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Miss Muggins Coffee and Fresh Donuts



CHAPLEAU EXPRESS

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864-0911



Vol. 13, Issue 8, October 25, 2008

Local business changes hands



Shown above from left to right: Syd and Mary Gail O'Riley and the new owners of Syd's Service Centre, Miss Muggins Coffee and Donuts and Pizza Hut KFC, Elaine Martel and Rick Smith.

Earlier this year, long time Chapleau business owners Syd and Gail O'Riley decided to retire after 30 years of entrepreneurship in our community.

Syd's Service Station along with Miss Muggins and

Pizza Hut/KFC was sold on May 22nd to Rick Smith and Elaine Martel, a local couple.

In 1978 as Syd's auto mechanic's licence was still literally "in the mail" the opportunity of purchasing the Service Station from Gulf Canada arose. The young couple jumped at the chance and have never looked back.

Then on a Sunday afternoon in 1982, Syd received a call from Mr. Dick Hoath asking him if he would be interested in purchasing his Shell Bulk Plant, as he wanted to retire. Syd

said he'd talk it over with his wife Gail, and by 4:00 P.M. that day, it was agreed that they would be involved in owning a bulk plant. The O'Rileys operated the bulk plant until 1995. Plans to build a new bulk plant were cut short by an offer to purchase and subsequent sale to the McDougall family of Sault Ste. Marie.

In 1989 the O'Rileys purchased Chapleau Auto Parts and Small Engines from Matt and Lise Castonguay. They added on to the Service Station to accommodate the

auto parts and continued operating from this site until 1996 when increased business dictated larger premises for the parts business.

The building on Monk Street which once housed Frankow's Rentals was purchased and completely refurbished to accommodate the ever expanding parts business.

In order to fill the void left by the move Gail decided to open a Coffee and Donut Shop which she christened Miss Muggins and they

brought in the first fast food franchise in Chapleau when they opened Pizza Hut KFC Express.

It was during the construction of the Pizza Hut KFC express that the O'Rileys were approached by the Martel Family to sell the Auto Parts Business. Syd and Gail agreed to sell the business thinking that they had enough to keep them busy with Syd's and the new Miss Muggins, Pizza Hut KFC Franchise.

Syd and Gail remember with a laugh the opening of the Pizza Hut KFC Express. The Regional Director from Pizza Hut was in town for the opening and advised against advertising the opening as he stated "word of mouth" would get the word out. Did it ever! "We opened for the supper hour on March 27th, 1997. The lineup continued out the door, the phone rang off the hook and fifteen newly trained employees worked feverishly to keep up with the orders." says Gail O'Riley. "Syd looked at the clock and four hours had passed by as if it had been fifteen minutes" she adds.

Although selling the business has been bittersweet, retirement beckoned, and Syd and Gail know they have left the business in good and capable hands.

"Throughout the past thirty years, we have been privileged to have made many friends and customers that always supported us in our many endeavours" O'Riley says. "It is gratifying to see that Elaine and Rick are receiving the same support that we always be-nefitted from." she adds.

Elaine and Rick are pleased to be able to take over such a well established business. Gail and Syd have worked hard over the years to grow this business and it is a compliment to them and the staff that work there. "These are some big shoes to fill and we only hope that we can continue to do the business justice." says Rick Smith.

The new owners will be hosting a Grand Opening in the very near future in conjunction with a Customer appreciation day. Gail and Syd will be on hand to help. Watch for more details on this exciting day in this edition of the Express.

Long Term Forecast

Saturday	High 9	Low 6	
Sunday	High 7	Low 3	
Monday	High 3	Low -2	
Tuesday	High 1	Low -5	
Wednesday	High 4	Low -4	
Thursday	High 4	Low -1	

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**REPORT
FROM
Queen's Park
BY**

Mike Brown,
Provincial Member of Parliament
for Algoma-Manitoulin



**Ontario salutes
small business**

With roughly half of Ontarians working for small and medium-sized

**Brent St. Denis thanks public
for support over the years
Congratulates Carol Hughes**

Brent St. Denis said this week that even though the October 14th election did not lead to his re-election he is nonetheless grateful for the support he has received in this and past elections. He greatly enjoyed serving the public as a Member of Parliament and expressed the hope that the new minority government in the House of Commons will not forget the North.

