't spoil like canned food, energy bars and dried foods.

**- Manual Can Opener**

**- Flashlight And Batteries**

**- Battery-powered Or Wind-up Radio** (extra batteries) Chapleau emergency radio is 93.7 FM.

**- First Aid Kit**

**- Extra Keys** for your car and house

**Cash:** include smaller bills and change for payphones

**- Personal Identification Printed Emergency Plan:** including contact information for next of kin and out-of-town friends or relatives

**Special Needs Items:** such as glasses, infant formula, equipment for people with disabilities, pet supplies

For people with diabetes, the kit should also include:

**Insulin And Oral Medications** (at least three days' worth. Insulin can't be stored long term without refrigeration but keep handy in fridge)

**- Lancets And Glu-**

**cose Meter**

**- Extra Batteries For Meter**

**- Glucose Tablets**

**- Glucagon Pump Supplies/syringes**

**Up-to-date Medical History:** including medication names and doses, prescription numbers, insurance cards, contact information for physician and pharmacies.

**Remember:** If you do find yourself in a disaster/emergency situation, make sure you identify yourself as a person with diabetes so they can provide the necessary care. Also make sure you prevent dehydration by drinking

enough fluids.

Prevent hypoglycaemia (low blood sugar) by keeping something like lifesavers/sugar with you at all times.

Prevent infections by getting all wounds checked quickly (especially foot injuries) Make sure you wear shoes to protect your feet.

If you have more questions or require more information please call one of your Diabetes Education team members at 864-3079:

Robin Greer, RD, CDE; Mary Boucher RN, CDE; Krista Frederiksen, RN.

## Forest Fire Situation

There were no new fires reported on April 27. Two fires were confirmed so far today, April 28. Sudbury 16, near Sagamok, is not under control at 0.5 hectares in size. Crews are onsite and no issues are anticipated. Cochrane 5 is being held at 3.5 hectares. In total, there are seven active fires in the region.

Residents are reminded that if found responsible for a forest fire, they can be charged

under the Forest Fires Prevention Act and/or be liable for the costs of suppressing the fire. This cost can easily run into the tens of thousands of dollars.

The current forest fire hazard is high to extreme throughout the entire East Fire Region. The hazard will continue to be high until the weekend when between 10 to 20 millimetres of rain is forecast.

Residents or

cottagers conducting spring clean up should consider composting or chipping instead of burning. Always remember to contact your local fire department or municipal office before burning.

So far this year in the East Fire Region, there have been 58 fires burning nearly 229 hectares.

Be FireSmart, visit [ontario.ca/fire](http://ontario.ca/fire) prevention for more information on how to

prevent forest fires.

310-FIRE (3473) is the new, toll-free emergency forest fire reporting phone number across northern Ontario. Early detection and reporting are essential to quickly managing forest fires. Having one number will make it easier and more efficient for Ontarians to report forest fire emergencies. The number will operate north of the French and Mattawa Rivers.

## Two canoes and a boat stolen

On April 24, 2010 Superior East OPP in Chapleau received a report from a camp owner in Dalton, Ontario reporting the theft of two 14 foot canoes and a 14 foot aluminum boat. Dalton is a small community located southeast of Chapleau. It was reported that sometime during the past month person(s) unknown had removed the three watercraft from the complainant's property. The items are described as follows;

- (1) 14 ft blue canoe with beige seats
- (2) 14 ft green flat stern canoe with gold trim with a number of fibreglass patches including a large patch near the bow.
- (3) 14 ft aluminum boat with a Michigan registration number of MC9942BB.

The OPP are requesting anyone with any information to call The OPP at 1-888-310-1122 or Crime Stoppers at 1-800-222-TIPS (8477).

### May Happenings at

### Chapleau High School

#### Character Attribute: Perseverance

#### Monday to Friday, May 3 to May 7 Education Week

**Monday, May 3:** Presentation by Sound Streams to students "Pimootewin The Journey" - The World's First Cree Language Opera at 1:30 p.m. Weesageechak and Migisoo journey far from the land of the living, across the river to the magic island where the Spirits of the Dead dance every night by the light of the moon. Public is welcome to attend.

**Tuesday, May 4 9:00 - 10:30** Interested CHS students write the Algoma University Math Contest

**Friday, May 7** "Spring Dance" - 9:00 p.m. to 12:00 a.m.

**Sunday, May 9** Mother's Day

**Monday, May 10** Presentation by Magnus Theatre to students "SEESAW" at 9:00 a.m. - Four ordinary kids coping with the ups and downs of their lives. This production helps students examine the influences youth get from pop culture and how these affect the way they interact with schoolmates and their parents. It's about self esteem, fitting in, and "doing the right thing". Public is welcome to attend.

**Tuesday and Wednesday, May 11 and May 12** NSSSAA Boys/Girls' Soccer Semi-Finals in Wawa

**Monday and Tuesday, May 17 and May 18** NSSSAA Boys/Girls' Soccer Finals

**Wednesday, May 19** Spring Carnival

**Monday, May 24** Victoria Day - No school for students and staff

#### Activities to come

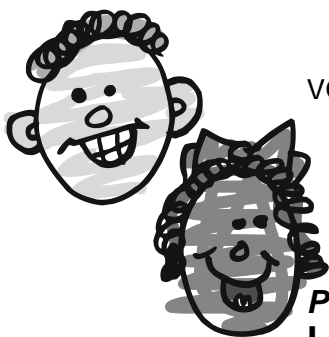
**Wednesday, June 21**

Last Day of Regular Classes for Semester II

**Thursday, June 22 to Wednesday, June 28** - Examinations

**Thursday, June 29** - Graduation

**Friday, June 30** - School Year Ends



## Le Centre De Garde De Chapleau

veux vous assister à prendre soins de vos enfants pendant que vous êtes au travail, à l'école ou simplement pour prendre une petite pause.

