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CHAPLEAU EXPRESS

Vol. 9, Issue 32, May 7, 2005

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



French language high school on schedule

By Shelley Martel

On Tuesday, May 3rd, 2005 a meeting was held to give the go-ahead to the architect to draw up the blueprints for the new French Catholic high school.

Tenders will be accepted in July for the work to be done and construction should start in August.

Completion is expected to take approximately 13

months and, even if problems arise during construction, the new school should still be ready to move into in August 2006.

and modified from Ecole Jeunesse Nord in Blind River. The new school will still be called École secondaire Trillium, although it will house grades 7&8 from École Sacré-Coeur as well. A section will be set aside at one end of the school for these junior high classrooms, which will have their own washrooms as per parents' requests.

The teachers

and exterior colours will be decided on. Unfortunately, due to budget constraints, the walls will be built with more drywall than cement blocks. Walls will be insulated in order to attempt to control noise transfer between classrooms.

Some of the features of the new school are a cafetorium, a chapel, air-conditioned areas, students' council room, co-op office and possibly a music classroom.

With the recent announcement by

Nortel and Bell about wireless technology, the possibilities for more elaborate communication technology are impressive. The principal, Mr. Luc Tessier, spoke of the possibilities, "It would be ideal to have

computer tablets to bring home and hook up to a computer or have laptops for research in the science room, for example. Students would be better prepared for University or College."

Recognition for members of Chapleau Gymnastics club

By Shelley Martel

The Chapleau Gymnastics club held their annual awards night and banquet on May 4th at the Community Hall.

The hall was festively decorated in the club's colours of red, white, and black with anticipation of approximately 135 members, coaches and family members.

As a new twist this year, the awards were given out first with a pizza dinner to follow. Head Coach Elaine Martel acted as master of ceremonies. Certificates, ribbons, and medals were presented by the coaches and assistant coaches to their respective groups.

Due to a shortage of coaches this year, one less trampoline class was created, which affected registration numbers. In spite of this

membership was at 56, and approximately 15 dedicated individuals served as coaches, committee members and volunteers throughout the year.

Special awards were given out to one gymnast from each group for demonstrating the most improvement. Age groups were as follows; Kindergym groups A & B, Junior Recreation,

Intermediate/Senior, and Trampoline groups A&B.

The award given to Best All Around Gymnast in each category is not intended to recognize performance alone. The recipient must have demonstrated a good attitude all year, as well as having been helpful, and have had a good attendance record.

Tokens of appreciation were also

given out to the group of coaches and assistant coaches, which included parents, high school students as well as members of the community. The importance of this type of volunteering is crucial to the existence of a club of this type.

Members are urged to sign up for next year, before the end of the banquet, to avoid disappointment in the fall.



The lot has been cleared in preparation for construction to begin on Teak Street across from current French/English high school.

months and, even if problems arise during construction, the new school should still be ready to move into in August 2006.

To date, the lot has been cleared, re-zoned, surveyed, and an architect has been chosen. Environmental testing is yet to be done on the property but no problems are expected.

The plan for this school was adapted

are being consulted as well in order to properly customize each classroom.

The architect should be in Chapleau this month to decide the school location on the lot to maximize daylight, with respect to where the windows are situated on the plan. The school will have second story windows and very high ceilings in some areas.

In June, interior




Best All Around Gymnasts LtoR: Trampoline Co-winners, Natalie Smith and Cassie Friend; Senior, Valerie Gervais; Junior, Ashley Leach; Intermediate, Kylie Fournier

Pitch-in Week

May 10-14 2005



Help Make Chapleau Beautiful



**Attention all
Legion Members**

May 12th 2005 @ 19:30 hrs
Is election night in the Cranston Hall
Please come out and vote.

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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 Sunday. If you have any comments, please feel free to contact us.

Canadian Publications Products Sales Agreement #130183799

The Chapleau Soccer League will be holding its annual registration on May 14 & May 28 from 11:00 am. to 2:00pm. @ the Chapleau High School for all age groups. This includes the 14 to 17 year old age group. If sufficient numbers do not register for the 14 to 17 year old division we will not be able to run this program this summer. Registration fees will remain the same as last season.

Registration Fees:
Kinderkickers : \$30.00
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10 to 13 : \$40.00
14 to 17 : \$35.00

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**In Memory of
Lynda Joly**
August 24, 1948 - May 8, 2002

It is a deep mystery,
This matter of life and death...

That the same person
Who brought us a thousand joys,
Can one day leave us shedding a thousand tears...

So suddenly, sometimes
That we grope blindly for words left unspoken,
And for the hug we needed to give,
to say good-bye.
And we wonder,
How this tread that holds us all to life
Can be so thin and fragile...

Until one day, we find the courage to accept
That the living aren't meant to understand death,
Only to celebrate life,
And to remember that the only real death
is forgetting.

*In Loving Remembrance,
Shelley, Marilyn, Christine and Andre*



Suzanne Bérubé et Marc Venne sont heureux de vous annoncer leurs fiançailles. Le mariage aura lieu le 24 septembre 2005 à New Liskeard, Ontario.

Thank You

I want to thank all the people who helped make my 60th birthday so special, it will never be forgotten. A special thanks to my angel, Lala for organizing such a great party. Thanks to Peggy for all her help and for cooking such a delicious meal, and thanks to all her family that helped in the kitchen. Thanks to Gertie for her help and the rest of my family that brought the desserts. Thanks to Daniel and Sylvie for the snacks. Thanks to Tracy for all her assistance and for making the tickets and music. Thanks to Tim for making the wonderful slide show. Thanks to Reg for providing the lovely picture cake. Thanks to Connie and Lou for their help and for the prizes. Thanks to Kento and Penny for the beautiful baskets that were raffled. Thanks to Carol for a great job bartending. Thanks to Suzanne, Dolly, Boum and Jessica for helping Lori. Also a special thanks to Remi, Andre, Maurice, Kenny, Marcel, Michel, Ted, Reg, Rene, and Richard for the excellent live music! Thanks to all my family and friends especially those that came from out of town to honour me on my birthday, it really was a surprise. Thanks for all the beautiful gifts and well wishes. I hope I haven't forgotten anyone.

