

Talk about
good coffee!

Miss Muggins
Coffee and
Fresh Donuts



CHAPLEAU EXPRESS

Vol. 9, Issue 35, May 28, 2005

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



Former Chapleauites hit the jackpot

By Shelley Martel

No bones about it, these three Radiology/Ultrasonography professionals employed by the Timmins and District Hospital are ecstatic to be part of a group of 23 sharing a prize of \$6.9 Million.

The group of 23 current and former co-workers of the Diagnostic Imaging Department, have been participating in a service available with Lotto 6/49.

This service, called Lotto Advance, is a subscription offered by the Ontario Lottery and Gaming Corporation allowing players to play the same numbers up to

one year in advance.

Nancy Collings was the one to receive the call from the OLG Prize Office and didn't waste any time telling the other 22 members of the Lotto 6/49 group. Each member received a share of over \$300,000.

Nancy, as well as Marie-Anne St. Martin, and Teresa (Martel) Bazeley, are former graduates of Chapleau High School (1984) and have all found their way back together working in Timmins over the last few years.

The winning Lotto 6/49 draw took place on May 14th, 2005, with a jackpot of \$6,928,044. The cheque was presented

to the group of 23 winners at 10:00 a.m. on Friday, May 20th at their place of work.

As for the question of how they will use the money, the three Chapleau exports plan to make the most of it. "We all plan to be smart but also to enjoy it," explained Nancy Collings.

Of course, each one will pay off mortgages and debts. Marie-Anne St-Martin had just purchased a home a couple of weeks before the win.

Nancy, who is getting married in June, will be able to enjoy a little less stress planning the wedding of her dreams.

Teresa Bazeley plans to take a trip to



Chapleau girls make sure that they have a separate photo taken together specifically for their hometown newspaper. Congratulations girls! Marie-Anne St-Martin, Nancy Collings, and Teresa Bazeley

Italy with her sister in the fall and her winnings will allow her

to do something else she always loves to do... come back home

to Chapleau and spend some time at her camp!

Supporting healthy lifestyles

Local school participates in pilot project

By Shelley Martel

For the 3rd year, Our Lady of Fatima school has been focusing on wellness as part of the Early Intervention Program offered by the Royal Ottawa Hospital.

This EIP program is a voluntary program available to students between the ages of 12 and 18 and takes place during

school hours. Since the program takes place in a group setting, confidentiality is essential and each student must have permission from their parent or guardian, in the form of a consent form.

Once a week, the group meets at Turning Point on Lorne Street for an interaction through closed circuit

television. The kids embrace the technology and the school's staff members are very supportive in getting them to the venue and developing their skills.

Our Lady of Fatima school is currently the only school on board with this pilot project and, as a remote area, has been offered this opportunity as an extension of physiological medicine. Mr. Michael Levesque, the school's principal, applied to have this program in his school.

Currently, this program is only available in English, although there have been some attempts to translate the manual into French. At the beginning of the school year, those who wish to participate in the EIP Program are fully

interviewed by Marcia Ouellet, the lifeskills counsellor, to explore the specific issues each student may face. i.e. body image

The model for the life skills program was developed by social workers, psychologists, and a nurse. There is a manual of activities, consisting of a set of 10 themes, that reinforce broad-based skills such as effective communication, stress management, and assertiveness. Marcia Ouellet explains, "Assertiveness is being able to speak to people in a way that what is important and valuable to you and what is important and valuable to others is respected."

This set of skills allows the students to be more self-aware and give them the tools to

seek support and/or alternatives for themselves.

Reflective listening is an important skill used during these sessions. Skills are broken down into a series of learnable elements through games, art, drama, song and discussion.

All children learn skills in different ways. Some children are very visual while others respond more to sound or abstract ideas. All of the children attend because they want to learn the series of skills.

If they are able to take a few things away with them, after the 10 months, in order to reduce hassles in their lives, then the program has been a success.

In the spring,

Marcia Ouellet returns to the school for another week for a celebration of sorts. There are several days of activities and rewards for those who have been able to conduct themselves in a way that has allowed them to be able to attend the sessions all year.

In the future, a volunteer teacher would ultimately use the resources to continue the program.

