

Talk about good coffee.

Miss Muggins Coffee and Fresh Donuts



CHAPLEAU EXPRESS

Vol. 12, Issue 13, November 24, 2007

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



Sultan Road not a Provincial priority

Chapleau to continue the fight

by Jim Prince

Travellers using the Sultan industrial road as a short cut to Sudbury have noticed a marked improvement in that gravel stretch over the last year, however they shouldn't hold out hopes for a step up to provincial highway standards including pavement in the foreseeable future.

A letter from an Assistant Deputy Minister in The Northern Development and Mines Ministry to the Township has effectively put off any improvements to the

80 kilometre stretch of road, long considered vital to the well being of Chapleau.

While some are using the road in its current condition, Chapleau leaders have been pressing to have it upgraded to provincial highway standards. It's an appeal which is supported by a majority of local politicians, and a wide range of other potential users of an

improved link from across Northern Ontario.

Cal McDonald, the Assistant Deputy Minister of Northern Development in the Ministry of Northern Development and Mines says current provincial resources are required to deal with the ongoing expansion and upgrading of the existing highways system.

In the latest

Northern Ontario Highway Strategy, the Sultan Road was noted as one of several potential new highway links identified by northern stakeholders as a priority. However, McDonald's letter to Chapeau Mayor Earle J. Freeborn also pointed out that the need for new highway links will continue to be assessed.

Mayor Freeborn has every intention of keeping

the Sultan road in the spotlight.

"I'm not happy at this refusal of our request to make the Sultan Road a part of the provincial highway system," stated the Mayor. "We'll be talking to the new minister regarding our concerns about safety and economic development."

In his letter, McDonald said since 2002, the Ministry of

Northern Development and Mines (MNDM) has contributed \$605,000 for improvements to the Sultan industrial Road. MNDM and the Ministry of Transportation will continue to work with DOMTAR to make capital improvements to the road in addition to cost sharing the annual maintenance costs with the company.

Tembec makes \$22-million in the quarter

Consolidated sales for the fourth quarter ended September 29, 2007 were \$675 million, down from \$781 million in the comparable period last year. The Company generated net earnings of \$22 million or \$0.25 per share compared to a net loss of \$52 million or \$0.62 per share in the corresponding quarter ended September 30, 2006, and a net loss of \$164 million or \$1.91 per share in the previous quarter. Earnings before unusual items, interest, income taxes, depreciation, amortization and other non-operating expenses (EBITDA) was \$23 million, as compared

to EBITDA of \$26 million a year ago and up from EBITDA of \$4 million in the prior quarter.

The September 2007 quarterly financial results include an after-tax gain of \$71 million or \$0.83 per share relating to the gain on translation of foreign debt. After adjusting for this item and certain other items, the Company would have generated a net loss of \$51 million or \$0.60 per share. This compares to a net loss of \$43 million or \$0.51 per share in the corresponding quarter ended September 30, 2006 and a net loss of \$76 million or \$0.88 per share in the previous

quarter. The impact of specific items on the Company's financial performance is discussed further in the Management Discussion and Analysis (MD&A) of its financial results.

For the fiscal year ended September 29, 2007, sales were \$2.8 billion as compared to \$3.0 billion in the prior year. The Company

generated a net loss of \$49 million or \$0.58 per share compared to a net loss of \$292 million or \$3.41 per share in fiscal 2006. EBITDA increased to \$65 million from \$42 million a year ago.

The fiscal 2007 annual financial results include an after-tax gain of \$124 million or \$1.45 per share on the translation of its US \$ denominated debt and

an after-tax gain of \$185 million or \$2.16 per share related to the refund of lumber duties and interest thereon. After adjusting for these items and certain other items, the Company would have generated a net loss of \$152 million or \$1.79 per share. This compares to a net loss of \$252 million or \$2.94 per share in the prior year.

Long Term Forecast	
Saturday	
High -3	
Low -8	
Sunday	
High -1	
Low -13	
Monday	
High 1	
Low -7	
Tuesday	
High 2	
Low -3	
Wednesday	
High -2	
Low -4	
Thursday	
High -5	
Low -5	



REPORT FROM Queen's Park BY

Mike Brown,
Provincial Member of Parliament for Algoma-Manitoulin



N o m i n a t e A n lives of our children.
O u t s t a n d i n g Through their efforts,
E d u c a t o r they help to prepare the
Educators play young people of today
a critical role in the to become the leaders

of tomorrow. They work to equip our students with the tools and knowledge they require to become successful in life.

Each year, the Province of Ontario provides the residents of Ontario with an opportunity to honour exceptional principals, teachers and support staff with the Premier's Award for Teaching Excellence. Last year, more than 1,000 nominations were received for these awards, 15 of which were chosen for the honour.