"While disappointed in the results I truly believe in democracy and the ability of the people to express themselves through the electoral process. I called Carol Hughes once it was clear on election night that she had been successful in her election bid. I wished her well in her new adventure as well as safe travel as she goes about her duties in our large riding.

"I also expressed my deep appreciation to the

enterprises (SMEs), many people see this to be a special month. That's because every October the Ontario government

tremendous Liberal team which worked so hard and tirelessly in this and past elections. I owe them a great debt of gratitude "said St Denis.

Mr. St. Denis did not indicate what his own plans were except to say that he will be busy pursuing other interests and working to rebuild the Liberal Party's Northern Ontario network. He said it was important to ensure that the balanced approach of the Liberals on fiscal and environmental matters be pursued in earnest while working toward a strong forestry sector, poverty alleviation especially for seniors and First Nations communities and a host of other important concerns.

He will continue his involvement in community service in other ways and will maintain his personal interest in veteran and aboriginal issues.

recognizes the achievements of entrepreneurs and small businesses across the province.

Small business owners and entrepreneurs are truly exemplary Ontarians; they are key contributors to innovation, investment and job creation in every part of our province. They are the drivers of our economy, and while we pay special tribute to them this month, their efforts are felt year round.

The government contributes to small business growth through its aggressive economic growth strategy.

The government: Is developing a new one-stop web

portal to give businesses the tools they need to be successful and compete effectively in the global marketplace.

Supports Small Business Enterprise Centres in 44 locations across the province, to assist small entrepreneurs to start and grow businesses.

Accelerated the increase in the Small Business Income Threshold to \$400,000 of business income, allowing more small businesses in Ontario to get the full tax reduction.

Is helping young entrepreneurs with hands-on business training and mentoring through the Summer Company program so they can become the business leaders of

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tomorrow
Consulted with business associations, stakeholder groups, and individual entrepreneurs to guide government decisions, and help reduce paperwork.

Is creating a new small business division within the Ministry of Economic Development and Trade to meet the real needs of small business.

Across Ontario, Small Business Month features hundreds of trade shows, seminars, contests, awards,

networking events and activities for people thinking about starting a business or already running one.

For more information on government services available to small businesses contact the Ministry of Small Business and Consumer Affairs at (866) 668-4249, visit the Government of Ontario website at www.gov.on.ca and follow the business link, or you can always contact my constituency office at (800) 831-1899 for assistance.

THANK YOU SO MUCH!
to
Mélanie Groulx ♥
Marshall Canning
Antony Vacant
for performing C.P.R. on me.
Also a great Thank You to Dr. K. Whitehead and staff, what a great team you are. Because of you all, I am still alive.
Thanks to the staff at the General Hospital in Toronto.
With All my Love,
Daniel St.Pierre

Come celebrate 20 years of service to the communities of Sultan and Chapleau!
Ted Castilloux's ordination as deacon and Marguerite Castilloux as mandated will be celebrated at 11:00am Sunday mass on October 26th at Sacred Heart Church.
Friends and well-wishers are also invited to meet Ted and Marguerite at Aux Trois Moulins Restaurant after the church service.
Venez célébrer 20 ans de service aux communautés de Sultan et de Chapleau!
L'anniversaire d'ordination de Ted Castilloux comme diacre et de Marguerite Castilloux comme mandatée sera célébré à la messe de dimanche à 11h le 26 octobre à l'église Sacré-Cœur.
Vous êtes également invité à vous joindre à nous au restaurant Aux Trois Moulins après la messe pour rencontrer Ted et Marguerite.

In Remembrance of Lena Tangie
In loving memory of our dear Mother, Grandmother and great Grandmother.
Mom, your memory is our keepsake with which we'll never part. Though God has you in His keeping, we still have you in our hearts!
Love, your family.

NEW AT THE CHAPLEAU PUBLIC LIBRARY
NEW BOOKS
Losing It (Biography) - Valerie Bertinelli
Rules of Deception - Christopher Reich
Runemarks - Joanne Harris
Stolen Innocence - Elissa Wall
GIANT BOOK SALE!
BOOKS FOR ALL AGES, VIDEOS AND MAGAZINES (FRENCH AND ENGLISH)
STARTING OCTOBER 23rd 1-9 P.M., 24th 1-5 P.M. AND 25th 1-5 P.M.
GREAT DEALS...DON'T MISS IT!

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. Liturgie 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>

Rotary backs Hospital Foundation



Shown above is Rotary President Dave Laughland presenting a cheque in the amount of \$2000.00 to Allison Murphy and to Gail Bignucolo.