In learning about this unique opportunity, one can only wonder why all children are not exposed to life skills training. It is evident that Mr. Michael Levesque has provided a chance for his students to enter the world armed with skills which will always serve them.



Marcia Ouellet, lifeskills counsellor/youth worker with the Royal Ottawa Hospital

Décès Lessard, Rita

La famille Lessard est triste d'annoncer le décès de Mme Rita Lessard, née Arbour, le jeudi 19 mai 2005 à l'hôpital général de Chapleau à l'âge de 65 ans. Rita laisse dans le deuil son cher époux Richard, ses filles Sylvie (Kevin Maloney), France (Mike Ethier) et Annie Lessard. Elle laisse aussi ses petits enfants Maggie, Josh et Kirk et André, Jason, Keith, ainsi que ses frères Jean-Guy, André, Serge et ses soeurs Lucie, Lise et Pierrette et leurs familles. Rita joignera ses parents Toussaint Arbour et Yvonne Lepage, ainsi que son frère aîné Lucien.



Kids with a heart!

On Friday, May 20th students in grades three to eight at Chapleau Public School took part in their annual JUMP ROPE FOR HEART event.

During this event the students went to various stations to display their skipping abilities.

One of the favourite stations was the Limbo/Rest Station, as it was there that the students were able to win prizes donated by the Sudbury District Health Unit and enjoy some oranges

donated by Valu-Mart.

Through the

efforts of the \$3000.00 for the students, we were Heart and Stroke Foundation. able to raise around



Mrs. Stacy Schwendemann (co-ordinator), Courtney Doyle Evans, Kealan Tremblay, Cole Hamel and Michael Paquette.

**HAPPY ???
CINDY
FROM NORM**

The Chapleau Express
P.O. Box 457
Chapleau (Ont.)
POM 1K0
Telephone - Fax : 705-864-2579
e-mail : jprince@ontera.net

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The Chapleau Express is delivered free of charge to every household each Sunday. If you have any comments, please feel free to contact us.

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CHAPLEAU REAL ESTATE LIMITED BROKER



5 Queen Street North
Semi-secluded, three bedroom bungalow site on a raised corner lot. Detached garage with workshop, above ground pool, with newer deck, patio and more. Requires some updating and remodeling although offers excellent potential.

\$74,800.00



45 Monk Street
Three plus one bedroom bungalow with extensive upgrades. Beautiful oak kitchen with main floor laundry. Modern flooring, furnace, wood pellet stove and new in 2004 rear deck and oil tank. Well maintained throughout.

NEW PRICE: \$64,900.00



25 Queen Street South
Cozy, three-bedroom bungalow with oversized living room, pine kitchen, built-in dishwasher, carport and rear deck. Subject is sited on a quiet, corner lot.

\$54,900.00



76 King Street
Cozy, 2 bedroom, 2 storey home. Front & rear porch, newer rear deck, main floor laundry, wood/oil heat, 50' x 120' lot & 200 AMP service.

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CHAPLEAU CREE FIRST NATION
FOX LAKE RESERVE**

**For a
ONE DAY
Clothing Sale**

!!!! BLOW OUT !!!!

Name Brand Clothing @ Discount Prices

**This is a ONE DAY sales event
Saturday June 4, 05**

10 AM - 10 PM

DOWNSTAIRS AT THE FOX LAKE RESERVE BAND OFFICE

**Purchase \$100.00 or
more & qualify to win
a Men's Gold Necklace**

**Purchase \$200.00 or
more & qualify to win
a Women's Diamond Ring**

CASH ONLY EVENT - ALL SALES FINAL

Responsible pet owners are a benefit to the community

By Shelley Martel

Although a kitten or puppy may be too cute to resist, they come with a lot of responsibility.

Pets demand a lot of time and attention, as well as expense, in order to keep them healthy, happy and also keep them from being a nuisance to the neighbourhood.

An added expense associated with pets is the municipal license, which must be purchased every year. Irresponsible pet owners may face more expenses due to charges stemming from neglect of rules and regulations outlined in the municipal by-laws. It is also more expensive if your pet is considered dangerous or a vicious breed.

Dangerous or

vicious breed dogs must not be allowed to breed and must be spayed or neutered. This type of pet must be leashed, muzzled or kenneled at all times, whether on the owner's property or on public property. A sign, warning of the existence of a dangerous or vicious breed of dog, must be posted by the owner.