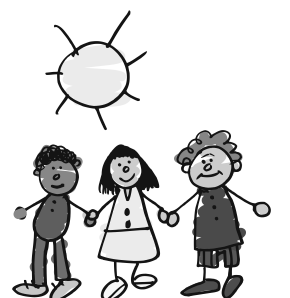
Nous offrons une variété de programme d'apprentissage et de garde pour les enfants de 18 mois jusqu'à 12 ans.

Les services sont disponible en français de 7h 30 à 17h 30 du lundi au vendredi.

Nous offrons différents options d'utilisateur, des tarifs de famille et des subventions.

**Passez nous visiter au 28 rue golf ou composez le 864-1886 pour plus d'information.**

**Laissez nous faire parti de l'expérience d'apprentissage de votre enfant!**



# La semaine de la protection civile : êtes-vous prêt en cas d'urgence? Et si vous aviez une maladie chronique comme le diabète?

Nous avons tous vu des catastrophes à la télévision, par exemple l'ouragan Katrina, la tempête de verglas de 1998 ou des incendies de forêt. Et si une urgence se produisait chez vous (souvenez-vous de la panne d'électricité de 2003)?

Nous sommes tous d'accord : il faut se

préparer à une telle éventualité. Cet article rappelle ce qu'il faut savoir afin d'être prêt à toute possibilité. Mais qu'en est-il si l'on a une maladie chronique comme le diabète?

1. Préparez un **Plan**. Cela vous aidera, vous et votre famille, à savoir ce qu'il faut faire en situation d'urgence.

Pour ce faire, on peut consulter le site gouvernemental suivant : [www.preparez-vous.gc.ca](http://www.preparez-vous.gc.ca).

2. Préparez une **Trousse** comprenant tout ce qu'il faut pour survivre pendant 72 heures. Il faut utiliser un **contenant** clairement identifié, résistant au feu et imperméable, et

l'entreposer là où on peut le trouver facilement. Deux fois par année, il faut y remplacer les biens périssables comme les **aliments**, les médicaments et les piles (p. ex. quand on change l'heure, comme on le fait pour les piles des alarmes incendie). Il faut y mettre ce qui suit.

**EAU** : deux litres par personne par jour (pour trois jours). On préférera de petites bouteilles facilement transportables en cas d'évacuation.

**Nourriture** : Il en faut suffisamment pour chaque personne pour 72 heures. Choisissez des aliments non périssables (p. ex. aliments en conserve, barres énergétiques et aliments déshydratés).

**-Ouvre-boîte Manuel**  
**-Lampe De Poche Et Piles**

**-Radio À Piles Ou À Manivelle** (et piles de rechange). À Chapleau, la fréquence de la radio d'urgence est le 93,7 FM.

**Trousse De Premiers Soins; Clés Supplémentaires** pour la voiture et la maison;  
**Argent Comptant** en petites coupures et monnaie pour les

téléphones payants; **Papiers D'identité; Plan De Mesures D'urgence Imprimé** : comprend les coordonnées du plus proche parent et celles d'amis ou de parents de l'extérieur.

**Articles Particuliers** : Lunettes, lait maternisé, équipement pour les personnes handicapées, fournitures pour animaux familiaux.

Pour les personnes diabétiques, il faut aussi inclure ce qui suit :


**Insuline Et Médicaments Par Voie Orale** (pour au moins trois jours; l'insuline ne peut être conservée pendant une longue période sans être réfrigérée, mais on peut la conserver à portée de la main au réfrigérateur)

**Lancettes Et Glucomètre; Piles Additionnelles Pour Le Glucomètre; Comprimés De Glucose; Glucagon; Fournitures De Pompe À Insuline/seringues; Antécédents Médicaux À Jour** : y compris le nom des médicaments et les doses, les numéros d'ordonnance, les


cartes d'assurance, les coordonnées des médecins et des pharmacies

**Rappel** : Si vous êtes au cœur d'une catastrophe ou d'une situation d'urgence, n'oubliez pas d'indiquer au personnel que vous êtes diabétique afin qu'on puisse vous fournir les soins voulus. Vous pouvez aussi éviter de vous déshydrater en buvant suffisamment de liquide, et l'hypoglycémie (faible taux de sucre dans le sang) en ayant des bonbons Lifesavers ou du sucre sous la main en tout temps. Enfin, évitez les infections en faisant vérifier régulièrement vos plaies (surtout les blessures aux pieds). Portez des chaussures pour vous protéger les pieds.

Si vous avez des questions ou vous désirez obtenir de plus amples renseignements, communiquez avec votre équipe d'éducatrices spécialisées en diabète, au 864-3079. Robin Greer, Dt.P., EAD; Mary Boucher, IA, EAD; Krista Frederiksen, IA



**Education  
Coordinator Intern**



Northeast Superior Forest Community Corporation  
Northeast Superior Regional Chiefs' Forum

**Contract Position:** 1 Year  
**Pay Rate:** \$31,000/annum  
**Location:** Position will be located in one of our partner municipalities or partner First Nation communities – specific location the choice of the successful candidate.