Love, George

Obituary

COMTE, Hattie Marie (nee Vaillancourt)

It is with deep sadness that we announce the passing of Hattie Comte, peacefully at the General Hospital, Sault Ste. Marie on Tuesday, May 3, 2005 in her 88th year surrounded by her family. Beloved wife and friend of the late Raoul (Lulu). Cherished and loved by her family Rochelle Baker (Chancey), Larry (Marilyn), Raymond (Ginette), Suzanne Weber (Jerry), Louanne Pilon (Clem) and David (Marie Paule). Survived by her sister Beatrice Card and brothers Edward and Eugene Vaillancourt and predeceased by her brother Nelson and sisters Alice and Olive. She will also be fondly remembered by her 20 grandchildren, 35 great-grandchildren, 1 great-great grandchild and many nieces and nephews. Friends may call at the Northwood Funeral Home (942 Great Northern Road, Sault Ste. Marie 705-945-7758) on Thursday, May 5, 2005 from 11:00 a.m. until 1:30 p.m. then to St. Joseph the Worker Church for a funeral mass at 2:00 p.m. with Reverend Ron Ambeault officiating. Interment at Chapleau Cemetery on Friday, May 6, 2005 at 2:00 p.m. Memorial donations made to the Sault Area Hospital Foundation or charity of your choice would be appreciated by the family. The family would like to extend a special thank you to the General Hospital I.C.U. staff and to Dr. Frank Ianni. Hattie will be fondly remembered by the staff and residents of Pathways and Collegiate Heights Retirement Homes.

www.northwoodfuneral.com

**Serve delicious
low-fat cheese burgers**

The grilling season is back. It will soon be summertime and we're feeling fine – especially if we continue to pay attention to the foods that we eat. Using alternatives to high fat cheese and dairy products is a good first step, so here's a delicious, high protein veggie burger preparation idea, courtesy of the Veggie food line, best known for its great-tasting soy-based cheese alternatives. Veggie slices, shreds and toppings contain fewer calories, no cholesterol, and less fat than pasteurized processed cheese. Offered in Cheddar, Parmesan, Canadian and Mozzarella, the Veggie alternative can be substituted in most recipes, and can even be requested in restaurants.

Veggie Burger Royale
Makes 1 Serving

- 1 vegetable burger patty
- 1 burger bun, mixed grain
- 1 Veggie Cheddar slice – or any Veggie slice
- Mustard – to taste
- Tomato ketchup – to taste
- Leaf lettuce – optional
- Slice onion – optional
- Pickles – optional

Barbecue the vegetable burger patty according to directions. The Veggie slice goes on the burger about 15-20 seconds before removing from the heat. Place patty on the bun and garnish the toppings of your choice.

Mosquitoes and West Nile Virus



Mosquitoes are known carriers of many diseases including West Nile Virus. West Nile Virus is spread by the bite of an infected mosquito. Most people who become infected with West Nile Virus will have either no symptoms or only mild ones. However, on rare occasions, West Nile Virus infection can result in a severe and sometimes fatal illness.

Mosquito Control

A realistic reduction in mosquito populations can only be achieved using a

strategy that would include both municipal and neighbourhood control strategies. Many municipal governments have mosquito programs in place. However, there are several things you and your neighbours can do to help reduce mosquitoes around your home. The more homes in an area that address mosquito control, especially the removal of breeding sites, the greater the reduction in mosquito populations.

Control Breeding Sites

The first step is to address mosquito-breeding sites. This is anywhere that water is allowed to stand for 4-5 days, such as old tires, flowerpots, buckets and bottles. Fill in or drain any low places in your yard.

Keep drains, ditches, and culverts clean of weeds and trash so water will drain properly. Place a tight fitting screen on the top of rain barrels, and cover trash containers to keep out rainwater.

In areas where you are unable to remove standing water such as ponds and water gardens, (and the water is entirely contained on your property) the use of a larvicide such as AquaBac Biological Larvicide can be used to control larvae before they become adults. Since AquaBac affects only mosquito larvae, it can be used in fishponds, and won't adversely affect birds, pets or other wildlife.

Reduce Exposure To Adult Mosquitoes

The second step is to reduce the

exposure to adult mosquitoes. This includes wearing protective clothing and avoiding spending time outdoors during peak mosquito activity, between dusk

and dawn. When mosquitoes are present at outdoor activities, use an insect repellent containing DEET, such as Skinsations Mosquito Repellent by Cutter.

For more information about mosquito control and West Nile Virus, visit www.nobite.ca.

- News Canada

Highlights

Township Council Meeting

The following are highlights of the Township of Chapleau Council meeting, held on Monday, May 2, 2005.

In response to a request by the Chapleau Arctic Watershed Snowmobilers Club, the Council approved a financial contribution of \$3,073.47 to help the organization cover its debt, mainly caused due to increased fuel costs during the last winter season. Mayor Freeborn reminded Council that this contribution would be in supplement to the already approved ongoing financial assistance of \$3,000 to help offset the costs of maintaining a proposed trail between the TOP F trail and the TOP D trail at Jeep Lake.

The Township Council approved the annual Dr. G.E. Young Medical Bursary to be awarded to a student in both the Chapleau High School and École secondaire catholique Trillium.

In order to contribute towards the province's efforts at stimulating the Northern economy, the Township approved an investment of \$10,000 for the purchase of Northern Ontario Grow Bonds, issued by the province, with an annual interest rate of 4%.

Council passed a by-law to approve the naming of the roadway that runs in a crescent shape manner around the homes located between 276 and 290 Martel Road as "Martel Crescent".

The week of May 9 to 15 has been

officially proclaimed as Nursing Week in Chapleau. The Council applauds the contribution of nurses to the high quality of health care in Chapleau, and recognizes the value of nurses in our community.

The Township of Chapleau learned that its application for funding to the Canada-Ontario Municipal Rural Infrastructure Fund (COMRIF) had been declined. The Township had requested assistance for repairs to local streets, the bridge, and water and sewer lines. The infrastructure program will be accepting new proposals shortly through its second intake, allowing the communities to resubmit their requests for funding.

MOTHER'S DAY Aux Trois Moulins



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All mothers will be greeted with a flower.

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Turning 50?

Time for Breast Screening!

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Local business helps you Spring into fitness

By Shelley Martel

As we look forward to our long awaited summer season, we make plans as to how we will get the most out of it.

We may want to approach the warm weather in better physical condition so that we can enjoy summer sports, as well as travel, and have enough energy to keep

up with the rest of the family.

Beginning an exercise program now may help the transition to summer go a little more smoothly and eliminate some of the anxiety. Our community is lucky enough to have access to a well-equipped fitness centre in our downtown core with a variety of options

available.