There are five different categories under which an educator can be nominated:

- **Teacher of the Year** – Open to any elementary or secondary school teacher, this award celebrates teachers who have a contagious enthusiasm for learning, create innovative opportunities that motivate students to learn, and make an exceptional

contribution to the school community.

- **New Teacher of the Year** – Open to any elementary or secondary teacher with up to three years of teaching experience, this award honours new teachers who have a boundless energy and passion for teaching, collaborate with other teachers, and have a positive impact on students and the school community.

- **Excellent Support Staff** – Open to all support staff, this award celebrates an individual who shows an outstanding commitment to supporting students. A positive, helpful and caring attitude is essential, together with the belief that every student can succeed.

- **Team of the Year** – Open to a team of three or more educators and/or support staff who have worked together to achieve a common goal, this award honours new team members who take on new challenges, and build strong partnerships.

- **Lifetime Achievement Award** – Open to all educators with at least 25 years of experience, this award recognizes an outstanding individual who demonstrates exceptional leadership, is a role model for other educators, and makes a significant and lasting impact on the school community.

Anyone can make a nomination, including students, parents, educators and members of the community. For a nomination form, or more information on the Premier's Award for Teaching Excellence, visit www.ontario.ca/teachingawards. Information kits will also be available at every publicly funded school in Ontario. The nomination deadline

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\$150.00 U.S per year (U.S.A.)
Canadian Publications Products Sales Agreement #130183799

is January 28, 2008, before the completion and the award winners of the school year. will be honoured

Subscriptions to the Chapleau Express make great gifts.

THANK YOU
The children and families of the late Gisèle (Robichaud) Lavoie would like to thank the many friends and neighbours for the many acts of kindness bestowed on our families during our time of sorrow. We sincerely appreciated the beautiful flowers, Mass cards, charitable donations in memory of our mother, the generous deliveries of food and your comforting words during this time. Special thanks to the doctors and the nurses for their compassion and their excellent care through out our mother's illness. A special thank you to Father Jacques Fortin for the touching funeral mass and graveside service. We also extend our appreciation to the funeral committee for the delicious meal prepared. A sincere thank you to Gilmartin Funeral Home and Sam for their professional services.
Ivan, Anne, Louise and their families

NHC Northern Haul Contracting
www.northernhaul.com
WELDING SERVICES
NHC now has Tig Welding Available!
· Aluminum engine blocks
· Light gauge steel welding
· Frame welding
Fabrication to your specification.
Come to our welding shop and see Adam!
You will walk in with a problem and walk out with a smile!
Office Hours: Monday to Friday: 8 am to 5 pm
Martel Road, P.O. Box 788 Office: (705) 864-1095
Chapleau, Ontario, P0M 1K0 Fax: (705) 864-1110

CHRISTMAS TEA
Chapleau Senior Citizens Club
Saturday
December 1st
From 2:00 to 4:00 P.M.
Admission: \$3.00
CEDAR GROVE LODGE

CHAPLEAU'S 12TH ANNUAL NORTHERN PIKE ICE FISHING DERBY
*** 1 DAY EVENT, FEBRUARY 23, 2008**
Register on Friday, Fish on Saturday!
***THIS YEAR ALL THE FISHING WILL BE ON THE CHAPLEAU RIVER AND MULLIGANS BAY !**
We would like to invite you to participate in our Northern Pike Ice Fishing Derby FEBRUARY 23, 2008. We look forward to you joining us for this exciting 12TH ANNUAL event right here in Chapleau, Ontario.
We have "TOP TEN CASH PRIZES" this year and hopefully one of them with your name on it.
Great memories come from events like this. You can be part of it! Hope you can make it!
Kids are welcome and can win any of the prizes this derby offers .
\$100.00 entry fee gets you Great Food & Excellent Hospitality and a chance at a **First Prize of \$10,000.00 CASH** at this event!
Purchase Entry Tickets by January 1st to qualify for the **Early Bird Draw of \$2,500.00 CASH !**
There will be CASH PRIZES for the 10 biggest pike!
PLUS: Every pike entry (24" or more) wins a prize !
Other draws , Farthest from home ! Returning the flagsticks !
PLUS "6 Tagged Pike", each worth \$100.
Entry tickets & derby brochures available now at the following locations: Home Hardware, Camille Robitaille Sales & Service, Pit's Bait & Tackle and Aux Trois Moulins Motel (In the lobby)
A GREAT CHRISTMAS GIFT !