Working under the supervision of the NSFC and NSRCF staff, the Education Coordinator will be responsible for developing partnerships with educators, government agencies, and other groups who participate in the education system in order to build more focus on the forests in our region. The intern will also be responsible for researching model forests across Canada to find options for sustainable education programs and activities that the NSFC can adopt. The Intern will be an integral part of the NSFC team, working in a fast paced challenging environment that will provide a valuable work experience for the successful candidate.

**JOB DUTIES:**

- Develop a regional education strategy, complete with policies and procedures
- Assist with organizing educational events and programs
- Research and development of education programs
- Assist with creating education program promotional items
- Other Duties as assigned

**QUALIFICATIONS:**

- Must have a college or university degree related to one of the following areas: forestry or education. (Other educational programs may be considered at the discretion of the hiring committee)
- Applicant should be bilingual
- Must be a graduate of a northern Ontario high school
- Must be 29 years of age or younger
- Above average communication skills
- Advanced computer knowledge
- Understanding of the NSFC

**Please submit resume to:**  
NSFC c/o Clara Lauziere  
12 Birch Street East, Box 1388  
Chapleau ON  
P0M 1K0  
Email: [clara.lauziere@nsfc.ca](mailto:clara.lauziere@nsfc.ca) or [info@nsfc.ca](mailto:info@nsfc.ca)  
Fax: 705-864-0435  
**CLOSING DATE: May 21st, 2010**

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# What You Should Do If You Find A Sick, Injured Or Orphaned Wild Animal

Many well-intentioned people needlessly remove juvenile animals from a healthy, natural life in the wild. They think the animal is sick, injured or orphaned when that is often not the case.

Where an animal is in need of help, it requires specialized care to recover and return to the wild.

You cannot keep wildlife in captivity without approval from the Ministry of Natural Resources. However, a person may possess a wild animal for up to 24 hours to transport it to a wildlife custodian or a veterinarian.

Determining if Wildlife is Orphaned It is normal for some species to leave their offspring temporarily alone, especially during the day. For example, deer and cottontail rabbits

spend much of the day away from their well-camouflaged offspring to minimize the chance of predators finding them.

To determine if young wildlife is truly orphaned:

Check the animal periodically for 24 to 48 hours to see if it is still around, but keep your distance.; Keep cats and dogs away from the area where the young animal is; the adult will not return if it is noisy or if predators or people are close by.; Signs of injury or illness: Blood, wounds or swelling on the body; Body covered in fleas; Unusual or uneven loss of fur or feathers; Difficult or raspy breathing or sneezing; A dangling leg or wing; Closed eyes; head tucked under wing.

### Care Necessary To Help The Animal

Contact a wildlife

custodian who can help you assess the situation and will provide advice on what action to take.

If specialized and immediate care is necessary to help the animal, take it to a wildlife custodian or a veterinarian within 24 hours of capture.

If you must handle the animal, follow the instructions provided by the wildlife custodian on how to minimize risk of injury to yourself and to the animal.

Wear protective clothing and equipment, such as leather gloves, to avoid bites or scratches, and wash hands well after handling the animal.

It is important to recognize that many of the volunteer-operated organizations have limited capacity to accept animals, especially during the spring.

Potential resources for finding a wildlife rehabilitator in your area: International Wildlife Rehabilitation Council (IWRC). Visit <http://www.iwrc-online.org/> and click on "Find a Wildlife Rehabilitator in your Area"

Ontario Wildlife Rehabilitation and Education Network (OWREN) ([www.owren-online.org](http://www.owren-online.org)): call 905-735-9556. Contact [Info@owren-online.org](mailto:Info@owren-online.org)

Local Humane Society or local branch of the Ontario Society for the Prevention of Cruelty to Animals (SPCA): call the Ontario SPCA Wildlife Rehabilitation Centre at 1-888-668-7722 or the Wildlife Rehabilitation Centre in Midland at 705-534-4350

Visit <http://ontario.sPCA.ca/>.

Diseased or Dead Wildlife

To report dead animals, birds, or bats contact the Canadian Cooperative Wildlife Health Centre ([www.ccwhc.ca](http://www.ccwhc.ca)) at 1-866-673-4781.

If you suspect there is a public health risk from a sick wild animal, such as rabies, or you or your pet had contact with a suspected rabid animal, contact your local Public Health Unit immediately.

Rabies is fatal for humans and animals if not treated.

Symptoms of rabies and several other diseases in animals can include

tremors, aggressive behaviour, partial paralysis, convulsions, and loss of fear of humans.

Contact Information: Public Health Units: call 1-866-532-3161 between 8:30 a.m. and 5:00 p.m. Monday to Friday

visit [www.health.gov.on.ca/english/public/contact/phu/phuloc\\_mn.html](http://www.health.gov.on.ca/english/public/contact/phu/phuloc_mn.html) for a list of offices.

Canadian Cooperative Wildlife Health Centre:

call 1-866-673-4781

visit [www.ccwhc.ca](http://www.ccwhc.ca)

More Information on Wildlife:

Link to [ontario.ca/wildlife](http://ontario.ca/wildlife)

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# Ce qu'il faut faire si vous trouvez un animal sauvage malade, blessé ou orphelin

Il arrive souvent que des personnes bien intentionnées retirent de leur milieu naturel des jeunes animaux sauvages les croyant, à tort, malades, blessés ou orphelins.

Lorsqu'un animal a effectivement besoin d'aide, il doit recevoir des soins spécialisés pour pouvoir guérir et retourner dans son milieu naturel. Il est interdit de garder un animal sauvage en captivité sans l'autorisation du ministère des Richesses naturelles. Cependant, il est permis de garder un animal sauvage durant une période ne dépassant pas 24 heures pour le transporter et le confier à un gardien de la faune ou un vétérinaire.