Fitness & Tanning And Such is a family owned and operated business. The Thiffeault Family have been operating the fitness centre at 17 Lorne Street since January 3rd, 2005 and have made extensive improvements to the interior.

The Cardio area is equipped with



Personal trainer Michel Riopel on treadmill.

hope to acquire a line of skin-care and bath and beauty products soon. Future plans to offer the use of saunas to customers are also in the works.

In addition to feeling comfortable in our summer wardrobe, we may want to add a little colour to our pale winter skin.

Fitness And Tanning And Such offers a tanning room with a relaxing tropical atmosphere. A large selection of tanning products and accessories are available to purchase as well as a line of clothing and fitness wear from California. A large display of swimwear for sale may be an added incentive to keep one's eye on the prize!

The fitness centre has acquired college student Michel Riopel for the summer. Michel is studying to be a personal fitness trainer and will be working with clients with weights and exercise programs.

Membership for the centre is continuing to grow, with a number of 60-65 at any given time. There are a variety of packages available including family memberships and senior rates.

If we want to be able to bend over a little easier in our gardens, ride our bikes around more than one block without getting Jello legs, or be able to swim without wearing a big t-shirt, maybe Fitness & Tanning And Such is just what we've been looking for.

several machines from elliptical and tectrix to the gazelle, and the treadmill. Whether you are an avid exercise fan or just like to be able to walk, no matter what the weather may be outside, the convenience of the gym makes it easy.

If yoga and taekwondo are more your passion, there is a semi-private video aerobics room where instructional workout videos and DVDs are provided. The room also offers ab rollers, a sit-up bar, stepper and mats.

A large free weights room is available to accommodate many clients at once at its many different stations. There are plans to have a Japanese cartoon mural painted on one of the walls in this room in the near future.

For the convenience of customers, lockers, showers with towels, and changerooms are available. The fitness centre offers refreshments as well as personal items for sale.

The owners

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Health Canada identified hazard with infant bath seats and bath rings

Health Canada is reminding parents and caregivers that infants placed in bath seats or bath rings, which are emerged in any depth of water, must be constantly supervised with undivided attention by a competent adult.

Infant bath seats and bath rings are products designed to support infants in an upright position in the bathtub, and usually consist of a plastic seat or ring. Suction cups are often employed to hold the product in place, however, newer models use an arm that attaches to the side of the bath tub instead.

The expected age range for the use of these products is from

six to nine months, representing the time frame in which an infant can sit unassisted, until the time when they can pull themselves to a standing position.

In 2004, Health Canada was made aware of three separate fatal incidents - of which one drowning was linked to the use of a bath ring and two deaths to the use of bath seats. Since 1991, the Department has received 11 reports of drowning deaths linked to these products with nine occurring in the last five years.

Additionally, 20 near-drowning incidents have been reported since 1983.

In most cases, drownings and other incidents linked to bath seats and bath rings occur as a result of:

- the product becoming unstable and tipping over in the bath,
- the infant climbing out of the product, or
- the infant slipping through one of the leg openings and becoming lodged under water.

Some models of infant bath seats and bath rings carry warning labels that state "prevent drowning - never leave child unattended" while other models bear a warning that states "prevent drowning - always keep baby within arm's

reach." Despite these warnings, in most reported incidents, the infant had been left unattended or under inadequate supervision. Health Canada is concerned that parents and caregivers presume the infant is secure in the

product and can leave the child unattended. To better understand the safety hazards associated with infant bath seats and bath rings, Health Canada is currently undertaking additional research and, based upon the findings of these

initiatives, will put in place appropriate risk management measures if necessary.

For further information or to report an incident, contact the Health Canada Product Safety Office at 1-866-662-0666.

Gardening from the ground up

A Time to Sow

By Mary Lynne Ivey

There is a time to sow, and a time to wait. In gardening, just as with anything else, we cannot force things, but must learn to wait with patience until the time is right.

When I was living near Kapuskasing, my landlord's son was walking by one day and saw me carefully planting out some little seedlings. "What are you doing?" he asked. "It is only the beginning of June!" Those poor little seedlings were all killed off by frost, and I had to start over.

Up in Kapuskasing, gardeners and farmers say to wait until after the first week of June before planting. Here in Chapleau I have been told by experienced gardeners that it is safe to plant any time after the 24th of May. In Sault Ste. Marie, people can start planting even earlier.

These planting dates are guidelines, based on when the risk of

a hard frost is past. We sometimes get light frosts here in June, but they are not usually severe enough to cause much damage.

Young seedlings are especially vulnerable to frost damage. This is particularly true of seedlings that have been started indoors, rather than sown directly into the ground.

Aside from the dangers of cold, frosty nights, the soil has to thaw before we can plant. For seeds to germinate (sprout) when planted outdoors, the soil has to be warm enough for them. The soil temperature usually needs to be 50°F (10°C) or warmer, just below the depth at which the seeds have been planted.

On warm sunny days, the sun warms the surface of the soil quite quickly. However, because the ground freezes to a depth of several feet in winter, it takes some time before this warmth reaches right down into the soil. (It is



for this reason that mulch or top-dressing should not be applied until later in the summer. The ground needs a chance to warm up before having an insulating layer put on.)

With the warm spell we had earlier this spring, it was looking as though we would be able to plant well before the 24th of May. Crocuses are up, tulips and daffodils are well on their way, but the frost is not out of the ground yet.

We gardeners must be patient, and not be discouraged by the recent turn the weather has taken (even if we feel we've already had more than our share of snow!), because we know that the time to sow will come. All things in good time...

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We are seeking a full-time Paramedic for our Foleyet Ambulance Station. Paramedics are required to operate emergency vehicles and provide the full scope of pre-hospital emergency medical services directly to the public in a manner consistent with legislation, regulations, policies, procedures and standards.

Qualifications: All candidates must be qualified to work as full-time paramedics according to the Ambulance Act.

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Salary: from \$26.15 per hour; **Start Date:** As soon as possible

Interested individuals should submit a covering letter quoting competition number **2005-11-EMS** and a résumé outlining their education, skills, qualifications and experience no later than **4:30 p.m., May 10, 2005.**

Please forward your application to the attention of:

Human Resources Department
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Email: jobs@msdsb.net

Information gathered relative to this position is done in accordance with the Municipal Freedom of Information and Protection of Privacy Act and will only be used for candidate selection. While all responses are appreciated, only applicants selected for an interview will be contacted.

A celebration of motherhood

By Shelley Martel

All of us know someone who is a mother, has a mother, would like to be a mother, or you may even be a mother.