Vicious breeds are banned in our community since 2003 and only those that were acquired before that year are allowed, with the prior stated conditions. These unacceptable breeds are American Pitbull Terrier, American Staffordshire Terrier, Staffordshire Bull Terrier, Rottweiler and Mastiff.

A dangerous dog is one that has done something to warrant a Notice of

Caution.

Any household is not allowed to own or care for more than two dogs and/or cats. Only a kennel is allowed to house more than two of each of these animals with the appropriate licensing.

Dog and cat owners are responsible for picking up after their pets (poop & scoop) and to keep them on a leash at all times when they are not on the owner's property. Cats must have a collar with the license attached. When on the owner's property, dogs that are tied out must not be able to enter anyone else's yard or reach the sidewalk. Our neighbours and their children must be able to walk without worrying about stepping in something or being jumped on by someone's dog. Not everyone appreciates a friendly dog.

Excessive barking is also a problem which is addressed in the municipal by-law pertaining to excessive noise and is enforced

by the O.P.P. in partnership with the By-Law Officer.

Dogs and cats that are not tied or fenced in, will be picked up by the By-Law Officer and the owner will have to pay a fine and possibly veterinarian fees. Dogs and cats are brought to the municipal pound where they are kept approximately 3 days.

The pound has 3 kennels and a large outdoor pen. Cats tend to occupy the pound more consistently than dogs do. The township has humane live traps for cats that may be borrowed by citizens who are encountering problems with a nuisance cat.

Pets who run free throughout the neighbourhood are not only bothersome but may also face dangers of their own such as abuse, vehicles and exposure to poisonous substances. Being a responsible neighbour is just common courtesy. It isn't cruel to secure your pet on your property but it may be cruel not to!



By-Law Officer Tyler Bertrand at Chapleau's Municipal Animal Pound

NEW AT THE CHAPLEAU PUBLIC LIBRARY

My life so far - Jane Fonda
 Always and Forever - Cathy Kelly
 The Bright Forever: a novel - Lee Martin
 The Broker: a novel - John Grisham
 The Dragon Lord's Daughters - Bertrice Small
 Impossible - Danielle Steel

Superior TV Systems

is hiring 1 part-time student.
 (15/20 hours per week)
 Office duties include, mailing, answering phone calls, bank deposit and filing.

If you are interested, Please send resume to:
 Box 669
 Chapleau, Ont.
 P0M 1K0

Hongrs mixed pool league banquet 2004-2005 April 16, 2005



"The 'B' Team"
Championship Cup Winners
 Wayne Chapman, Noëlla Roy, Denis Lortie, Jean Marie Besnier (captain), Georges Larocque, Jim Hazelwood



"The Spirits" - 2nd Place Winners
 Ron Berthelot, Ronald Fortin, Donna Roy, Robert Fortin, René Tremblay (captain)
 Missing from photo: Norm Delarosbil



"The Muskateers" - 3rd Place Winners
 David Huard, Matt Boucher, Sandra Borchers, Denis Courtemanche (captain), Annie Guitard, Bunny Cloutier
 Missing from photo: Jim Edwards



Best Players
 The Spirits - Ron Berthelot
 Hongrs Hookrs - Lorne Edwards
 Silver Bullets - Mike St. Denis
 French Connection - France Dionne
 The Muskateers - Denis Courtemanche
 The "B" Team - Jean Marie Besnier

Chapleau Figure Skating Club

Annual General Meeting
 June 14, 2005 @ 7 o'clock
 In CFSC Room

Elections for positions
 Constitution
 See you all there

Caregiver support - Respite services



Erin Pilon working with respite case service

Respite care is a service offered by Services de santé de Chapleau Health Services to relieve caregivers of the constant stress of caring for a chronically ill or elderly loved one.

Anyone in the community of Chapleau who is caring for a chronically ill or elderly loved one and who requires a short absence from providing care can access the service.

Persons waiting for admission to a Long-Term Care facility and who require more care than their caregiver is able to provide them may also access the service.

There are two (2) respite care beds at the Chapleau General Hospital. Persons in respite care are monitored and cared for by medical staff. They may participate in activities such as games, crafts, social events, etc., and attend religious services offered every Friday by alternating religious representatives.