Déterminer si un animal sauvage est orphelin

Il est normal pour certaines espèces d'animaux sauvages de laisser les jeunes seuls temporairement, surtout pendant la journée. La biche et la lapine à queue

blanche, par exemple, passent une bonne partie de la journée loin de leurs petits, qui sont bien camouflés, pour réduire les risques que des prédateurs ne les repèrent.

Pour savoir si un jeune animal sauvage est orphelin :

- Vérifiez régulièrement, pendant les 24 à 48 heures qui suivent la découverte de l'animal, si l'animal est toujours seul, tout en gardant vos distances.

- Évitez qu'un chien ou un chat ne vienne rôder autour de l'animal; l'adulte ne reviendra pas si l'endroit est bruyant ou si des prédateurs ou des personnes se trouvent dans les environs.

Voici certains signes qu'un animal est blessé ou malade :

- Son corps est ensanglanté, blessé ou enflé;
- Son corps est couvert de puces;
- Sa fourrure ou son plumage est inhabituel ou manquant;

- Il étourdit ou a une respiration difficile ou haletante;

- Son aile ou sa patte pend; Il a les yeux fermés; il cache sa tête sous son aile.

Ce qu'on peut faire pour aider un animal

- Contactez un gardien de la faune pour vous aider à évaluer la situation. Il vous conseillera sur la marche à suivre.

- Si l'animal a besoin de soins spécialisés et immédiats, confiez-le à un gardien de la faune ou à un vétérinaire dans un délai de 24 heures.

- Si vous devez manipuler l'animal, suivez les conseils du gardien de la faune pour éviter de vous blesser ou de blesser l'animal.

- Portez un équipement et des vêtements protecteurs, comme des gants de cuir, pour éviter les morsures et les éraflures. Lavez-vous les mains après avoir touché l'animal.

Il est important de savoir que les organismes gérés par

les bénévoles ont des capacités limitées pour accepter les animaux, surtout au printemps.

Organismes de réhabilitation de la faune :

- International Wildlife Rehabilitation Council (conseil international de réhabilitation de la faune) : [www.iwrc-online.org](http://www.iwrc-online.org) - cliquer sur « Find a Wildlife Rehabilitator in your Area » (trouver un organisme de réhabilitation de la faune dans votre région).

- Ontario Wildlife Rehabilitation and Education Network (réseau de réhabilitation de la faune et d'information sur la faune de l'Ontario) : 905 735-9556 ; [www.owren-online.org](http://www.owren-online.org) ; [info@owren-online.org](mailto:info@owren-online.org)

- Organisme de protection des animaux ou service local de l'Ontario Society for the Prevention of Cruelty to Animals (SPCA) :

- Appeler le Centre de réhabilitation de la faune de la SPCA au 1 888 668-7722 ou le Centre de réhabilitation de la faune de Midland au 705 534- 4350. <http://ontariospca.ca>

Appeler le Centre de réhabilitation de la faune de Midland au 705 534- 4350.

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**SUBMIT YOUR FAVORITES RECIPES TO [recipes@chapleauexpress.com](mailto:recipes@chapleauexpress.com)**

May 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Centre Closed
2	3 Early Learning Play 9:30-11:30am 1-3:30pm	4 Early Learning Play 9:30-11:30am 1-3:30pm Prenatal Classes	5 Early Learning play 9:30-11:30am <b>Baby/Mom Massage @ Babies Afternoon 1-3:30pm</b>	6 Early Learning Play 9:30-11:30am 1-3:30pm 6:30-8:00pm Wii nights	7 Mother's Day Tea & Treat Closed in the Afternoon Family Movie @ 7pm "The Tooth Fairy"	8 Developmental Screening 9:30-12:30pm
9	10 Early Learning Play 9:30-11:30am <b>Parent Chat @ 10am 1-3:30pm</b>	11 Early Learning Play 9:30-11:30am 1-3:30pm Prenatal Classes	12 Early Learning play 9:30-11:30am <b>Babies Afternoon 1-3:30pm</b>	13 Early Learning Play 9:30-11:30am 1-3:30pm 6:30-8:00pm Wii nights	14 Early Learning Play 9:30-11:30am Pancake Day <b>Closed in the Afternoon</b>	15 Early Learning 9:30-11:30am <b>Legos Club 1-3pm</b>
16	17 Early Learning Play 9:30-11:30am 1-3:30pm	18 Early Learning Play 9:30-11:30am 1-3:30pm 6:30-8:00pm Wii nights	19 Early Learning play 9:30-11:30am <b>Babies Afternoon 1-3:30pm</b>	20 Early Learning Play 9:30-11:30am 6:30-8:00pm Wii nights	21 Early Learning Play 9:30-11:30am <b>Closed in the Afternoon</b>	22 Early Learning 9:30-11:30am 1-3pm <b>Kids Can Cook 1-4pm</b>
23	24 <b>Centre Closed</b>	25 Early Learning Play 9:30-11:30am 1-3:30pm 6:30-8:00pm Wii nights	26 Early Learning play 9:30-11:30am <b>Babies Afternoon 1-3:30pm</b>	27 Early Learning Play 9:30-11:30am 1-3:30pm 6:30-8:00pm Wii nights	28 Early Learning Play 9:30-11:30am <b>Closed in the Afternoon</b>	29 Early Learning 9:30-11:30am <b>Legos Club 1-3pm</b>
30	31 Early Learning Play 9:30-11:30am 1-3:30pm <b>Foley Fun Day</b>					



## Chapleau Best Start Hub May 2010

28 Golf Course Rd, 705-864-1886

Our curriculum is based on the book "What Makes Us Happy" written and illustrated by Grade 2 students from Ecole Forest Hill. We will be building on Emotional skills this month. We have many wonderful activities planned throughout the month to build on Emotional Skills like a "What Makes Us Happy" graph, making and eating pancakes with real maple syrup, sand centre, dress up centre and creative arts. Drop in to find out what fun activities we have planned for you and your family! For more information on any programs please call 864-1886 or Drop in at 28 Golf Course Road.