We set aside a special day every year to celebrate the mother figure in our lives and show them the appreciation they deserve.

Every once in a while a mother stands-out from the rest and deserves the recognition on a greater level.

Sandra Ruffo met her husband of 22 years, Tony, in Sudbury and came to Chapleau to start a family. After years of trying unsuccessfully

to have their own biological children, the couple decided to be foster parents.

Over the past 10 years of fostering children, 12 lucky children in total have had the chance to stay with the Ruffos.

Their oldest daughter Amanda came to stay with them when she was 13 and decided that she wanted to be a permanent part of their family when she was 15. She was 18 by the time her adoption was final. Amanda is now 24 and on her own. Her daughter Amara is Sandra and Tony's first grandchild.

Their 13 year old son Justin has been

a loving part of their family for 10 years. He was just 3½ years old when he came to their home.

The two most recent additions to the Ruffo family are their youngest daughter Kimberly, 6, and their son Brandon, 4. Sandra and Tony have been caring for them since they were infants. On April 28th, 2005 their adoptions became final.

Sandra was in foster care herself for 8 years as a child and still has contact with her foster mother. "I had a good home with my foster family.

That is why I decided to do what I am doing," remarked Sandra. "I can relate to feeling like you don't belong anywhere." Before she began fostering, Sandra had raised two of her sisters.

Sandra's dream was always to be a mom, live in a big house, and have a lot of kids. Although she says that their family is



Sandra Ruffo surrounded by her children Justin, Kimberly, Brandon (in his Dad Tony's arms), Amanda, and Amara her grand-daughter.

complete now, she thinks that they may take in more children for relief or emergency purposes. The more, the merrier is her motto!

Babysitting her grand-daughter Amara during the week keeps Sandra busy, but she is thinking of taking courses with all three children in school this fall.

The children


are involved in many activities and sports, as well as native activities in their Fox Lake community. When Tony had a major health scare in January, Sandra managed the busy household alone.

Although Sandra admits that the workload is heavy, she finds that the unconditional love and affection are well worth it.

The most important thing that Sandra wants to give the children is a sense of security to make their own way in the world and the tools to make the right decisions.

This Mother's Day Sandra will spend the day like she does every other day, living her dream.

Anthony Pucci, Hons. B. Comm.



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Stamping out e-mail hoaxes

From warnings about asteroids headed for earth to political conspiracies involving space aliens – and almost everything in between – the Internet has become home to a variety of tall tales, myths, half-truths and hoaxes. Some are outlandish, while others can be quite subtle.

Fortunately, there are signs that can help separate the true from the not so true:

- Pass this on. This phrase is often a tell-tale sign of an e-mail hoax.
- The original sender is not identified. If an e-mail is anonymous or can't be traced back to the original sender, it is most likely untrue.
- The story or information is difficult to verify. Most e-mail hoaxes sound factual. The idea is to get you to believe the story without researching the facts.
- The timing is vague. A hoax will usually reference something that happened "last week" or "recently" but won't provide a specific date.
- The e-mail suggests a dire or widespread threat. Health scares are good examples of

these, like the infamous hoaxes that claim using plastics in the microwave will release dioxins into your food or that freezing your plastic water bottle can cause cancer.

Checking out an e-mail story can be fast and easy. If you've received a rumour about a plastic product, you can visit the Environment and Plastics Industry Council (EPIC) web site www.plastics.ca/epic and click on the plastics MythBuster icon. Other popular myth-buster sites – such as BreakTheChain.org, TruthOrFiction.org and Snopes.com – have searchable archives that can provide answers in seconds. - NC





National Nurses Week May 9- 15, 2005

The Board, management and staff of Services de santé de Chapleau Health Services values all of our nurses. In recognition of Nurse's Week, we wish to express our appreciation to our nurses for their outstanding contribution and commitment to our organization and to the health of our community.

Thank you.

Semaine nationale des soins infirmiers Du 9 au 15 mai 2005

Les Conseil d'administration, la direction et le personnel des Services de santé de Chapleau Health Services apprécient tout leur personnel infirmier. En reconnaissance de la Semaine nationale des soins infirmiers, nous aimerions remercier tous les membres de notre personnel infirmier de leur apport et engagement remarquables envers notre organisme et la santé de notre communauté.

Merci.



Pimii Kamik Gas Bar & Gift Shop

Located on the Chapleau Cree First Nation

Beginning Monday September 12, our WINTER HOURS will be from 7a.m. - 9p.m., 7 days a week

**Drop by and check out our line of
Authentic Native Crafts, Unique Gift Ideas,
Jewellery,
and Gift Certificates TOO!**

**We also carry road trip snacks, which includes Subs,
Chips, Pop, plus a whole lot more.**

Your Propane Refilling Station



*The good news is,
you can get your kids vaccinated
for this kind of behaviour.*

Believe it or not, your kid can die from kissing. Or sharing a bottle, a straw, even a smoke or lipstick. It's called meningitis C and sharing saliva spreads it. Basically, bacteria infect the bloodstream and the lining of the brain and spinal cord. Symptoms include headache. Fever. Fatigue. A stiff neck. Sensitivity to light. Dizziness. And a red, blotchy rash. They could lose their hearing. An arm or a leg. Worse, more than 1 in 10 who get infected die. So talk to your kid about getting their free vaccination. Clinics are being held in your community and in most schools, for 15- to 19-year-olds. Call your local public health unit for more information. Or talk to your doctor, visit: www.health.gov.on.ca, or call 1-877-234-4343, TTY 1-800-387-5559.

Paid for by the Government of Ontario

Take Off Pounds Sensibly - Keep Off Pounds Sensibly

The weight-loss formula is pretty straightforward-eat less, lose pounds, and maintain a healthy body weight.

Local Chapter of TOPS (TAKE OFF P O U N D S SENSIBLY) listened as Trisha Hamel shared her story of how she lost 100 pounds with the help of TOPS, exercise and motivation.

"First of all," she stated, "you have to do it for yourself, nobody else. Change Your whole lifestyle, everything low fat, light, lots of fruit and vegetables, start eating better, not counting calories and watch your fat intake. NO Juice, NO Pop, ONLY

Water."

If she was to have a treat it was a piece of cheese cake, only once a week.

Trisha had to find something she could do well to help her loose the pounds and that was walking. She began walking off those extra pounds by getting out there 5 to 7 times a week for 1 hour.

Trisha also looked at how stress and a busy lifestyle played a big part in why she would find herself eating. Now instead of eating she walks.