GOING TO CHURCH

<p>Catholic Church SACRED-HEART OF JESUS PARISH PAROISSE SACRÉ-COEUR DE JÉSUS 26 Lorne Street North OFFICE- 21 Lansdowne St.N. 864-0747 Sunday/dimanche 9:30 a.m. English 11:00 a.m. Français Weekdays Mon-Sat en semaine Lun-Sam Fr. Jacques Fortin</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 Every 3rd Saturday 7 p.m. Bilingual Tous les 3e samedis 19h Bilingue Permanent Deacon Ted Castilloux</p>	<p>TRINITY UNITED CHURCH Corner of Beech and Lorne - 864-1221 Sunday Service and Sunday School 11:00 a.m. Anna Chikoski Soup Kettle every 2nd Wednesday of the month</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. Liturgy de la Parole Dimanche 11h Mass every 2nd & 4th Sunday at 4:00 p.m. Messe sux 2e et 4e dimanche à 16h</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>

Optimized and Optimistic!



From left to right: Toby Hamel, Claude Goudreau (Instructor), Doreen Cachagee, Martje Wright, and Peggy Babineau. Front: Julie Glabb. Missing from picture is Rodney Conroy.

volunteer master computer technician.

The participants were very pleased with the quality and delivery of this workshop and were eager to get back home to their own computers. Each of them received an attestation from Northern College for this workshop. Some participants will be able to transfer their newly acquired knowledge to their places of employment

and are excited about a potential follow-up workshop which will be held after the holidays.

Watch for more course advertising


after the holidays for Northern College will be offering this course again as well as a more advanced level to this course.

PURDY'S COFFEE SHOP & FLOWERS
 61 Birch St. Suite #1,
 Open Mon-Fri 8:30 a.m. to 3:00 p.m.
 864-1022
 Christmas Draw "GIFT CERTIFICATES" valued each at \$25.00 from local vendors. Over \$300.00 in total. Come in, make a purchase and put your name in for a chance to win.
 DRAW DATE:
 Friday December 21 at 2:00 p.m.

ROCH'S AUTO REPAIR 
 24 hour Emergency Towing serving Chapleau since 1996 with automotive needs: Tires, sales, installation and repair.
 All your mechanical needs as well as regular maintenance. Don't let that annoying check engine light bother you anymore.
 Let us scan your problems away with our **Snap-on** diagnostic scanner.
 Call us today to book an appointment at 864-1477 or at 864-1085 after hours.
 We accept Visa, Mastercard, debit and ARI cards



On Saturday, November 17th, Northern College delivered another successful workshop! Instructor, Mr. Claude Goudreau, taught the participants the tips and tricks to improve the performance of their computers. For those of you not familiar with Mr. Claude Goudeau, he was the Project Manager as well as the Training Coordinator for Project Chapleau. He trained over 600 individuals on the wireless network connection, video, internet and portal technology. He is also the Chapleau Education and Training Coalition's

Chapleau High School Drama Club
 Presents:
 **Get Bill Shakespeare Off The Stage**
 by Joseph Robinette
SATURDAY, DECEMBER 1
 Doors open at 6:00 pm
 Cutrain at 7:00 pm
 Adults \$7.00
 Senior & Student \$5.00
 Tickets are available at the door.
 Produced by special arrangement with THE DRAMATIC PUBLISHING COMPANY, Woodstock Illinois.

Pimii Kamik Gas Bar & Gift Shop
 Located on the Chapleau Cree First Nation
WINTER HOURS
 will be from 7 a.m. - 9 p.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



Le Centre culturel Louis-Hémon vous invite à son
Party de Noël
 avec La ligue du Bonheur
 le samedi 8 décembre 2007
 à l'école secondaire Trillium
Souper et danse - \$25.00
 Réservez dès maintenant!
864-1126
Bienvenue à tous! Join us for a good time!



Everyone Welcome!!
 Come and see what the Chapleau Ski Club is all about!
 Saturday, December 1st from 1 - 4
 Refreshments provided.
 Door prizes! - Ski swap!!




Pasta with a purpose



(NC)—When more than 61 per cent of Canadian households with children say their kids are fussy eaters, it can be a challenge for families to embrace adding nutrition to their daily lives. A recent national survey conducted by Decima Research on behalf of Catelli Smart pasta found that:

- 67 per cent of Canadians said there were obstacles to eating healthier, more nutritiously;
- One-fifth of Canadians felt that it takes too long to prepare nutritious food;
- More than 2.1 million Canadians say it's too hard to incorporate healthy foods into meals;

More than 11,702,767 Canadians admit to being fussy eaters. "It's why we decided to take one of Canada's favourite, easily prepared foods — pasta — and make it both truly nutritious and great tasting," said Karen Scicluna, Director of Marketing for Ronzoni Foods Canada Corp.