**Important Dates to Remember**

**Hours of Operation**  
**Monday** 9:30-11:30am 1-3:30pm  
**Tuesday** 9:30-11:30am 1-3:30pm  
**Evenings** 6:30-8:00pm  
**Wednesday** 9:30-11:30am 1-3:30pm  
**Thursday** 9:30-11:30am 1-3pm  
**Evenings** 6:30-8:00pm  
**Friday** 9:30-11:30am  
**Saturday** 9:30-11:30am & 1-3pm

On Saturday May 1st the Chapleau Child Care Centre and Best Start Hub will be at this year's Rotary Trade Show. We will each have a booth, as well as providing "Children's Activities". We have a special children's performer that will be providing children's musical entertainment. "Dan the Music Man" will be performing @ 11am and 2pm. Cost is admission to the Trade Show.

The Chapleau Child Care Centre and Best Start Hub are inviting all moms to our special "Mother's Day Tea" on May 7th @ 10am at the Centre.

Chapleau Children's Service Providers are hosting their annual "Developmental Screen" for children 18 months- 5years of age. You must register by Thursday May 6th. The Screen is on May 8th from 9:30-12:30 Please call the Hub to register.

The Centre is closed Saturday May 1st.

The Chapleau Best Start Hub will be sponsoring "Family Movie Nights". The Movie Nights will be held at the Community Hall and will be free to all Families that come out together! The next movie will be on Friday May 7th @ 7:00pm. The movie is "The Tooth Fairy".

The Best Start Hub will be offering "Get Set for Kindergarten" program for children entering school in September. This program starts on Tuesday June 1st and ends on Friday June 11th. The program is from 9:30 am- 12:00pm. This school readiness program exposes children to a school routine to help prepare children for school in September. Please call 864-1886 to register!

# Benefit from a reverse mortgage during retirement



(NC)—With the housing market rebounding, many Canadians aged 60 and older are living in homes that are mortgage-free and ready to fetch top dollar. Still, while many aren't interested in selling just yet, some seniors don't have sufficient income to do the things they want, despite years of saving.

A CHIP Home

Income Plan from HomeEquity Bank is a simple and sensible financial solution for any senior aged 60 and over regardless of income, credit history or medical status. Also known as a reverse mortgage, it offers homeowners up to 40 per cent of the value of their home to use as they see fit. They can choose how they want to receive the money —

either in one lump sum advance or as planned advances over a set period of time. Homeowners can even combine a lump sum advance at the beginning with ongoing advances over time. And there are no payments required until the home is sold or both homeowners move out.

There are many ways to use

home equity released by a reverse mortgage:

- Use it to supplement an insufficient monthly income by redeploying a portion the home's equity into income generating investments

- Use it to preserve investment assets without worrying about withdrawing RRIFs above the annual minimum or selling non-registered investments to cover living expenses

- Use it to travel, invest in a hobby or second career, help the kids or hire in-home help

- Use it to pay off debts and increase monthly cash flow

Whatever reason you choose, remember one thing: it's your retirement, so enjoy the benefits that a reverse mortgage can bring.

HomeEquity Bank, Canada's newest bank, now

offers CHIP Home Income Plans at lowest rates ever. For details, visit [www.chip.ca](http://www.chip.ca), call

1-866-522-2477 or contact your financial advisor or mortgage broker.

## Sign-up for food recall notices and allergy alerts

(NC)—Now you can get information about food safety risks as soon as they become available.

A new food safety website at [www.HealthyCanadians.gc.ca](http://www.HealthyCanadians.gc.ca) provides a current list of food recalls through three types of alerts:

- Health Hazard Alert: a warning not to consume a recalled food that has been identified as high-risk. Consuming these foods can lead to serious illness or death.

- Allergy Alert: a warning not to consume a recalled food because it may contain an undeclared allergen such as milk, nuts or eggs. These

allergens have not been declared on the product's label and can lead to serious illness or death for someone with an allergy.

- Consumer Advisory: a warning about a potential food safety issue that the CFIA is investigating, but no food recall has taken place.

For even faster access to the latest food safety news, you can sign up to receive emails with up-to-date information about food recalls, allergy alerts and other food safety topics.

Visit [www.HealthyCanadians.gc.ca](http://www.HealthyCanadians.gc.ca) for more information or call 1-800-Canada (1-800-622-6232).

## Hughes Attends Memorial Service For Workers Day Of Mourning

Carol Hughes attended a ceremony today to honour the men and women who have been injured or killed on the job as part of the National Day of Mourning for workers killed or injured on the job.

"Moments

like this are important for all Canadians," said Hughes. "Setting aside a day like this sends a message of compassion to people who have lost a loved one in a workplace accident as well as a message of encouragement for those who are

fighting, or have fought, to make their workplaces safer."

The Day of Mourning was created in 1984 by the Canadian Labour Congress and was proclaimed the National Day of Mourning in 1991,

when the Commons adopted a Private Member's Bill by New Democrat MP, Rod Murphy.