She stated there is no miracle, no cure. Being addicted to food is tough. Stay focused, follow the

Canada Food Guide, stay healthy.

TOPS Members are very proud of Trisha and enjoyed hearing her success story.

TOPS mission is to support our members as they take and keep off pounds sensibly.

TOPS is a non-profit organization which meets weekly. A private weigh-in is followed by a program. Programs

vary, but all in some way provide members with positive reinforcement and motivation in adhering to their food and exercise plans.

Chapleau meets at Cedar Grove on Wednesday.

Weigh-In is from 6:30 till 7:00, and the meeting follows. There is about 12 members who meet and show support, and share ideas.

We were

excited to have a member reach her goal and now is a KOPS (KEEP OFF POUNDS SENSIBLY).

Past Leader Judy Imbeault says "with warmer weather around the corner, there is no better time to start walking."

We all know the best way to get healthy is to eat less and exercise more. Walking is the easiest way to incorporate exercise into our busy

lives.

Some members walk at the high school on Tuesday's and Thursday's, other members walk to the video, Walk the pounds off 3 miles twice a week, have a chair exercising video.

TOPS endorses no diet, and is a non-profit group. Why not come out to a free meeting and see what we do.

Judy Imbeault
864-1484

TLC for Peace Park

By Shelley Martel

Mr. Louis Dubé spends most of his spare time each spring and summer tending to Chapleau's most popular park.

Ever since the Peace Park was established, as part of the waterfront development, Mr. Dubé has taken an interest in it's care and appearance. He has spent many volunteer hours dedicated to the flowers and plants that have been planted there, for the most part, by him.

"The poppy will be the first to flower here this spring. In about 3 weeks it will bloom," announced Mr. Dubé.

Chapleau seems to have accepted this park as if it has always been here and has benefited from it's presence.

The close proximity to two of our schools make it the ideal place for a picnic. Citizens of all ages enjoy walks through its manicured trail and relax on it's benches.

Although

Louis has shown tremendous patience with careless acts of destruction, he fortunately never

seems to give up. Hopefully he is aware of how appreciative we are of that.



Mr. Louis Dubé rakes up winter debris

MIXED SLO-PITCH

2005 SEASON IS HERE
ALL TEAMS WELCOME - NEW & OLD
DEADLINE TO REGISTER IS MAY 15, 2005
YOU MAY CALL:
RON FORTIN - 864-2011
GLENN BAZINET - 864-0905
SHIRLEY COULTER - 864-2777

Employment

Applicant must be a mature, responsible, enthusiastic person to oversee all aspects of Radio Shack.

Duties include:
 Ordering, pricing, marketing, displaying, inventory control, excellent customer service & satisfaction. You will become familiar with all products & services offered by the company.

Qualifications:
 - Computer knowledge
 - Experience in sales
 - Minimum grade 12 education

Please forward all resumes to
 Chapleau Village Shops
 att: Lucy Bignucolo
 Box 100
 Chapleau, On P0M 1K0

Trillium se démarque au badminton



M. Richard Beaudoin (entraîneur), Mélanie Noël et Eric Langelier.

Our local Chapleau ATV Club in conjunction with the OPP and the township will be holding a public information session with guest speaker Sergeant Scott Smith from the OPP to answer any of your questions concerning the new ATV bylaw.

The session will be held
 Tuesday May 10th, 2005 at 8pm
 In the basement of the Town Hall.

Come out and learn more about
 The ATV club and the proper laws.
 All are welcome.

Les 17 et 18 avril dernier, 19 élèves sur 20 de l'École secondaire catholique Trillium réussissent à se placer dans les semi-finales de badminton (NSSSAA) à Wawa.

Eric Langelier et Mélanie Noël remportent deuxième place en double mixte senior.

Cette victoire leur mérite de participer au tournoi NWOSSAA qui a lieu à Manitouwadge le 27 avril.

Ce tournoi de calibre élevé, comprend les finissants de trois divisions scolaires de la région nord-ouest de

l'Ontario.

Eric et Mélanie jouent cinq matchs dans leur catégorie. Le jeu est très serré et ils gagnent deux de leurs matchs.

Malgré la compétition intense, Eric et Mélanie réussissent à remporter la quatrième place dans la catégorie double mixte. Leur entraîneur M. Richard Beaudoin, est très satisfait de leur résultats.

Eric est un finissant au secondaire cette année, mais Mélanie espère se classer à nouveau dans ce tournoi l'an prochain.



**Le groupe des exploitations forestières de Tembec
Scierie de Chapleau**

**“Souligne et félicite tous ses employés”
Nouveaux records de production
La semaine du 25-29 avril 2005**

Le groupe des exploitations forestières de Tembec tient à féliciter encore une fois tous ses employés et sous-traitants de Chapleau pour leur apport et leur rendement exceptionnels qui nous ont valu des nouveaux records de production établis sur trois postes horaires.

En effet, au cours de la semaine du 25 au 29 avril, la “scierie” établissait un nouveau volume record qui s'est avéré “le meilleur” en matière de moyenne de sciage:

Nouveaux records de poste horaire atteints la même journée!

Poste “A” le 27 avril 2005

217,629 pieds-planche/poste ou 27,203 pieds-planche/hr (net)

Poste “B” le 27 avril 2005

217,629 pieds-planche/poste ou 27,203 pieds-planche/hr (net)

Nouveau record de journée

Postes “A,B,C” le 27 avril 2005

630,145 pieds-planche/jour ou 26,256 pieds-planche/hr (net)

Nouveau record de semaine

Postes “A,B,C”

2,815,671 pieds-planche/semaine ou 25,139 pieds-planche/hr (net)

Transformation de 121,649 billes

Ceci représente 115% de notre objectif

Au cours de cette même période, l'ensemble du moulin affichait un nouveau seuil de **sécurité au travail** avec 101 jours sans signalement d'incident.

Tembec tient donc à souligner et à remercier tous ses employés de leurs efforts exceptionnels. Nous sommes bien partis en vue de dépasser ces volumes de mois en mois.

**“Des gens qui construisent eux-mêmes leur avenir”
Merci et félicitations!**



**Tembec
Forest Products Group
Chapleau Mill**

**“Congratulates and recognizes all Employees”
New Production Records Achieved
Week of April 25-29,2005**

Tembec Forest Products group takes this opportunity to once again congratulate all Chapleau employees and yard contractors for their outstanding performance and contributions that has now resulted in new production records while operating on a three-shift arrangement.