Requests or reservations can be made ahead of time if the caregiver knows they will be in need of this service (i.e., for medical travel purposes, necessary out-of-town travel, or scheduled rest

periods). As there are only two respite care beds, we cannot guarantee availability

for the exact time requested however we can offer alternate admission dates.

To register for respite care service, one may contact Ms. Erin Pilon at 864-

1623. The daily rate for respite services is \$31.67 (subject to change).

Soutien aux soignants Service de soins de relève

Le service de soins de relève est offert par les Services de santé de Chapleau Health Services afin de soulager le stress des aidants naturels qui doivent s'occuper d'êtres chers âgés ou atteints d'une maladie chronique.

Tout e personne de la communauté de Chapleau prenant soin d'un être cher âgé ou atteint d'une maladie chronique qui a besoin d'un court répit peut demander le service.

L'Hôpital

Général de Chapleau a deux (2) lits de soins de relève. Les patients du service de soins de relève sont surveillés et soignés par du personnel médical. Ils peuvent prendre part aux activités comme des jeux, du bricolage, des activités sociales, etc., et assister aux services religieux offerts à tour de rôle tous les vendredis par des représentants de diverses confessions.

Étant donné que l'Hôpital Général de Chapleau compte seulement

deux lits de soins de relève, nous ne pouvons pas garantir qu'il y en aura un de disponible à la période exacte demandée, mais nous pouvons offrir d'autres dates d'admission. Les demandes ou réservations peuvent être faites à l'avance si l'aidant naturel sait qu'il aura besoin de ce service (p. ex. déplacements pour visites médicales, voyage nécessaire à l'extérieur de la ville, périodes de repos prévues).

Le tarif quotidien du service de soins de relève s'élève à 31,67 \$ (peut changer). Pour s'inscrire au service, veuillez communiquer avec Mme Erin Pilon au 864-1623.

Deadline for articles, ads, or letters to the editor is 4:00 p.m. Wednesday

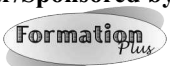
For best results, send your articles and photos electronically to jprince@ontera.net

Northern Pride Fierté du Nord

Mon nom est Ryan Bignucolo. Je suis le président et propriétaire de Northern Haul Contracting. Lorsque j'étais étudiant j'ai occupé quelques emplois à conduire des camions. Après quelques années dans le commerce au détail j'ai acheté un camion pour voir si j'aimerais opérer ma propre entreprise. Cela a mené à une entreprise de trente-six employés. J'ai aussi toujours aimé le plein air et travailler dans un environnement mécanique. Je suis allé étudier au Collège Lampton à Sarnia pendant un ans dans un programme de Comptabilité et Gestion d'entreprises. Après une année je m'ennuyais de mon chez-moi et du travail donc je suis revenu ici. Même si j'en ai fini avec l'école je dois encore prendre des cours de formation liés à mon domaine de travail comme de nombreux cours de sécurité, des cours de mécanique et de premiers soins. Je suis également un instructeur pour le programme de tronc commun Formation du Formateur. J'acquiers de l'expérience dans l'entreprise à tous les jours travaillant avec de bon mentors.

J'ai déjà pensé déménager à l'extérieur de la ville pour aller travailler parce que je travaille dans diverses municipalités partout dans le Nord avec mon entreprise mais je suis toujours heureux de revenir chez-moi. J'ai choisi de rester parce qu'il y a beaucoup d'opportunités d'affaires et de loisirs. Aussi, les gens sont des plus gentils. Les avantages pour moi c'est qu'il y a de petites écoles, l'atmosphère d'une petite ville, le style de vie, moins de crime donc un environnement fournissant plus de liberté et la famille. Travaillez pour atteindre vos buts et ils deviendront une réalité. Assurez-vous que vous avez un plan solide et n'abandonnez pas. Si vous échouez, ne lâchez pas quelque chose va arriver. La patience est la clef.