In the 19 years since the Day of Mourning was proclaimed, the number of workplace fatalities has only been increas-

ing. In the last decade, that increase was a staggering 35 per cent.

"As parliamentarians, we have an obligation to act," said Hughes as she echoed the comments of New Democrat

Leader, Jack Layton. "We have an obligation to ensure that every workplace is safe. No one should have to worry that they might die or get terribly sick while they are at work."

**MONA'S GREENHOUSE**

will be open for the season  
Saturday, May 8th, 2010 (9 a.m. to 5 p.m.)  
"Just in time for Mother's Day"  
35 Martin Road, 705-864-1587  
Open 6 days a week - 9 a.m. To 5 p.m.  
Sundays - 9 a.m. To 2 p.m.

A wide selection of bedding plants, perennials, shrubs, trees, hanging baskets will be available. Yes we're babysitting again, but only hanging baskets including tomato baskets until the first week in June.  
Hope to see you there!

**LET'S MAKE CHAPLEAU BEAUTIFUL AND LET'S HAVE FUN GARDENING**

**Algonquin Blvd. Animal Hospital**  
will be holding a Vaccination/Examination Clinic

**Date:** Saturday May 15th, 2010  
**Time:** 10:00 am - 4:00 pm  
**Place:** Trinity United Church  
Minimum booking of 20  
Registration deadline  
Wednesday May 12th, 2010

To book an appointment please call  
705-264-6400

\*\*\*\*\*

Une clinique vétérinaire est offerte  
par l'**Algonquin Blvd. Animal Hospital**

**Date:** samedi, le 15 mai, 2010  
**Heure:** 10h à 16h  
**Endroit:** Église Trinity United  
Réservation minimum de 20  
date-limite d'enrégistrement le 12 mai, 2010

Pour prendre un rendez-vous  
appelez au 705-264-6400



# Ontario Proclaims 2010 The Year of the Métis Contributions of Métis People To Ontario Celebrated

Ontario is recognizing 2010 as the Year of the Métis.

The proclamation by the Ontario Legislature recognizes the unique history and ways of life of the Métis people, and their

contributions to Ontario – past, present and future.

The Métis in Ontario were a vital part of the economy of early Ontario. The Métis, their families and the communities they built were instru-

mental in the fur trade, as well as other parts of the economy, such as forestry and fishing.

The year 2010 marks the 125th anniversary of the end of the Northwest Rebellion in Saskatchewan and the death of Louis Riel in 1885. Riel and the ongoing contributions of Métis people in Ontario are recognized on November 16, Louis Riel Day, every year.

"The Métis built a new culture, taking the traditions of First Nations people and early European traders and creating something unique.

They are a symbol of the strength found not only in valuing differences, but in celebrating them." said Chris Bentley, Minister of Aboriginal Affairs.

"The Métis Nation of Ontario is proud of the historic and ongoing contributions of the Métis people to Ontario and Canada. As one of the Aboriginal peoples of Canada, the Métis Nation has faced many obstacles and challenges over the generations to protect our unique language, culture and way of life, but our people have always persevered. Proclaiming 2010 as the "Year of the Métis"

in Ontario demonstrates we are truly moving into a new era of recognition, respect and reconciliation in this province we call home. On behalf of the Métis Nation, I want to thank the Ontario Government for making this proclamation a reality." said Gary Lipinski, President of the Métis Nation of Ontario.

There are about 73,000 Métis people in Ontario, about 30 per cent of the total Aboriginal population in Ontario. The Métis are the fastest growing of any segment of the Ontario population today (2006 Census).

The Métis

Nation of Ontario represents the majority of Métis in Ontario through a province-wide governance structure that includes Community Councils and the Provisional Council of the Métis Nation of Ontario.

In November 2008 the Ontario Government and the Métis Nation of Ontario signed a Framework Agreement which recognizes the unique history, identity, and rights of Métis communities in Ontario. It sets out a collaborative process for the parties to work together to build stronger Métis people, families and communities.




**ENSEIGNANTES OU ENSEIGNANTS**



**ASSIGNATION À LONG TERME**  
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Veuillez placer votre demande en ligne à notre site Web à [www.nouvelon.ca](http://www.nouvelon.ca) sous la rubrique : Postes à combler > postes externes ou par télécopieur au (705) 869-1271 ou sans frais 1 866 252-0034 au plus tard à 16 heures, le 6 mai 2010 à l'attention de Cathy Charles, Directrice du Service des ressources humaines par intérim.

En vertu du Règlement 521/01 de l'Ontario et tel qu'amendé par le Règlement 323/03, toute personne qui travaille au sein d'un conseil scolaire doit fournir un relevé de ses antécédents criminels avant d'entrer en fonction.

Marcel Montpellier  
Président

Lyse-Anne Papineau  
Directrice de l'éducation

**Coordonnatrice  
d'éducation (Stagiaire)**

Northeast Superior Forest Community Corporation  
Northeast Superior Regional Chiefs' Forum

**Durée du contrat:** 1 an  
**Rémunération:** 31,000 \$/année  
**Lieu:** Le poste sera situé dans l'une de nos municipalités ou communauté des Premières Nations associées à la NSFC – l'endroit précis sera le choix du candidat retenu.

Travaillant sous la direction de la NSFC et du personnel de NSRCF, le coordonnateur de l'éducation sera chargé de développer des partenariats avec des éducateurs, des organismes gouvernementaux, et d'autres groupes qui participent au système de l'éducation afin de renforcer l'accent sur les forêts de notre région. Le stagiaire sera également responsable de la recherche sur les forêts modèles du Canada, à trouver des options pour des programmes d'éducation et d'activités durables que la NSFC pourra adopter. Le stagiaire sera une partie intégrante de l'équipe de NSFC, travaillant dans un environnement à rythme rapide et parfois difficile, mais qui offrira une expérience de travail favorable pour le candidat retenu.