The Chapleau General Hospital Foundation is launching its new Holiday Card Program fund-raiser. The Holiday Card Program will

give people in our community an opportunity to buy packages of holiday

greeting cards that feature artwork donated by three local artists, Bonnie Ivey, Vikki Meyer, and Helga Scheitel.

With a donation of \$2000.00, the Rotary Club of Chapleau becomes a proud sponsor of The Holiday Card Program. The Township of Chapleau is the other sponsor. In the picture, Rotary President Dave Laughland presents the cheque to Allison Murphy, Coordinator of the Chapleau General Hospital Foundation and to Gail Bignucolo, C.E.O.

Services de Santé Chapleau

Health Services.

The money raised by the Holiday Card Project will contribute the Chapleau General Hospital Foundation's "together we will grow" campaign to raise \$80,000.00 to buy for our hospital such vital medical equipment as a

ventilator, intubation tube with camera, patient lift, and additional telemetry equipment.

Allison Murphy may be reached at 705-864-0210 or amurphy@sschs.ca for further details about the Holiday Card Project.



NOTICE

Animal Control Officers Appointed

The Council of the Township of Chapleau is please to advise that through an agreement with the Timmins Humane Society, two individuals have been appointed as animal control officers for the Township of Chapleau. These individuals will have the authority to issue provincial offense notices to owners that permit their pets to run at large. They will not be enforcing the Townships poop and scoop bylaw or barking dog complaints.

Council seeks the cooperation of all residents in working with Glen Carder and Andrea Koppel in keeping our pets and residents safe.

Glen and Andrea may be reached evenings and weekends at cell phone number 870-0056.

For further information or assistance please feel free to call,
Pour plus d'information ou de l'assistance n'hésitez pas à communiquer avec le soussigné,

Allan Pellow - CAO/AMCT, Greffier Municipal
864-1330



AVIS

Nomination d'agents de contrôle animalier

Le conseil municipal de Chapleau est heureux d'annoncer qu'à la suite d'une entente avec la Timmins Humane Society, la municipalité de Chapleau sera dotée de deux agents de contrôle animalier. Ces agents auront l'autorisation d'émettre des billets de contravention provinciale aux propriétaires qui laissent leurs animaux en liberté. Ils n'auront pas l'autorité de faire respecter les règlements municipaux portant sur le ramassage d'excrément animal ou les plaintes d'abolements importuns.

Nous demandons aux citoyens de bien vouloir appuyer les agents Glen Carder et Andrea Koppel en vue d'assurer la sécurité de la population et des animaux.

On peut rejoindre Glen et Andrea les fins de semaine et en soirée au numéro de cellulaire 870-0056.



The Algoma District School Board invites applications for the following position:

FINANCIAL SERVICES SUPERVISOR

The primary responsibility is for the preparation and maintenance of the budget reporting and budget control processes, assistance with the preparation of financial statements and Ministry funding estimates, and assessment of internal financial controls.

Other responsibilities include enrolment reports, tuition fee revenue, building operations for the Education Centre, financial system support and other duties as assigned by the Manager of Finance.

Candidates must possess a university business degree with a specialization in accounting and experience in current office software for personal computing applications. A professional accounting designation (CA, CGA, CMA) and experience in a large database environment would be assets. Preference will be given to candidates with experience in a supervisory capacity and/or financial accounting.

Excellent interpersonal, communication and organizational skills are required. Salary and benefits commensurate with experience.

Interested candidates may contact Edith Harris, Manager of Finance at (705) 945-7222 for further information.

Resumes, outlining qualifications and experience, will be accepted until **4:00pm on Wednesday October 29, 2008** and should be forwarded to:

Bob Backstrom, Superintendent of Business
Algoma District School Board
644 Albert Street East
Sault Ste. Marie, ON P6A 2K7
Email: backstb@adsb.on.ca
Fax (705) 942-2540

Only candidates who are short-listed will be contacted for an interview and three professional references will be requested at that time. The successful candidate, as a condition of employment, will be required to provide a current criminal background reference check, which is acceptable to the Board.

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www.adsb.on.ca

Mario Turco
Director of Education

Wanda McQueen
Chair

www.adsb.on.ca



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Is a new or used car for you?

(NC)—New or used - that's the question that is constantly put to the pros. Consider these tips if you decide to go the route of purchasing.