During the week of April 25/29/05 the “Sawmill” department achieved new record production volumes that have now been recorded as our “best” sawing averages as follows:

New Shift Records matched during same day!

Shift “A” April 27, 2005

217,629 fbm/shift or 27,203 fbm/hr (net)

Shift “B” April 27, 2005

217,629 fbm/shift or 27,203 fbm/hr (net)

New Daily Record

Shifts “A,B,C” April 27, 2005

630,145 fbm/day or 26,256 fbm/hr (net)

New Weekly Record

Shifts “A,B,C”

2,815,671 fbm/week or 25,139 fbm/hr (net)

Processing 121,649 saw logs

This is 115% of our target

During this same operating period the entire mill achieved a **safety performance** level of 101 days without a recordable incident.

Tembec takes this opportunity to acknowledge and thank all employees for their outstanding contributions and efforts. We are well on our way in exceeding these volumes on a monthly basis.

**“A Company of People Building their own Future”
Congratulations and thank you!**

Northern Pride



Fierté du Nord

En 1993, j'ai entrepris mes études à l'Université Laurentienne, en traduction. Étant donné que mes parents étaient unilingues

francophones, j'étais souvent appelé à faire de la traduction pour eux. J'ai aimé mon expérience, mais cela m'a permis de voir que je ne suis pas du genre à travailler seule, entourée de dictionnaires et d'outils de

référence. J'aime plutôt interagir avec plein de gens.

En 1997, j'ai travaillé à Brandon au Manitoba où, je faisais de la traduction et de la révision de texte. De plus, j'étais responsable de recruter environ 300 bénévoles francophones qui assuraient la disponibilité de services en français lors des jeux.

Grâce à cette expérience, j'ai développé le goût d'enseigner. Je suis donc retourné à l'Université Laurentienne où j'ai poursuivi mes études en éducation. Une fois les études terminées, j'ai décidé de retourner à Chapleau ma ville natale pour débiter ma carrière en enseignement.

Au début, j'ai travaillé comme enseignante titulaire en deuxième année. Par le biais d'études à distance,

j'ai complété une spécialité en enfance en difficulté et je travaille comme personne ressources au centre de soutien depuis maintenant deux ans.

J'ai toujours aimé l'aspect familial de cette petite communauté où les gens sont sympathiques et où l'on peut facilement développer un sens d'appartenance. De plus, je voulais me rapprocher de mes parents.

Je suis bien contente d'avoir choisi de travailler à Chapleau. J'adore le plein-air et Chapleau, « Portail de la plus grande réserve faunique au monde » est l'endroit

par excellence pour les amateurs de la faune et la flore. De plus, grâce à des organismes comme le Centre culturel Louis Hémon, Chapleau est reconnu pour sa promotion des arts. À Chapleau, tout le monde a la chance de s'impliquer auprès de la communauté et de contribuer de façon à faire une différence. Venez donc vous y tremper les pieds et vous verrez pourquoi Chapleau est aussi reconnu comme étant la ville la plus sympathique du nord.

Commanditée par/Sponsored by:

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



Nom/Name
Annie Lessard

Poste/Occupation
Enseignante en enfance en difficulté/Teach children with learning disabilities

Employeur/Employer
CSC du Nouvel-Ontario

Age: 30 an /years old

Né à/Born in: Chapleau

Scolarité/Education
- Baccalauréat en science du langage/Bachelor degree in language science
- Brevet d'enseignement/ Bachelor Degree in education

In 1993, I began my post-secondary studies in translation at Laurentienne University in Sudbury. My parents were French and I was often called on to translate for them. I liked my experience, but it allowed me to see that I am not the kind of person to work alone, surrounded only with dictionaries and reference tools. I rather like interacting with a lot of people.

In 1997, I worked in Brandon, Manitoba where I did editing translation. Also, I

was responsible for recruiting a team of about 300 French-speaking volunteers to ensure the availability of services in French during the games. Thanks to that experience, I developed an interest for teaching. So I went back to Laurentian University where I pursued my studies in education. When I was done, I decided to return to my home town of Chapleau to begin my career in education.

At the beginning, I worked as a second grade teacher. With education at distance, I completed a speciality in children with learning disabilities and I

have been working as a resource person at the support center for two years now.

I am very happy to have chosen to work in Chapleau. I renewed childhood friendships. I like the outdoors and with Chapleau being the

"Gate of the biggest wildlife reserve of the world " it is the ideal place to be for all wildlife lovers. Furthermore, thanks to organizations like the Louis Hémon cultural Centre, Chapleau is recognized for its promotion of the arts.

In Chapleau, everybody has the chance to get involved in the community and to contribute in order to make a difference. Come have a quick look and you will see why Chapleau is recognized as being the friendliest town of the North.

I always loved the family aspect of this small community where people are nice and where we can easily develop a sense of ownership. Furthermore, I wanted to get closer my parents.

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.



**NOUVEAUTÉS À LA BIBLIOTHÈQUE
MUNICIPALE DE CHAPLEAU**

JUST IN - TALKING BOOK & DVD POOL
De L'Autre Côté du Pont - Gilles Archambault
Copie conforme - P.J. Tracy
Un mariage de convenance - Kathleen Woodiwiss
Les Lionnes d'Angleterre - Catherine Hermary-Vieille
La Chasse aux tueurs - T. Jefferson Parker

Job Opportunity

Pineal Lake Lumber

Seasonal workers needed
4 Boardway pilers - 12.33/hr
1 Night shift watchman - 12.33/hr

Resumé to be dropped off to
Ted Porter at Pineal Lake

- Work conditions:**
- Attention to detail
 - Security & safety
 - Criminal record check
 - Drug testing
 - Medical

Fax to (705) 861-0808 for directions



The Township of Michipicoten



is seeking applications for Information Technology Support/ GIS Technician COMPETITION 05-03

Under the supervision of the CAO/Clerk, the Information Technology Support/GIS Technician is responsible for overseeing all aspects of the Information Technology Systems and related office equipment for a group of clients, as well as meet the growing opportunities of Geographic Information Systems (GIS) and the Northern Information Technology Geomatics Co-Operative.

The successful candidate will be responsible for systems support and system upgrades as well as maintaining the multi-community GIS system within a municipal environment.