**Tâches:**

- Développer une stratégie d'éducation régionale, complète avec procédures et politiques
- Aider à l'organisation d'événements et de programmes éducatifs
- Recherche et développement de programmes d'éducation
- Aider à la création d'articles promotionnels pour le programme d'éducation
- Autres fonctions attribuées

**Compétences:**

- Doit posséder un diplôme d'études collégial ou universitaire relié à l'un des domaines suivants: la foresterie ou l'éducation (D'autres programmes d'éducation pourraient être considérés à la discrétion du comité d'embauche)
- Le demandeur doit être bilingue
- Doit être diplômé d'une école secondaire du Nord de l'Ontario
- Doit être âgé de 29 ans ou moins
- Compétences en communication au dessus de la moyenne
- Connaissances en informatique avancées
- Compréhension de la NSFC

**S'il vous plaît soumettre votre curriculum vitae à:**  
NSFC c/o Clara Lauzière  
12, rue Birch Est., C.P. 1388  
Chapleau ON P0M 1K0  
Courriel électronique: [clara.lauziere@nsfc.ca](mailto:clara.lauziere@nsfc.ca) et [info@nsfc.ca](mailto:info@nsfc.ca)  
Télécopieur: 705-864-0435  
**DATE LIMITE: Le 21 mai 2010**



**We are currently seeking qualified candidates for the following position:**

**STUDENT SUMMER  
EMPLOYMENT OPPORTUNITIES  
(all positions are contingent on funding)**

**Services de santé de Chapleau Health Services is seeking highly motivated students to fill the following full-time positions. The positions will be 37.5 hours per week from May to August 2010.**

**Registered Nurse Students**  
- assist Registered Nurse in all patient care activities within scope of practice i.e. emergency care, oncology and acute care.

**Registered Practical Nurse Students**  
- assist Registered Practical Nurse in all patient care activities within scope of practice i.e. long-term care, acute and outpatient clinics.

**Activation Assistants**  
- work in the Activation Department to provide therapeutic activities to long-term care residents.

**Supported Independent Living Assistant**  
- assist the Supported Independent Living Worker in planning, developing, and implementing creative activities for developmentally disabled adults.

**Maintenance Assistant**  
- assist with the maintenance of SSCHS Facilities, buildings interior/exterior, equipment, grounds, vehicles and furniture.

**Qualifications**

- Must be between 15 and 30 years of age.
- Must be planning to return to school in the fall.

Interested applicants may submit résumés by May 7th, 2010 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](mailto: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.

## Make it with mushrooms this Mother's Day

*Surprise mom with a delicious and simple meal prepared with fresh Canadian mushrooms.*

(NC)—Whip up a meal for mom that is fast, simple and includes fresh Canadian mushrooms. Canada's Food Guide recommends adults eat 8-10 servings of Fruit & Vegetables a day. One hundred grams (100 g) of fresh mushrooms counts as 1 serving of Fruits & Vegetables. Not only are they low in calories and fat, they also provide vitamins, minerals, fibre, antioxidants and are the only vegetable with Vitamin D.

So, this Mother's Day serve mom a meal that the whole family can enjoy. Why not try one of these great mushroom combinations.

- **Barbecued hamburgers and steak.** Grill Portabella slices or chunks alongside your meat and serve as a burger topping or as a side dish with your steak. Or sauté white button, crimini or shiitake mushrooms with a little butter, season with salt and pepper and serve. A classic combination that is quick, delicious, and perfect for mom.

- **Cheese.** For something super quick, top whole wheat English muffin halves with provolone or havarti cheese and sliced fresh mushrooms. Broil for 2-4 minutes or until cheese is nicely melted.

- **Eggs.** Toss sliced mushrooms into omelettes, frittatas and quiches. Nothing is simpler or more satisfying.

- **Green salads.** Make the most of your salads by adorning them with fresh mushrooms. Mushrooms add toothsome texture, flavour and extra nutrients.

- **Lean white fish.** Mushrooms and fish may not be the first thing you think of but once you taste this fabulous flavour pairing you'll be happy you discovered it. Poached in a little white wine or fish stock, lemon juice and herbs, sliced mushrooms add oomph to nutritious lean white fish such as sole, haddock and tilapia.

- **Polenta.** Top grilled polenta with a generous spoonful of fresh sliced or chopped mushrooms, sautéed in some olive oil or butter and tossed with fresh herbs such as thyme, salt, pepper and a smidgen of sherry or balsamic vinegar. Divine.

- **Rice.** There is nothing so elegant yet so comforting than a steaming hot bowl of creamy fresh mushroom risotto.

- **Whole wheat pasta.** What could be easier than cooking up a bowl of hearty whole wheat pasta? Tossing some cooked, sliced mushrooms into the pasta or even

the tomato sauce adds a bonus of satisfying meaty texture and appealing taste.

- **Sandwiches and Wraps.** Sliced fresh mushrooms give lovely crunch and a flavour boost to sandwiches and wraps. In fact, a grilled Portabella mushroom makes a great sandwich "filler" itself! Just layer the mushroom between two slices of whole grain bread and top with some cheese, herbed mayonnaise or some more fresh vegetables.

- **Soup.** Make canned soups more interesting and more nutritious by adding sliced fresh mushrooms. Simmer for a few minutes to soften the mushrooms if you wish.