Commanditée par/Sponsored by:

- FormationPLUS 
- The Chapleau Express
- La Commission de formation du Nord-est/Far Northeast Training Board



Nom/Name: Ryan Bignucolo
Poste/Occupation: Propriétaire - Président / President - Owner
Employeur/Employer: Northern Haul Contracting
Age: 31 an /years old
Né à/Born in: Chapleau
Scolarité/Education: Diplôme collégial / College
Expérience de travail/ Work experience:
 - Propriétaire d'entreprise
 - Trois ans d'expérience dans l'entreprise familiale.
 - Vice-président de l'OFSC
 - Secrétaire trésorier pour ONTrail
 - Business owner
 - Three years experience in family retail business.
 - Vice-president of the OFSC
 - Secretary Treasurer for ONTrail
Ambitions:
 Continuer à maintenir et développer mon entreprise dans cette industrie volatile. / Continue to maintain and strengthen my company in this volatile industry
Intérêts/Interests:
 Motoneige, VTT, pêche et ski nautique / Snowmobiling, ATV, fishing and water skiing

My name is Ryan Bignucolo. I am the president and owner of Northern Haul Contracting. As a student I had held a few jobs driving large trucks. After a few years in the retail industry I bought one truck to see if I would enjoy running my own company. That led to a company of thirty-six employees. I have also always liked the outdoors and working in a mechanical setting. I went to study at Lampton College in Sarnia for a one year program in Accounting and Business Management. After one year I missed home, work and I moved back here. Even though I am done with school I have to take training courses related to my field of work like numerous safety courses, mechanical courses, CPR and First Aid. I am also a Train the Trainer instructor for Common Core. I gain experience in the business everyday by working hands on with good mentors. I thought about moving away for work because I work of out town at

various location throughout the north with my business but I am always glad to get home. I choose to stay because there are a lot of business and recreational opportunities. Also the people are the friendliest. The advantages for me are that there are small schools with lots of hands-on for your children, good education, small town atmosphere, the lifestyle, less crime therefore a safer environment providing more freedom, family and greater opportunities. Work at your goals and they will become a reality. Make sure you have a solid plan and don't give up. If you get turned down once keep trying, something will work out. Patience is key.

La Commission de Formation du Nord-est est subventionnée par: Ressources humaines et développement des compétences Canada et le Ministère de la Formation et des Collèges et Universités.

The Far Northeast Training Board is funded by: Human Resources and Skills Development Canada, and the Ministry of Training, Colleges and Universities.

The biggest challenged I had to overcome to find a job after my studies was having people take me seriously because of my age. Also securing appropriate financing in the forestry sector is always a challenge.

The pressure's on – high blood pressure affects 20 per cent of Canadians

"One twenty over eighty". According to a Leger Marketing survey, almost half of Canadians don't know that this number represents a normal blood pressure level.

What the numbers mean
Each time the heart beats it produces a wave of pressure in the arteries. Blood pressure is measured at the peak and the lowest

point of this wave and reported as systolic (the peak) pressure over diastolic (lowest point) pressure, i.e. 120/80. High blood pressure can be anywhere from 160(140)/100(90) to greater than 180/110.

Take action

1. Talk to your doctor – there are many ways to help reduce blood pressure. If medication is prescribed, ask your doctor about therapies that offer 24-hour protection, such as Micardis, to ensure you're protected around the clock.
2. Eat right – new research suggests that eating a diet low in saturated fat and salt and high in fresh fruits and vegetables can in some cases reduce blood pressure as much as a single blood pressure medication.
3. Every step counts – find ways to fit even moderate exercise into your daily routine.



Aux Trois Moulins Motel & Restaurant

The restaurant is accepting applications from individuals seeking part-time/full time work in a smoke-free, clean environment as a cashier/hostess.

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

Please bring resume and/or application to Motel receptionist.

Find out What Your Blood Pressure is:

1. Know your numbers – have your blood pressure measured.
2. If you are overweight, have diabetes or a family history of heart disease you could be at a greater risk of developing high blood pressure.
3. Know when you're most at risk – 40 per cent of heart attacks and 32 per cent of cardiac-related deaths happen before 9 a.m.

Count on our **ADVERTISING** to bring results.