Qualifications include:

- Minimum 3 years experience in managing computer systems with a networked environment.
- Degree in a Computer Science related field or industry equivalent is necessary.
- Experience in Website Development.
- Post-diploma in GIS.
- Project Management skills is considered valuable.
- Thorough knowledge of Microsoft Office in LAN/WAN environment. Ability to operate other office equipment.
- Strong verbal and written communication skills.
- Strong interpersonal skills.
- Good knowledge of grammar, spelling and punctuation. Good oral and written communication skills.
- Ability to work under little supervision and use good judgement and discretion. Must be a team player and work well with other staff and general public.

Salary:

- This is a contract position. Competitive salary plus comprehensive benefit package.

Please forward resume by 4:00 p.m.
Wednesday, May 18, 2005 to:

Human Resources – Confidential
Competition 05-03
Township of Michipicoten
40 Broadway Avenue, P. O. Box 500
WAWA, ON P0S 1K0
E-mail – clamon@wawa.cc

Living well with diabetes

If you have diabetes, regular physical activity is key.

Physical activity can improve your blood glucose control, reduce your risk of heart disease, and help you lose (and keep off) weight.

If you have type 2 diabetes, aim to accumulate at least 150 minutes of moderate aerobic activity (such as brisk walking) each week. People with diabetes should also perform resistance exercises (such as lifting light weights) three times per week.

- Ask your diabetes healthcare team how and when to test your blood glucose, and how to adjust your insulin and food to prevent low blood glucose levels.
- Carry your meter with you. If you take diabetes pills or insulin, test your blood glucose before, during and after exercising.
- Stop and test if you feel any symptoms while exercising. Stop exercising if you have pain or feel tired.
- Carry some form of sugar with you and bring extra food.
- Wear comfortable shoes and socks.
- Wear MedicAlert identification.
- Enjoy yourself!

Small changes make a big difference!

Everyone needs to be active to be healthy. Canada's Physical Activity Guide recommends 60 minutes of physical activity each day.

You may already be closer to this goal than you think! Small amounts of activity worked into your daily routine really add up!

10 minutes walk the dog or get off the bus one or two stops early

10 minutes rake, shovel, mow, vacuum

10 minutes treat yourself to a stretch break

10 minutes instead of watching television, toss a ball or build a snowman.

20 minutes - take a brisk walk after dinner

What will your activities be today?

Source: Canadian Diabetes Association
1-800-BANTING (226-8464)
www.diabetes.ca

For more information or make an appointment call the Chapleau Diabetes Education Program at 864-3079. Our Drop-in Clinic is every Wednesday 1 2:30 p.m. at the Chapleau General Hospital

Junior Baseball Registration



Chapleau Junior Baseball League will be holding its annual registration for ages 7-9 and 10-14 on May 14th 7-9 pm and May 15th 1-4 pm. at 42 Minto Street. For more information please call Gisèle at 864-1319. Registration fee will remain at \$25.

Happy Mother's Day



from everyone at the
Chapleau Express



GOT BUGS !!!

Earwigs, Ants, Spiders, Flies or other pests...
Give us a call and let us do the dirty work...Guaranteed!

HOME or BUSINESS
*** FREE ESTIMATES ***

Toll Free in Timmins 1-866-705-8008
or (705)-266-8008
P.O. Box 332 Timmins Ontario P4N 7E2

Attention all Legion Members,

Are you interested in having your branch move in the right direction and make the necessary changes for the benefit of the members, then we need your support. We have done a great deal of things to make our branch one of the best in Ontario. We have plans to renovate and make are building accessible to all our community. We have a strong team to lead your organization into the next year with a great plan and lots of enthusiasm. If you think that this is the right direction then we hope to see you on
Election night, May 12th 2005 @ 19:30 hrs

Graham Bertrand for President
Michael Fortin for 2nd Vice President
Anne Marie Gionet for Secretary
David Doyle for Sergeant at Arms

Herb Buttler for 1st Vice President
Dave Hamilton for 3rd Vice President
Mike Imbeault for Treasurer

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

**For best results,
send your articles
& photos
electronically to:**

jprince@ontera.net

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.

FOR RENT
 Large 1 bedroom apartment, centrally located, fridge & stove included, storage, parking & outdoor plug-in. To view call 864-0677 ^{M24}

FOR RENT
 Duplex in quiet scenic area, available June 1st, 2-plus bedrooms, \$450 plus utilities. For more information call 864-2241 ^{M8}

FOR SALE
 Duplex for sale, great income property, ideal spot for truckers, 2 large lots, many upgrades. Must see! Asking \$70,000 For more information call 864-2241 ^{M8}

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 SALE
 2003 Chevrolet Cavalier, Burgundy Beauty, 40,000 km, loaded, powerful, great on fuel, \$1000 cash back if purchased this month. \$12,500 firm. Call 864-9075 or leave a message. ^{FN}

FOR RENT
 All on one floor, no steps in and out, central location, 2 bedroom apt. washer & dryer connections, very private, \$525/month. Call 864-9075 or leave a message. ^{FN}

APARTMENT FOR RENT
 2 bedroom, fridge & stove, winter plug-in c/o laundry. Call 864-0138 ^{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}

FOR RENT
 Large 1 bedroom apartment, centrally located, fridge & stove included, storage, parking & outdoor plug-in. To view call 864-0677 ^{M15}

FOR SALE
 KTM 360 Dirt Bike 2 stroke. New plastic and stickers, engine was done up at Race Shop in Toronto. Bored out to 380 and sent out for plating. \$4,500 OBO. Also race boots (size 12) and pants, shirt, knee guard, elbow, chest, gloves - \$500 OBO Phone Ryan at 864-1095

VILLAGE SHOPS APARTMENTS
 - Small 2 bedroom Available immediately
 - Large 2 Bedroom Available June
 Laundry on premises, secure Bldg. Call Lucy at 864-1114 ^{M14}

SLOMA CLEANERS
 Now in Chapleau on Tuesday & Thursday

BERRY'S FREIGHT SERVICES
 TIMMINS - CHAPLEAU - TIMMINS
MONDAY TO FRIDAY
 1lb. to 10,000 lbs.
 FOR QUALITY SERVICES AT INEXPENSIVE PRICES GIVE US A CALL AT 1-705-264-4334

ALCOHOLICS ANONYMOUS
 Offers help to anyone who desires to stop drinking. Open discussion meetings: Wednesday 7:30 p.m. & Sunday 2:00 p.m. Trinity United Church basement. Telephone contacts: 864-2321 and 864-1827 Ladies call 864-0138

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}

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

FOR RENT
 -5 bedroom house, oil heat, first & last required, plus oil deposit

-1 bedroom apartment, available immediately, fridge & stove W/D hookups, parking with outside plug
 -Large 2 bedroom apt., available immediately, fridge & stove W/D hookups, parking, outside plug-in, call 864-2282 ^{M22}

TO GIVEAWAY
 12 kittens
 Call 864-2638 ^{M14}

FOR RENT
 Esher cabin, all furnished, hydro included, 500 feet from Wangoon Lake. Call 864-0372 ^{M14}

You can always count on our ADVERTISING to bring results.