For more mushroom recipe tips and ideas visit [www.mushrooms.ca](http://www.mushrooms.ca)

# WINGS NIGHT

## THURSDAY

## MAY 6<sup>th</sup>

Enjoy your favorite wings and

Watch Your Favorite Sports

in the Legion bisco room.



We Have  
MILD, MEDIUM, HOT  
OR HONEY GARLIC  
TAKEOUT AVAILABLE  
6:00 P.M.  
TO  
9:00 P.M.



### EMPLOI D'ÉTÉ POUR ÉTUDIANT(E)S

Le Service des loisirs et de la culture de Chapleau est à la recherche de 2 étudiants intéressés à travailler au musée/centre d'information touristique. Un poste à horaire souple, il faut être disposé à travailler en soirée et les fins de semaine.

#### Parmi les compétences désirées, mentionnons:

- Entregent professionnel
- Connaissance des exploitations touristiques et commerciales de la région
- Habileté à effectuer une multiplicité de tâches
- Prédilection au travail physique et à la bureautique
- Une preuve qu'on retourne aux études à l'automne 2010.

Durée du poste: 35 heures par semaine de juillet à août 2010.

1 - étudiant - rémunérés à raison de 10.25\$/heure

- Le(s) postulant(e)s doivent fournir une preuve qu'ils retournent aux études à l'automne 2010 et qui doit être annexée à leur curriculum vitae.

Les demandes seront acceptées par le soussigné au plus tard à 16h30 le lundi 10 mai 2010.



### SUMMER STUDENT EMPLOYMENT

The Chapleau Leisure and Culture Services Department is presently seeking 2 students to be employed at the Museum/Tourist Information Centre. This is a flexible position requiring evenings and weekend work.

#### Positive skills will include:

- Professional mannerism
- Practical interpretation of local and regional tourist and business operations
- Ability to multi-task
- Prepared to work both physically and office functionally
- Must confirm that the individual is attending school in the fall of 2010.

This position will be 35 hours per week from June - August 2010

1 - Student - Hourly rate of \$10.25

- Applicant must provide proof that they are attending school in the fall of 2010, which must be attached to each resume.

Resumes will be accepted by the undersigned until 4:30pm, Monday May 10, 2010.

Mr. Kevin Morris  
Leisure & Culture Services Department  
Services de loisirs et de la culture  
P.O. Box 129, Chapleau, ON  
P0M 1K0  
[www.chapleau.ca](http://www.chapleau.ca)



Mother's Day  
Week-end Buffet  
(ALL YOU CAN EAT)  
at

Hongr's  
Bar & Grill

Saturday & Sunday Nights

May 8th & 9th, 2010

5:00 p.m. to 7:30 p.m.

Telephone 864-1311

Reservations recommended but not required

**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 Horne-payne 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

**ALCOOLQUES ANONYMES** Offre de l'aide à celui ou celle qui désire arrêter de boire. Les rencontres ont lieu tous les mercredis soirs à 19h (7:00 p.m.) Au sous-sol de l'église Sacré-Coeur. Téléphonez au 864-2786

**Narcotics Anonymous** offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:30 p.m. Saturday 8:30 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

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

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

**APARTMENTS FOR RENT**

**2 bedroom apartment** for rent. Also available a 4 bedroom house. Both available. Call 864-2282 and leave name and phone number. May1

**You need a decent apartment** with 1, 2 or 3 bedrooms, fully or semi-furnished, or not, dryer and washer hookups, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075 and leave message. Sep25

**One bedroom apt.** with fridge, stove and parking. Close to downtown and available immediately at \$420.00 per month. Call Con Schmidt at 864-0617. May1

**4 bedroom house** double garage wood electric heat \$575.00 per month. Call 864-0581. Apr24

**1-2 bedroom apt.** and bachelor. For more information call 864-1148 or 864-4071(cell). May15

**FOR SALE**

Established fully equipped Log Home/ Sawmill manufacturing business available in Sault Ste. Marie, Ontario. Property includes three buildings on 12 acres. Contact Bridgetown Realty Inc., Brokerage, Terry Schug, sales representative, 705-949-8787. May6

**HOUSE FOR SALE**

**House For Sale By Owner** House for sale on Devon Siding Road, for more information call 864-9007 or email to devonsiding@sympatico.ca May1

**4 bedroom bungalow**, Golf Course Subdivision. Recently renovated large detached two car garage with separate heated workshop. Serious inquiries only please. 705-864-1795. May15

**WORK WANTED**

**Groundskeeper for hire.** Raking, mowing, trimming, planting, weeding and general yard maintenance. Call Christine at 864-2602

**YARD SALE**

**Multi Family yard sale.** May 1st from 9 a.m. to ?? at 42 Planer Rd. Rain day on Sunday May 2nd. Toys, skates, golf clubs, etc. Something for everyone.

Classified ads

**WORK**

**CRIME STOPPERS**

1-800-222-TIPS

**Attention Parents!** There will be baseball this year. Baseball will be held during the months of July and August so it will not interfere with Soccer. Registration will take place on **Saturday June 5th** at the arena from **11am-2pm** during "Safe Kids Day" activities. Registration cost is \$30.00 per child. All parents who have offered to volunteer will be contacted.

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Crazy Heart  
Free Willy: Escape from Pirate's Cove - Mon Ami Willy: Cap sur la liberté  
Sherlock Holmes - The Blind Side - L'éveil d'un champion  
The Lovely Bones - La nostalgie de l'ange  
Bubble Boy - Pelican Brief - Bewitched

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