864-2579
jprince@ontera.net

RULES

- \$20.00 Entry Fee, Minimum 1 day in advance of fish entry
- Contest open all year except the one week prior to Chapleau's Annual Northern Pike Ice Fishing Derby
- Ice Derby date may vary slightly year to year. Approximately mid-February
- Winners announced at the ice fishing derby event. The prizes for this contest will be: \$4,000.00 for the heaviest and \$1,000.00 for the runner up
- Contestant must possess legal Ontario fishing requirement
- Entry must be a **NORTHERN PIKE, LIVE, 24" OR MORE** and **HEAVIER** than the last one registered to date
- Pike must be caught using rod and line and from any legal fishing location in the Chapleau area
- Only one person may play and catch the fish
- Anyone can enter and win this contest if the rules have been followed and entry has been accepted by the registering agent
- Fish must be taken to a registering agent to be entered
- By entering this contest, all participants declare an understanding of the contest rules and agree to abide by them.

All rules are subject to the interpretation of the contest executive committee.

YOU ARE RESPONSIBLE FOR CLEANING UP YOUR AREA AND TAKING OUT YOUR WASTE!

CHAPLEAU'S ANNUAL NORTHERN PIKE FISHING CONTEST



SPONSORED BY
CHAPLEAU NORTHERN PIKE
ICE FISHING DERBY COMMITTEE



Message from Sponsor

The Chapleau Northern Pike Ice Fishing Derby Committee is proud to offer an exciting opportunity to win cash while enjoying a fishing holiday in the Chapleau area as well as those of us lucky enough to live here already.

Northern Pike are a lot of fun to fish and make an excellent shore lunch.

Enter this all year contest at any of our agent locations for only \$20.00. Fish for Northern Pike in the largest crown game preserve in the world or in any waterway in the Chapleau area.

THE PRIZE

\$4,000.00

For the Heaviest

\$1,000.00

For the Runner Up

Winners announced at the Annual Northern Pike Ice Fishing Derby approximately mid-February each year.

GOOD LUCK!

June activities at Chapleau High School

Saturday, June 11
Prom

Friday, June 17
Extra-Curricular Awards Assembly Begins at 10:00 a.m. Parents are welcome.

Wednesday to Tuesday, June 22 – 28
Examinations

Wednesday, June 29
Graduation Exercises
7 p.m.

The end of another school year for some students and for others a new beginning.

Chapleau Valu Mart has an immediate opening for a part-time position in the bakery department

Duties/Responsibilities:

- baking
- cake decoration

Qualifications:

- good customer service
- must be available weekdays and weekends

Please send resume to:

Lynn Bignucolo
Box 100
Chapleau, ON
P0M 1K0

EMPLOYMENT OPPORTUNITY Part-time Supported Independent Living Worker (4 days/week)

The successful applicant will be a member of the Turning Point Décisif Program (Mental Health, Addictions and Community Support Services). The purpose of the position is to plan, develop, and implement the Supported Independent Living Program for developmentally disabled adults. This program is designed to enhance quality of life through life skills training, advocacy, creative activities and interpersonal relationships in a group setting and individually and to further develop necessary skills for independent community living.

REQUIRED QUALIFICATIONS

- Successful completion of a college level diploma in Developmental Services and a minimum of three years related experience.
- Previous experience working with clients with developmental delays, and with seniors.
- Experience/knowledge of mental health issues an asset.
- Extensive knowledge of the community and its services.
- A valid driver's license and reliable means of transportation
- The ability to work and function within a variety of environments
- Experience with computer and Windows programs
- Ability to provide quality care to clients in both English and French

**Applications to be submitted
no later than June 3rd, 2005 to:**
Human Resources
Services de santé de Chapleau
Health Services
P.O. Box 757
Chapleau, ON P0M 1K0
chapleauhr@sschs.ca



While we appreciate all applicants' interest, only those selected for an interview will be contacted. Cet avis est disponible en français.

Gardening from the ground up Taking it outside

By Mary Lynne Ivey

When you bring new plants home from the garden center, it is a good idea to give them a chance to get used to the great outdoors before putting them out to fend for themselves.

Most of these plants have been raised in a carefully controlled environment. Planting them outside right away can be too much of a shock to them. Taking a few days to acclimatize them to their new home will help to ensure a healthier, better-looking garden.

Start by letting them sit outdoors in a sheltered area during the day. If they are sun-loving plants, let them have morning or late afternoon sun, but don't expose them to strong afternoon sunshine right away. Shade plants should, of course, be kept in the shade.

Keep in mind

that, because there is a limited amount of soil in the pots, they will dry out much more quickly than plants that are in the ground. Wind is a danger to young, potted plants because it will dehydrate them very quickly. Keeping them out of strong sun and wind will help to prevent dehydration.