Market Favours New

Given the strong Canadian dollar, now is a great time to buy a new car, according to Chartered Accountant Charles Seguin, president, Triaveluin Retail Advisors in Aurora.

"The market is changing daily, with incentives including low or even no interest, revamped base-price strategies and competitive dealer reductions. Canadian cars will always be more expensive than U.S. cars due to environmental and safety rules, but the old price differential has been greatly reduced on most models."

Used Cars?

While used cars have advantages and disadvantages, the main advantage is a better price. "Plus you do not pay GST on a private sale," says Chartered Accountant Anil Chawla, Deloitte & Touche LLP in Mississauga. "Buying a car that is six to nine months old can save on the purchase price - new cars depreciate as much as 30 per cent in the first year.

"While you pay less upfront, your operating and maintenance costs are higher, and many used cars don't have warranties or the newer safety features. You don't know what's under the hood, so ask two key questions: Who has driven it? Has it been in an accident? The vendor should disclose the car's history in writing, especially with a private sale. Also ask to have the repair log

showing the car's history, problems and service record."

If you are buying a used car, Seguin advises using either a car dealer with older models on the lot, or a member of the Used Car Dealers Association of Ontario (<http://www.ucda.org/>).

Green, Safe and Loaded

Seguin says a big advantage of a new

car is greater fuel efficiency and emissions control, which is now available on all new cars from small compacts to SUVs. Add upgraded safety features like air bags and electronic traction control, and a new car starts to justify its cost, especially if you plan to drive it for several years. You'll see few or no repair costs over the first two years and lots of toys

like TV screens in mini vans to keep the kids happy.

"Pride of ownership and confidence come with a new car," adds Chawla. "It can be satisfying to know that no one else has driven it."

Do Your Homework

Whether it's a new or used car, you're still spending a lot of money, so consider other important

factors such as usage, family safety and dependability, as well as price.

Chawla advises checking Consumer Reports for new and used cars. And make sure you test-drive the car first. When buying a brand new model, be aware that its performance and track record are largely unknown - it may take three or four years to correct any

glitches. To save costs, investigate buying a demonstration model from your dealer, which has been driven by a senior employee and has about 10,000 km on it.

For more information, contact a Chartered Accountant.

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SPECIALIST HIGH SKILLS MAJORS

Ontario high school students are now learning and earning credits in ways

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of a subject because they learn it in a real work environment. Each major is a

you may never have imagined. With Specialist High Skills Majors—part of the Student Success Program—students can focus on a career path to match their skills and interests in sectors as diverse as health and wellness, landscaping, construction, and business, to name just a few. By making courses more relevant to students, kids get a better understanding

bundle of 8 to 10 courses, part of the overall 30 credits needed for graduation. Students learn on the job with employers, as well as in school. At graduation, they receive a specially designated diploma. To learn more about Specialist High Skills Majors and other programs like Dual Credits and Expanded Co-op, contact your school or visit ontario.ca/studentsuccess.

ASK YOUR CHILD

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ontario.ca/studentsuccess



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2008 HOLIDAY CARDS

Share the Spirit of the Holiday Season and help support healthcare in Chapleau with 2008 Holiday Cards.

CARTES DES FÊTES 2008

Transmettez l'esprit des fêtes et aidez à soutenir les soins de santé à Chapleau grâce aux cartes des fêtes 2008.



▲ "Winter Moon"
Helga Scheitel
Chapleau, Ontario

The inside verse will read: *Season's Greetings*
Le message à l'intérieur sera : *Meilleurs Voeux*
Gdin-nimikoonim
Gitchey muck o shay kee she gow



▲ "February Sun"
Bonnie Ivey
Chapleau, Ontario



▲ "Winter"
Vikki Meyer
Chapleau, Ontario

Package includes 12 assorted cards for only \$15.00

Les paquets comprennent un assortiment de 12 cartes pour seulement 15 \$.

To order, please contact:

The Chapleau General Hospital Foundation, (705) 864-2568 ext 33
Packages can be purchased at the Chapleau Medical Centre or at the Chapleau General Hospital reception area.

Pour en commander, veuillez communiquer avec la :

Fondation de l'Hôpital Général de Chapleau, au 705 864 2568, poste 33.
Vous pouvez acheter des paquets au Centre médical de Chapleau ou à la réception de l'Hôpital Général de Chapleau.