The secret ingredient? Inulin, a

naturally occurring carbohydrate, extracted from chicory root. It is recognized by Health Canada as a natural plant-based source of soluble dietary fibre. Inulin is a prebiotic fibre, meaning that it is not digested in the stomach or small intestine and reaches the large intestine intact. There it stimulates the growth and metabolic activity of Bifidobacteria and

other probiotic bacteria, promoting good digestive health. The biggest advantage of adding inulin to Catelli Smart pasta is that it provides the same great taste as traditional white pasta, but provides three times as much fibre — nine grams of fibre per 85 gram serving, fulfilling one-third of the daily

fibre requirement for an adult. The result? A better tasting, more nutritious pasta — essentially a pasta with a purpose — that removes some of the obstacles to getting families to eat healthier. For more information and great tasting, kid-approved recipes, please visit www.smartpasta.ca.

The Aboriginal Peoples' Alliance (Northern Ontario) – APANO is a regional organization servicing a number of communities in North Eastern Ontario. It is a not-for-profit organization that develops and implements social, cultural and recreational activities to meet the needs of our Aboriginal communities.

The Long Term Care Program is sponsored by APANO and funded by the Ministry of Health and Long Term Care.

APANO is seeking applications for a Part-time Aboriginal Long Term Care Worker to be located in the community of Chapleau.

Job Specification:

- To provide Elders with friendly visiting (1/2 hr./week/client)
- To provide Elders with security checks (5 mins./week/client)
- To provide Elders with a Wheels to Meals Program once a month
- To organize a health information session once a month for clients

Qualifications:

- Minimum requirement of a high school diploma
- Experience working with the elderly and disabled
- Knowledge of Aboriginal culture is an asset
- Excellent organizational and time management skills
- Valid Driver's License and must own a vehicle Able to cook for large groups and food safety training will be considered an asset.

Salary: 14 hours/week @ \$12.00/hr

Please fax or send resumes to:
 Attn: Hiring Committee
 APANO
 P.O. Box 1795
 173 Railway St.
 Cochrane, Ontario
 P0L 1C0
 Fax: (705)272-2563

Ludie's Baskets & Crafts
OPEN HOUSE
 November 30, 2007
 7 to 9 p.m.
 45 Queen St.
Christmas gift baskets
Handmade crafts, ornaments
Stocking stuffers and more!
FESTIVE REFRESHMENTS!
DOOR PRIZES!

ANNOUNCEMENT
FROM THE OFFICE OF
Dr. J.D. Taylor
Week of November 26/07
The office will closed from Monday
morning Nov. 26 until 1 p.m.
Thursday Nov. 29

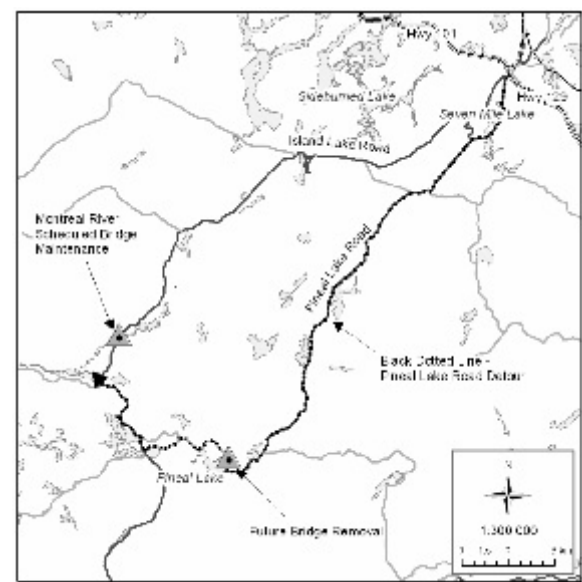
The telephone will be answered each morning, 9:00 a.m. to noon.

We will be open Thursday afternoon Nov.29 and all day Friday Nov. 30; also Saturday Dec. 1 from 9:30 a.m. until noon.

Please be advised:
Scheduled Bridge Maintenance on Montreal River Bridge (Island Lake Road) and Future Removal of Pineal Lake Bridge

The Ministry of Natural Resources and Tembec Industries Inc. would like to advise the public of scheduled bridge maintenance work at the Montreal River Bridge located on the Island Lake Road (Blackburn Township) approximately 35.5 km from the intersection of the Pineal Lake Road. The bridge maintenance is scheduled to take place on December 3rd - 7th 2007 at which time this bridge will be impassable to vehicular traffic. Alternatively, vehicular access south of the Montreal River is provided through a detour via the Pineal Lake Road as depicted on the map. Appropriate signage of the temporary closure of the Montreal River Bridge and associated detour will be erected.