Water them well in the morning or evening, or both if necessary. Plants in trays or shallow pots may need to be watered during the day as well. The soil should feel moist, not wet, when you stick a finger in. You don't want it staying wet, as too much moisture can rot the roots and stems of young plants.

After the first two days, gradually begin increasing the amount of exposure the plants receive. Do this either by leaving them outdoors longer, or by giving them some time

in a slightly more exposed area. The idea is to acclimatize them to the conditions of the site where they will be planted. If they will be in a place that gets really hot under the sun, with no shade, they have to be able to withstand the heat and sun. If they will be in a more sheltered place, they still need to get used to outdoor temperatures.

New plants should not be left out while the nights are still cool. Let them spend the first few nights in a porch or garage. After that, they can begin to stay out over night, provided there is no frost expected.

Because they are above ground level, the roots of potted plants are vulnerable to damage by frost, as are young shoots and buds. Covering the plants with a sheet for the first few nights out of doors will give them a little



extra protection from cooler temperatures.

Early in the spring, when there is more variation in temperature throughout the day, it is best to take five days to a week, depending on how young and tender the plants are, to acclimatize them. Later in the summer, tougher plants can take as little as three days to acclimatize.

Cool spring temperatures and hot sun are the two biggest factors that the plants must get used to, so take more time while the nights are still cool, or if the plants are to go in a sunny, exposed bed. Taking this extra time before planting will help to avoid setbacks in plant growth, and will give your plants a head start on settling in to their new home.



Chapleau High School student, Tyla Meyer, creates a new donation box with a real northern theme for the Chapleau Centennial museum. The sign on the wooden black bear reads "Please feed this bear!" Museum board member, Mr. Doug Greig, is first to "feed" the bear some change.

THE LOCAL MARKET PLACE

THE LOCAL MARKET PLACE

ALL ADS ARE ACCEPTED AT Louis-Hémond Cultural Centre (69 Birch Street)

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

CLASSIFIED ADVERTISING RATES
Regular Classified Ads
 First 25 words or less \$6.00
 Each additional word \$0.15+GST

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.

APARTMENT FOR RENT
 One bedroom apt. at 22 Lansdowne St. South available June 1st. Fridge, stove & parking included at \$395.00 per month. Call Con Schmidt at 864-0617. ^{M28}

FOR RENT
 On first floor, central location, 2 bedrooms, all the furniture including washer and dryer. \$495/month. Call 864-9075 or leave a message ^{FN}

FOR RENT
 1 Bedroom Apartment, Fridge & Stove included, laundry facilities, secured storage, parking & outdoor plug-in included. Contact: Bertrand Apartments at 864-0230. ^{J11}

FOR SALE
 2002 Ford Explorer XLS. Excellent condition. Call Shelley at 864-1384. ^{J4}

APARTMENTS FOR RENT
 1 bedroom, 2 bedroom. Furnished, laundry facility. Weekly or monthly rates beginning at \$75.00. Call 864-0138 or 864-1367. ^{J26}

FOR RENT
 2 apartments available, large 1 bedroom, parking & laundry facilities supplied, reasonable rent. Call 864-2670 after 5 p.m. or leave message. ^{M29}

HOUSE FOR SALE
 Estate sale
 12 Aberdeen N.
 2 bedrooms, radiator heating, woodstove, 200 amp. service, detached garage/electric door. Content negotiable. \$28,000 OBO. 705-444-5750. ^{J9}

FOR SALE
 Minn Kota electric trolling motor. 46lb thrust. Never used. Call 864-0646. ^{J4}

APART'S FOR RENT
 You need a decent apartment, with 1 or 2 bedrooms, semi-furnished or not, dryer and washer hookups, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075. ^{Ag14}

FOR SALE
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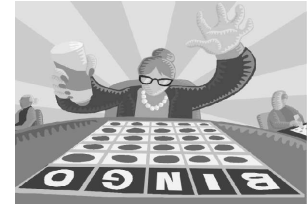
HOUSE FOR RENT
 3 bedroom house, 160 Martel Road, available May 1, 2005, \$500/month + utilities, oil heating, call 864-1313. ^{A17+}