Sponsored by:
Commanditées par :



The Foundation raises funds for services and equipment beyond those available from other sources for Services de santé de Chapleau Health Services. All proceeds from the sale of the cards will go towards the acquisition of medical equipment to support the "Together we will grow!" campaign.

La Fondation recueille des fonds pour les services et l'équipement autres que ceux que peuvent fournir d'autres sources pour les Services de santé de Chapleau Health Services. Le produit de la vente de ces cartes servira à l'achat d'équipement médical afin de soutenir la campagne « Ensemble pour un avenir prometteur! ».



Chapleau Ski Club Success!



The Chapleau Ski Club had a booth in the Fall Fair and would like to thank the residents of Chapleau for their support with our Penny Sale, Raffle Tickets and Touch and Take Table. The winners of the baskets were: Paulette Albert, Danielle

Prusinowski, Irene Boucher, Tabitha Paquette, Anita Prevost, Judy Deeger, Mireille Simard, Genevieve Blanchette and Celidh O'Hearn.

We appreciate the support and donations from Bernier Contracting, Canadian Pacific Railway, NAPA, Paquette's Camps, Goffer Coffee and Chapleau Valumart.

The Club will be having an Open House on November 1 from 1 to 3. Be sure to get your ski membership before the December 1 early bird

deadline. We will also be having a work bee that day from 9 - 3. See you on the slopes!



Debunking the four myths of healthy eating for kids

(NC)—As a concerned parent, you want to give your kids the healthiest foods possible. Good for you. But be warned. There are some myths associated with kids and healthy eating that should concern you. Here are four of them:
Myth #1: Kids should be on a low-fat diet.
Truth: Children need a healthy balanced diet that includes healthy fats because their developing brains require these elements to grow properly. Healthy fats include unsaturated fat found in olive oil, peanut oil, canola oil, tuna, and salmon plus a reasonable level of saturated fats in meat, cheese, whole milk and butter. Avoid trans fats, a.k.a. "hydrogenated" or "partially hydrogenated" fats. Not sure if a product contains these industrial fats? Just check the label before

you buy.
Myth #2: Low-fat foods have fewer calories.
Truth: Sometimes this is true. But other times the removed fat is replaced by other ingredients that can have as many calories as the fat they replaced, or even more. Again, check the product label to avoid getting more calories than you bargained for from low-fat foods.
Myth #3: Fruit juice is always the best choice.
Truth: 100 per cent fruit juices are part of a healthy diet, but be warned that they can pack a high sugar punch, especially orange and apple juice. Many nutritionists recommend limiting the amount of juice you drink or diluting the sweetness with water. So enjoy juice in moderation, but also be sure to drink lots of water and milk
Myth #4: Kids don't

like healthy foods.
Truth: "Hungry kids eat what is closest and easiest to consume. They are not thinking about whether they are eating 'healthy' food or not," says Ruthie Burd, president of the Lunch Lady Group, a company that specializes in delivering healthy meals to kids in schools across Canada. "We serve thousands of elementary-aged school kids each day and our experience is that if it's fresh, tasty, and well-prepared and on their school desk at lunchtime, they are going to enjoy it" The best in-school lunch programs are the ones that offer a wide choice of healthy and delicious food choices for kids. The Lunch Lady is one of them and is gaining popularity. You can reach them at www.thelunchlady.ca or call 1-800-603-6656.



201, rue Jogues
 Sudbury (Ontario) P3C 5L7
www.nouvelon.ca

Proposition de prix Déblaiement et enlèvement de la neige et épandage de sable Saison 2008 – 2011

Nous lançons une demande de proposition de prix pour le déblaiement et l'enlèvement de la neige ainsi que pour l'épandage de sable aux écoles du Conseil scolaire situées aux endroits suivants :

- Chapleau
- Rive-Nord
- Sault Ste. Marie
- Sudbury et ses environs immédiats

Les propositions de prix seront reçues par le soussigné jusqu'au jeudi 13 novembre 2008 à 14 heures, heure locale.

Vous pouvez vous procurer un dossier de proposition de prix à compter de 8h30 le mercredi 29 octobre 2008 en vous adressant à la réception du bureau administratif du Conseil scolaire, situé au 201, rue Jogues à Sudbury.

Le Conseil scolaire catholique du Nouvel-Ontario se réserve le droit d'accepter ou de refuser toute soumission reçue. Pour obtenir de plus amples renseignements, veuillez communiquer avec le Service de l'entretien, au (705) 673-5626.