The Ministry of Natural Resources would also like to notify the public of the proposed removal of the old Pineal Lake Bridge located at the east side of Pineal Lake (illustrated on map). Future removal date of the Pineal Lake Bridge is tentatively scheduled after January 15th, 2008. The Ministry of Natural Resources is collecting comments and information regarding the proposed Pineal Lake Creek Bridge removal under the authority of the Public Lands Act to assist in making decisions and determining further public consultation needs. Please submit any comments or questions to the MNR at the address listed below by December 25th, 2007. Further public consultation may be required depending upon comments received in response to this notice.



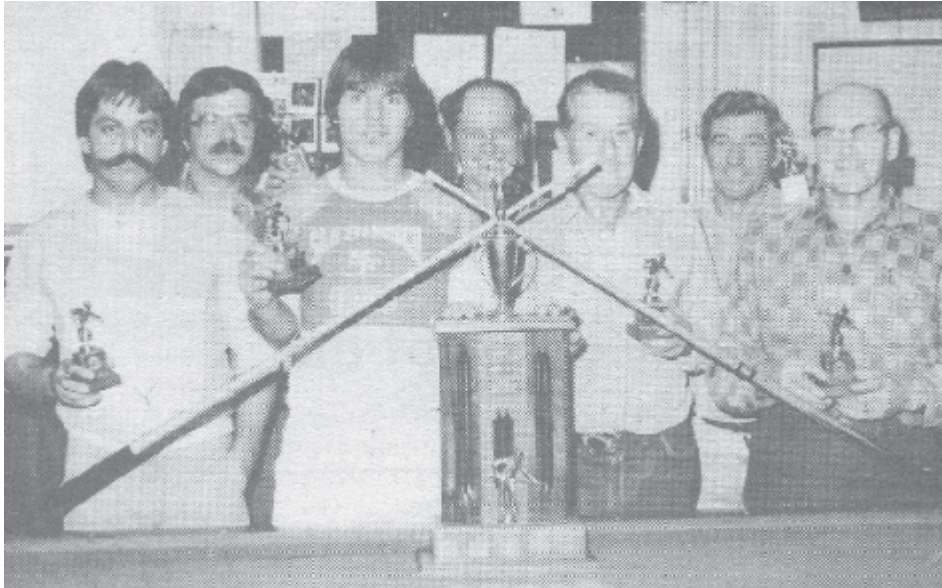
Under the Freedom of Information and Protection of Privacy Act (1987) personal information will remain confidential unless prior consent is obtained. However, this information may be used by the Ministry of Natural Resources to seek public input on other resource management surveys and projects. For further information regarding this Act, please contact Mike Bernier at (705) 864-1710.

For further information on the scheduled Montreal River Bridge maintenance please contact Tembec at the address below and for comments or questions regarding the proposed future removal of the Pineal Lake Bridge please contact the MNR at the address below:

- | | | |
|--|--|--|
| Kirk Ellis, R.P.F.
Area West Forester
Ministry of Natural Resources
Chapleau District
190 Cherry Street
Chapleau, ON P0M 1K0
Tel.: (705) 864-3173
Fax: (705) 864-0681 | Owen Bott
Operations Forester
Tembec Inc
P.O. Box 280
175 Planer Road
Chapleau, ON P0M 1K0
Tel.: (705) 864-3016
Fax: (705) 864-0928 | Mark Hamereski
Area West Lands Technician
Ministry of Natural Resources
Chapleau District
190 Cherry Street
Chapleau, ON P0M 1K0
Tel.: (705) 864-3157
Fax: (705) 864-0681 |
|--|--|--|

Renseignements en français : (705) 864-1710

MOMENTS FROM THE PAST 1985



POOL TOURNEY WINNERS — Winners in the Legion Pool Tournament held Saturday, October 26th are from left: Gil Castilloux, Mario Lafreniere (presenting trophies), Chuck Howsen, Edward Hann, J.P. Imbeault, Paul Cyr and Vic Landry.

TRUE NORTH TIMBER 1260261 ONTARIO INC.

Would like to thank the following people for helping us to successfully complete our 2007 Safety Groups Action Plan Targets for The Ontario Safe Workplace Association.

- Logging harvest crews
- Road building crews
- Log Haulers and log loaders
- Road maintenance
- Gravel Crew
- Slashing contractors
- Garage mechanical crew
- The office staff
- All supervisors & management
- Tembec support staff.

Thanks for all your cooperation and remember stay safe at work, home and play.