The Chapleau Express

jprince@ontera.net

864-2579

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

YARD SALE

TRINITY UNITED CHURCH
Saturday, May 14, 2005
10:00 a.m. to 2:00 p.m.

Lunch counter, bake table, clothing, books, CDs, silent auction (10:00 a.m.-1:00 p.m.), furniture, small appliances, electronics, craft items, tools, kitchen items, plants, toys, much more.

Rain or Shine Something for Everyone!


FOR SALE OR RENT
 Mobile Home, newly renovated, 3 bedrooms, washer & dryer, oil & wood heat available, spacious yard, call 864-2092 ^{M15}

À VENDRE OU LOUER
 Maison Mobile, rénovée, 3 chambres à coucher, laveuse et sècheuse, chauffage à l'huile ou au bois, grande cour, téléphonez 864-2092 ^{M15}

Centre Culturel Louis-Hémond

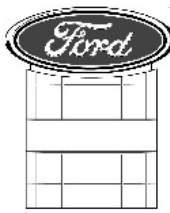
BINGO

Where: Loyal Order of the Moose Every Wednesday, 7:15 p.m. Chaque mercredi



Super Jackpot in 53 numbers or less


Northern Lights Ford Sales
Andrew G. McKenzie
11 Years of Service



Highway 17, North P.O. Box 1033 Wawa ON. P0S 1K0
Bus: 705.856.2775
Fax: 705.856.4862
sales@northernlightsford.ca

GOING TO CHURCH

<p>Catholic Church SACRED-HEART OF JESUS PARISH PAROISSE SACRÉ-COEUR DE JÉSUS 26 Lorne Street North -OFFICE- 21 Lansdowne Street N. 864-0747 Saturday/samedi 7 p.m. (Alternating French and English) Sunday/dimanche 10 a.m. (Alternating French and English) Fr. Gilles Grandmont</p>	<p>CHAPLEAU PENTECOSTAL CHURCH 9 Elm Street (P.A.O.C.) 864-0828 Sunday School 9:45 a.m. Sunday Services 11 a.m. & 7 p.m. Family Night (ages 1-109) Wednesday 7 - 8:15 p.m. Pastor Dan Lee</p>
<p>ST. JEAN DE BRÉBEUF (Sultan) Liturgy of the Word Liturgie de la parole Sunday/dimanche 11 a.m. Bilingual Mass every 3rd Sunday of the month at Noon PERMANENT DEACON Mr. Ted Castilloux MANDATED Mrs. Marguerite Castilloux</p>	<p>TRINITY UNITED CHURCH Corner of Beech and Lorne - 864-1221 Sunday Worship 11 a.m. Sunday School Kindergarten to Grade 8 Nursery Pastor Rolly MacLean</p>
<p>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</p>	<p>OUR LADY OF SEVEN SORROWS PARISH PAROISSE NOTRE-DAME-DES-SEPT-DOULEURS (Foleyet) Liturgy of the World Sundays 11 a.m. Liturgie de la Parole Dimanche 11h Mass every 4th Saturday at 7 p.m. Mess le 4e Samedi 19h</p>
<p>ST. MARY'S ANGLICAN CATHOLIC CHURCH 78 Devonshire Street 864-0909 Sunday Service 10 a.m. Rev. William P. Ivey</p>	<p>COMMUNITY BIBLE CHAPEL Corner of King and Maple 864-0470 Communion Service 9:30 Family Bible Hour 11 a.m. Including Sunday School Evening Bible Study and Ladies Bible Study during the week Transportation available Al Tremblay</p>



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Family Health Teams: The Next Generation of Health Care

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



Improving access to health care remains an important priority for the Government of Ontario. The government is firm in the conviction that our health care system must be placed on a more secure footing, to better serve the people in every region of Ontario. We all have a right to demand better access to high-quality care within our communities.

In light of last week's much-anticipated Family Health Team

announcement, which included two Family Health Teams in Algoma-Manitoulin, we can confidently say that we've moved closer in realizing this ambitious goal.

On Friday, April 19, 2005, 52 Family Health Teams the first group to be approved from 213 applications - and three FHT networks, will begin working in 55 communities across Ontario. They are expected to serve more than 1.1 million patients.

This exceeds the target of 45 FHTs

originally set for spring of this year. Previously sent applications not included in the first round are still in the running for the next round, scheduled to occur later this year.

By 2007-2008, based on the popularity of this initiative, our government plans to introduce an additional 150 FHTs, to serve more than 2.5 million Ontarians.

Family Health Teams are an essential part of the next generation of frontline health care.

Largely comprised of doctors, nurses, nurse practitioners and other health care professionals, these on-site teams collectively provide integrated, patient-centred health care

services across Ontario on an around-the-clock basis.

Team-based approaches to health care delivery will go far in addressing this province's chronic doctor shortage, especially in Northern Ontario. By working with and supported by other medical professionals, doctors can provide care for up to 52% more patients than if they were to work alone. A significant improvement in and of itself.

Services provided by FHTs include:

- Expanded access to health care during extended hours and on weekends, with access to an after-hours registered nurse-operated Telephone Health Advisory Service
- Provision of updated

health information to help patients make informed decisions on how best to manage their health care needs

- Enhanced management of chronic diseases such as diabetes and asthma

- Improved coordination of health care to help link patients to other parts of the system, such as hospitals, long-term care homes, public health, mental health and community programs and services

- Using information technology to facilitate the sharing of pertinent patient information

From the start, our government has shared a vision of health care that all Ontarians can appreciate. It is a vision in support of a

system that keeps Ontarians healthy, delivers good care when people need it, and will remain intact for generations to come. With the first group of FHTs set in motion, our government is one step closer in making this vision a reality.

But this is only one component of our comprehensive plan to improve health care in Ontario. We're continually working hard to reduce wait times for key procedures, increasing the numbers of doctors and nurses, and investing heavily in community-based health care services to help ease the pressure placed on hospitals and deliver health care where patients need it the most closer to home.

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