Request for Proposals Snow Clearing, Snow Removal and Sanding 2008 - 2011 Seasons

Sealed quotations are invited for snow clearing, snow removal and sanding at the Board's schools in the following areas :

- Chapleau
- Rive-Nord
- Sault Ste. Marie
- Sudbury et ses environs immédiats

Quotations will be received by the undersigned until 2:00 p.m. local time on Thursday, November 13, 2008.

Quotation documents may be obtained from the reception desk of the Board's Administration Building, 201, Jogues Street Sudbury, as of 8:30 a.m. on Wednesday, October 29, 2008.

The Conseil scolaire catholique du Nouvel-Ontario reserves the right to accept or reject any or all tenders received. Additional information pertaining to this quotation request may be obtained from Maintenance Services at (705) 673-5626.

André Bidal
 Président

Lyse-Anne Papineau
 Directrice de l'éducation



Adult and Seniors Walking Group

Groupe de marche pour les adultes de tous âges

Every Tuesday and Thursday / Chaque mardi et jeudi
 10:10 to 11 a.m. / 10 h 10 à 11 h
 Chapleau High School
 (meet in the cafeteria / se rendre à la cafétéria)

Free bus service for seniors (meet at Cedar Grove, 10 a.m.)
 Service d'autobus gratuit pour les aînés (se rendre à Cedar Grove, 10 h)

Sponsored by the Township of Chapleau and the Independent Order of Oddfellows. / Commandité par le Canton de Chapleau et l'Independent Order of Oddfellows.

For more information, please call 864-1610.
 Pour plus d'information, composez 864-1610.

ACTIVE2010

VIE ACTIVE2010

Make it a Healthy Day! / Visiez Santé dès aujourd'hui!



This program is supported by the Government of Ontario. / Ce programme bénéficie de l'appui du gouvernement de l'Ontario.

Un enfant malade : une épreuve pour toute la famille

(EN)—Quel parent ne souhaiterait pas pouvoir se substituer à son enfant et souffrir à sa place si ce dernier était atteint d'une maladie grave? Cette situation n'est pas seulement dévastatrice sur le plan émotif. Elle l'est aussi financièrement: un enfant gravement malade a un impact plus important sur les finances de la famille que si c'était un parent

qui était malade. La raison est très simple: l'assurance salaire que détient le parent n'est en effet d'aucun secours lorsque la maladie touche son enfant. Au début, l'employeur se montrera sans doute indulgent envers son employé en lui permettant de s'absenter, mais ces passe-droits seront temporaires. Or, un enfant gravement

malade requiert une présence accrue des parents qui, de leur côté, veulent aussi consacrer le plus de temps possible à leur petit.

Nathalie Tremblay, chef de produits Santé chez Desjardins Sécurité financière, en sait quelque chose personnellement. « Récemment, un ami de mon fils aîné a été atteint d'un cancer. Heureusement, il s'en est bien sorti mais j'ai été à même de constater quelle épreuve ça a été pour lui et sa famille. »

« La plupart des familles aujourd'hui ont un conjoint qui travaille aussi, » dit-elle. « Posez-vous la question: Si votre enfant tombait gravement malade, auriez-vous les moyens de vous priver d'un de vos deux salaires pour assumer vos dépenses courantes de même que les frais supplémentaires liés à la maladie de votre enfant? Même si plusieurs de parents ont leur propre

assurance maladies graves fournie par l'employeur ou achetée avec un agent, l'assurance maladies graves pour enfant est nettement moins connue. »

Qu'est-ce que l'assurance maladies graves pour enfant? C'est une protection qui couvre votre enfant contre plusieurs maladies graves comme le cancer et les maladies du cœur et qui peut également inclure des maladies spécifiquement infantiles comme la fibrose kystique, le diabète juvénile et la paralysie cérébrale. L'assurance peut commencer à compter du premier mois suivant la naissance et la couverture peut durer jusqu'à l'âge de 18 ans. Dès que l'enfant fait l'objet d'un diagnostic pour une maladie couverte, le parent reçoit le

montant d'assurance souscrit et il peut l'utiliser comme bon lui semble.