Camille Robitaille Services 27 Beech Street, Chapleau, 864-0739

Shake the dust off of that sled 'cause it's time to go riding! And at Camille's, we've been busy slashing prices. BR9ES plugs **only \$2.99**, and carbide runners **starting at \$49.99**. Also in stock is a large selection of **CKX helmets** starting at **\$59.99** - At Camille Robitaille Services you know you'll always get fast reliable service with the largest selection of parts and accessories for your snow machine.

Check out our great gift ideal...

The Doctor says "Let it snow, let it snow, let it snow!!!"



It's time to service your sled and your snow blower at the Doctor

Over 30 years of experience

At Camille's, we have the largest inventory of genuine replacement parts to service your snowblower. We are your local authorized dealer for **SERVICE & WARRANTY...** MTD, Noma-Murray, SEARS, Briggs & Stratton, and Tecumseh.



Time-pressed coupon users want longer expiration dates

(NC)—If you're a savings-conscious coupon user who's feeling a little bit squeezed by short expiration dates these days, you're not alone.

"Today's marketplace suggests that coupon face value alone isn't enough. Most consumers need time in addition to value, more time than an increasing number of brand marketers are giving them," says Peter Meyers, marketing vice president at ICOM Information & Communications, Toronto. ICOM is a target-marketing firm and manager of Shopper's Voice, a well-known consumer preference survey.

According to Meyers, coupon value in recent years has been stable or increasing, while the trend has been to cut expiration lengths. But in the vast majority of cases, a

shorter expiration reduces redemption far more than any corresponding increase in value can make up, he says.

Meyers' assessment of factors

driving coupon redemption is based on results from a 20-year database his company built in the course of designing over 6,000 direct mail programs targeting 28 million North American households.



NOTICE TO TAX PAYERS

The third installment of the 2007 Final Tax Billing is due November 30th, 2007.

A 1.25% penalty is imposed for late payment in addition to 1.25% per month per installment on overdue accounts.

AVIS AUX PAYEURS DE TAXE

Le troisième versement de la final facturation des impôts fonciers de 2007 est dû le 30 novembre 2007.

Une pénalité de 1.25% sera imposée aux paiements en retard en plus de 1.25% d'intérêt par mois au compte qui n'est pas payé à temps.



NOVEMBER IS DIABETES AWARENESS MONTH...

Tuesday, November 27th is...

FIGHT DIABETES DAY IN CHAPLEAU

NOVEMBRE EST LE MOIS DE SENSIBILISATION AU DIABÈTE

Le mardi 27 novembre est la...

JOURNÉE DE LUTTE CONTRE LE DIABÈTE À CHAPLEAU

Diabetes is the epidemic of the 21st century!
Le diabète est l'épidémie du 21e siècle!

Come out to Cedar Grove
From 1- 4:30 pm or 7 to 9 p.m.
Venez à Cedar Grove
de 13 h à 16 h 30 ou de 19 h à 21 h.

If you have diabetes already learn new ways to manage it!
Si vous avez déjà le diabète, renseignez-vous sur de nouvelles façons de gérer cette maladie!

You may be at risk for diabetes learn to prevent it!
Vous pourriez être vulnérable au diabète. Apprenez comment prévenir cette maladie!

Everyone that attends and completes our quiz will get a prize
Chaque personne qui assiste à notre séance et qui remplit notre jeu-questionnaire recevra un prix.

Brought to you by Chapleau Diabetes Education
Parrainé par le Programme d'éducation des diabétiques de Chapleau

Call 864-3079 for information
Composez le 864-3079
pour obtenir plus d'info.
www.sschs.ca

Hydro One announces third quarter net income

/CNW/ - Hydro One Inc. today released its third quarter results with net income of \$309 million and revenues of \$3,526 million for the nine months ended September 30, 2007.

"The recent Ontario Energy Board approval of our 2007 and 2008 transmission rates lays the foundation for our most significant period of infrastructure renewal in more than two decades," said Laura Formosa, Acting Hydro One President and CEO. "The Board approved our entire

capital and operating budgets, which will allow us to make major system improvements, including projects to reinforce and expand Ontario's transmission system and projects to deliver new clean generation."

The following are some of the key achievements in the third quarter:

-We are seeking approval to construct a 180 kilometre high-voltage transmission line from the Bruce Power complex to our Milton Switching Station that will bring

needed power into southern Ontario.

On August 20, 2007, the Ontario Energy Board (OEB) granted Hydro One Networks early access to land to conduct certain survey, testing, appraisal and investigative activities for the proposed line.

- We are strengthening the transmission links between Ontario and Quebec by constructing a new connection and adding a reinforcement line by Spring 2010. This interconnection will provide greater access to a reliable supply of renewable energy and

reduce the use of fossil-fuels during peak periods.

-We are improving supply reliability in central Toronto by constructing two underground, 115-kV transmission circuits between John and Esplanade transformer stations. The tunnel will alleviate the growing electricity demand in the downtown Toronto core.