FOR SALE
 '89 Ford F250, \$900 OBO. Many new parts, body in disrepair. Truck cap, \$100 OBO. Phone 864-0796 after 5 pm. ^{M28}

Centre Culturel Louis-Hémond

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 Sunday/dimanche 10 a.m. (Alternating French and English)
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 Pastor Dan Lee

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 Liturgy of the Word
 Liturgie de la parole
 Sunday/dimanche 11 a.m.
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PERMANENT DEACON
 Mr. Ted Castilloux
MANDATED
 Mrs. Marguerite Castilloux

TRINITY UNITED CHURCH
 Corner of Beech and Lorne - 864-1221
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 Pastor Rolly MacLean

Diocese of Moosonee
 Anglican Church of Canada
ST. JOHN'S CHURCH
 4 Pine Street West 864-1604
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 Rev. Bruce Roberts


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 Liturgie de la Parole
 Dimanche 11h
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 Mess le 4e Samedi 19h

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Provincial budget good news for Northern Ontario

REPORT FROM Queen's Park BY Mike Brown,
 Provincial Member of Parliament for Algoma-Manitoulin



On May 11, Ontario Finance Minister Greg Sorbara delivered the government's 2005 budget. It is a plan to continue to deliver better schools for better learning – better health care for healthier Ontarians – smart investment in infrastructure for a strong economy – and strong financial management. The budget contained good news for Northern Ontario.

The government said it would not increase taxes in this year's budget and it did not. What it has done is

laid out a responsible plan to make key investments in Ontario's priorities – education, health and a strong economy – while making significant progress toward eliminating the deficit. The deficit in 2004/05 inherited from the previous government will be cut in half this year, to \$3 billion. It will be eliminated altogether in 2008/09 at the latest.

We are strengthening Ontario's economy through critical investments in infrastructure and innovation, including a

five-year, \$30-billion infrastructure plan for roads, transit, hospitals, schools, colleges and universities; 15,000 units of affordable housing; and a proposed Research Council of Ontario to make the province a leader in innovation. The budget committed \$297M for Northern Ontario highways rehabilitation and expansion projects and \$16.6M for local roads boards, winter roads and resource access roads.

This year the government will make a \$115 million contribution to the Northern Ontario Heritage Fund, the largest ever, to support its new mandate that focuses on private sector job creation and vital community infrastructure.

The government knows that an

investment in post-secondary education today is an investment in jobs tomorrow. That is why we are making the largest multi-year investment in post-secondary education and training in 40 years. Over the next five years we will be investing \$6.2 billion more on post-secondary education and training.

We are providing more opportunities for Ontarians by increasing financial aid for 135,000 students this year; significantly increasing enrolment in universities and colleges; expanding medical education spaces by 15 per cent; and increasing the number of new apprentices by more than 26,000 annually by 2007-08. The

government has also committed to providing \$20 million for Northern and rural colleges to increase opportunities for students and ensure quality programs.

This year we've helped Ontarians stay healthy by providing three new free vaccines for children – saving families more than \$600 per child. We will invest \$24 billion more in health between 2003-04 and 2007-08. These funds will increase the number of Family Health Teams to 150 in Ontario; provide more cancer and cataract surgeries, more cardiac procedures, more hip and knee joint replacements, more MRI exams and will improve access to community support

services for more than 232,000 seniors and people with disabilities by 2007-08. This year, the new Northern Ontario Medical School will open its doors to its first class of students.

The government's budget is a balanced, responsible approach that I believe is the right one for Ontario's future. It invests in Northern priorities like It is a plan that invests in our people – in their health, education and prosperity – to strengthen our economy and to ensure that Ontario is the place to be for years to come. It is a plan that invests in the North, in our highways, our infrastructure, our communities, our hospitals and our schools.

We would like to invite all sports teams and cultural groups to help us showcase your accomplishments.

Because of our limited resources, we are unable to cover all the numerous activities that take place in Chapleau during the week. For this reason, we encourage the coaches and leaders to provide us with a small write-up of the activity that took place during the week. Simply send your pictures and text by e-mail. On some weeks, we do have to deal with a shortage of space, but we will keep your story and publish it in a subsequent week. In some cases, we may need to edit the text somewhat to ensure that it fits in the available space. Thank you for your participation and understanding.

it's time to put our plates out on your table.



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