Construction will be completed in January 2008.

-Our Smart Meter Project was selected as winner of a Utility Planning Networks (UPN) 2007 Metering

Award recognizing exceptional metering initiatives worldwide in the category of Automated Meter Reading initiative - North American Municipal or Cooperative. The UPN is a global organization enabling utilities to share best practices in business case development, implementation and operation of advanced metering systems.

-The OEB approved all

our planned transmission operating and capital programs for 2007 and 2008, stating that it was "convinced that the Company has genuinely formed the judgement, based on its engineering expertise and its enhanced analytical capability, that increases of the nature applied for are needed to maintain a robust, safe, and reliable transmission system."



PERSONALIZED MUGS

CHRISTMAS ORDERS WILL BE TAKEN UNTIL DECEMBER 15th

Don't be disappointed!

Order Now!

CUSTOM PERSONALIZED COFFEE AND SOUVENIR MUGS (11 oz. or 15 oz.)

MAKE THAT SPECIAL GIFT SUPER SPECIAL!
FULL COLOR PHOTOS
KIDS - GRAND KIDS - PETS- POEMS IN MEMORY GRADUATIONS

The Rustic Cupboard

This is your wake-up call.

Help stop the spread of HIV.

For information on HIV testing, call the Sudbury & District Health Unit toll-free at 1-866-522-9200, ext. 1549.



It's time.

Make it a **Healthy Day!**


Sudbury & District Health Unit
Service de santé publique de Sudbury et du district

Now taking orders for fancy Christmas baking.
Last day to order is December 7.

Call Wilma at 864-0617 or Betty at 864-0220




CD'S PUB & GRUB (Formerly Marty'S Bear Den)



New Hours:
Mon- Tues. 7:00 am to 7:00 pm
Wednesday - CLOSED
Thursday 7:00 am to 7:00 pm
Fri Sat. 9:00 am to 2:00 am
Sunday 12:00 pm to 5:00 pm

Come and join us for our chinese buffet Saturday December 1st from 11:00 AM to 1:00 PM



SUPPORT



We're Here to Help You

TBayTel's dedicated team works right here in Northern Ontario. Have a question? Our knowledgeable employees are waiting to help - just give us a call from anywhere across our serving territory.

BE HERE



Call 1-800-264-9501
www.tbaytel.net

THE LOCAL MARKET PLACE

CHADWIC HOME, FAMILY RESOURCE CENTRE

Offers shelter, emotional support, and information for women and their children who are in crisis situations. We have a Toll Free Crisis Line which is staffed 24 hours a day. We can arrange for free transportation to the Centre for women who live in the Algoma/Chapleau area. We also offer support to women who live in the communities of Chapleau, White River, Dubreuilville, and Hornepayne through our Outreach Program. Our Outreach Worker travels to those communities to meet with women who need emotional support as well as information about their rights and options. If you need to speak with the Outreach Worker when she is in your community, you can call the Centre at any time to set up an appointment. You do not need to be a resident of the Centre in order to use our services. If you need someone to talk to or if you just need someone to listen, call our Toll Free Crisis line at 1-800-461-2242 or you can drop in at the Centre. We are here for you.

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

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

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

Narcotics Anonymous offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:00 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

APARTMENTS FOR RENT

VILLAGE SHOP APARTMENTS
2 bedroom Apt. available Sept. 1. Completely renovated, laminate flooring. Laundry on site, secured entrance. Applications available at 8 Birch St. E or call 864-1114 ^{1114Ap29}

You need a decent apartment with 1, 2 or 3 bedrooms, fully or semi-furnished, or not, dryer and washer hookups, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075 and leave message. ^{Jan19}

1-2 and 3 bedroom apts. and bachelor. For more information call 864-1148 or 864-4071(cell) ^{Nov24}

3 bdrm apt. at 77 Monk St. available for rent November 1, 2007. Dryer and washer hook up, storage shed, large parking. For more info call 864-0966. ^{Nov24}

Tamarac Apartments has a large main floor apartment for rent in a quiet building freshly painted, with a new fridge & stove included. Laundry room on premises. Ample outside storage & hookups. Call Syd at 864-1396 after 6:00 p.m. ¹⁰²⁷⁰⁷

1 bedroom apartment. 135 Lansdowne St. Newly renovated, fridge & stove included. Available December 1st. Call (705)461-6436. ^{Dec1}

1 bedroom apartment. 135 Lansdowne St. Newly renovated, fridge, stove, washer and dryer included available immediately. Call (705)461-6436. ^{Dec1}

SHOP LOCALLY WE ALL DEPEND ON IT

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1998 Ford Lariat F150 4X4, ext.cab, towing pack, matching cap, side steps, 6 pack deck. 5.4 eng. 155,000 kms. \$11,000.00 certified or best offer. 864-1795. ^{Dec1}

HOUSES FOR SALE

3 bedroom, dual propane fireplace for heat. Beautiful balcony. Newer kitchen, windows, roof, siding. Asking price \$20,000.00. Please call (705)864-1248 after 6 p.m. ^{Dec1}

SERVICES

Subscriptions to the Chapleau Express make great gifts

\$39.99 Telephone Service. \$20.00 Unlimited Long Distance. Transfer current phone number free. \$39.99 New activations. Toll free 1-866-391-2700. A Neighbourhood Connection. ^{Dec22}

SHOP LOCALLY WE ALL DEPEND ON IT

Dr. L. R. Simpson VETERINARIAN
Will be at the Moose Hall
Monday, December 3rd, 2007
FOR APPOINTMENTS CALL
Nadene McEachren at 864-1055

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NEW AT THE CHAPLEAU PUBLIC LIBRARY
NEW BOOKS
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Weight Watchers All Time Favorites
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Puzzle Sale: The Library is having a second hand puzzle sale, just in time for Christmas. Come in to check out our selection and great deals! Sales starts Friday, November 23 - Saturday, December 8 during regular hours.

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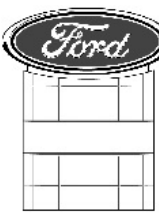
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Winter storms can take a toll on your health Back specialists offer tips to help ward off common seasonal injuries

/CNW/ - With our cheeks now feeling the sting of icy winter winds, the season's big snowfalls are just around the corner and, with them, come the familiar strains and sore muscles that can come with slips, falls and improper shoveling. That's why Ontario's back specialists are speaking out to help people avoid unnecessary injury this winter, with the relaunch of the Ontario Chiropractic Association's Lift Light, Shovel Right public education campaign.

"Chiropractors have long been reporting higher incidence of back and muscle pain or injuries following a heavy snow fall," says Dr. Thomas Gadsby, president of the Ontario Chiropractic Association. "In a lot of the cases we see, these injuries could have been easily avoided with a little know-how."

Improper snow shoveling technique is

frequently to blame, adds Dr. Gadsby, noting that injuries can be caused by bending at the waist instead of at the knees, or by throwing snow instead of pushing it.

And, as with any strenuous activity, it's also important to wear appropriate clothing, and to warm up before you begin, with some overall conditioning (a 10- to 15-minute walk, even on the spot, should do it), followed by some simple stretching.

"The injuries people sustain clearing snow can sometimes be quite serious," says Dr. Kristina Peterson, a Thunder Bay chiropractor and chair of the OCA's External Relations Committee. "Back problems can surface in patients during the winter, especially those who are unaccustomed to participating in challenging physical activity on a regular basis. It is important to pace yourself based on

your physical fitness level and to use a few simple precautions."

The OCA's Lift Light, Shovel Right campaign was developed in 2003 to help inform the public about the risks associated with clearing snow, after a Pollara survey of 500 Ontario chiropractors concluded that snow shoveling was a leading cause of back injury during the winter months. Founded in 1929, the Ontario Chiropractic Association represents the professional interests of more than 2,700 Ontario chiropractors.

Chiropractors are trained to diagnose, treat, and work to prevent disorders related to the spine, joints, nervous and musculoskeletal systems. Chiropractic is a regulated health care profession recognized by statute in all Canadian provinces. Every year approximately 4.5 million Canadians use chiropractic services.

Séance d'inscription au Centre des petits

Le 29 novembre 2007
entre 9 h et 11h



École Sacré-Coeur, Chapleau
14, rue Strathcona
Information: 864-0281

For more information about our
early year program,
call 864-0281.



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Couples	\$500.00	\$600.00
Family	\$600.00	\$700.00
Seniors	\$250.00	\$350.00
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Sr Student	\$200.00	\$300.00
Jr Student	\$150.00	\$250.00

Seniors are 55 years of age and older. Student are 16 years of age and older with a valid student card. Juniors are 15 years of age and younger. Family rate includes Father, Mother and all children under the age of 18.

Early bird memberships (great Christmas gift) may be purchased by calling Micheline Noel 864-0383.

Special Thanks to Yvon Noel and Yves Doyon for cutting down the trees and a very special thank you to Gaston Demers for donating his time and his Machine to clean up the brushes and old trees. Thank you to Rejean Bouchard and Henry Desbois for winterizing the clubhouse.

Green Fees will be as follows: 9 holes \$20, 18 Holes \$25, Day Pass \$30.

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