« La naissance d'un enfant est une raison pour célébrer. C'est normal de ne pas s'inquiéter des maladies cachées. L'avantage principal d'une telle protection, c'est la tranquillité d'esprit qu'elle procure. » explique Nathalie Tremblay. « On peut aussi bénéficier d'une protection familiale qui couvre les enfants et chacun des parents d'une même famille et qui procure notamment de services d'assistance

dès l'entrée en vigueur du contrat comme l'accès à une infirmière, 24h sur 24, 7 jours sur 7. »

Vous n'en avez pas les moyens?

Selon Mme. Tremblay, il s'agit simplement d'une question de priorités. « J'ai moi-même trois enfants et quand je regarde quelles sommes nous allouons aux sports, aux activités parascolaires et aux cadeaux de Noël, j'en arrive à la conclusion que c'est un investissement essentiel pour la famille. »



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Dr. L. R. Simpson
VETERINARIAN

Will be at the Moose Hall
Monday, November 3th, 2008
FOR APPOINTMENTS CALL
 Nadene McEachren at 864-1055

The Chapleau Child Care Centre de Garde d'Enfants
 is now accepting resumes for the position of
 Bilingual Receptionist

Personal Skills and Qualifications Required

Post secondary education in secretarial skills would be an asset

- ▶ Knowledge of computer software applications and operating systems
- ▶ (Quattro Pro; Wordperfect 8/10; Office Center; Internet; Email) would be an asset
- ▶ Telephone, filing and reception skills
- ▶ Good communication skills (written and verbal) in French and English
- ▶ Experience with accounts receivable, bank deposits and related responsibilities would be an asset
- ▶ Demonstrated planning and organizational skills
- ▶ Standard First Aid and CPR certificates
- ▶ Criminal Reference Check
- ▶ Up-to-date immunization records
- ▶ Ability to maintain a professional attitude at all times
- ▶ Team management approach and strong interpersonal skills

This is a permanent position with 20 hours per week.


Please forward resumes to:
 c/o Ginger Forget, Executive Director
 Chapleau Child Care Centre de Garde d'Enfants
 28 Golf Road / P.O. Box 969
 Chapleau, Ontario
 P0M 1K0

For more information call:(705) 864-1886

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Township sponsors Hospital Foundation



Mayor Earle Freeborn presents a cheque for \$2000 on behalf of the Council of the Township of Chapleau to become a proud sponsor of the Holiday Card Program. Accepting are Gail Bignucolo, CEO of Services de santé de Chapleau Health Services and Allison Murphy, Coordinator of the Chapleau General Hospital Foundation. Sponsorship for the Holiday Card Program allows for 100% of the profits from the cards to be returned back to the Hospital Foundation to support the purchase of medical equipment for the hospital.

Huron-Superior Catholic District School Board

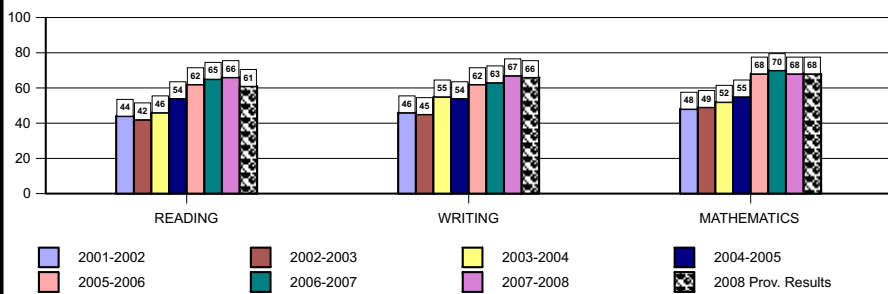


THE PROOF IS IN THE NUMBERS!

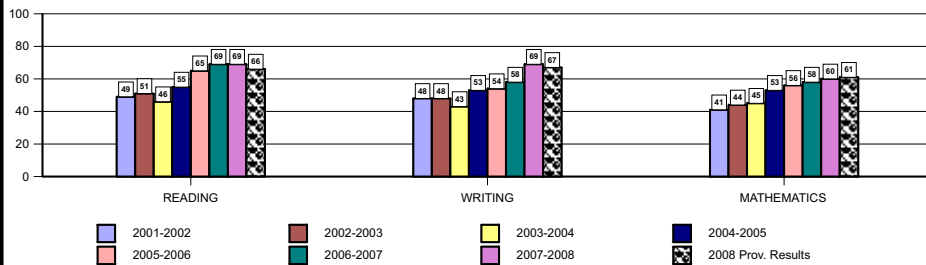
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Percentage of Grade 3 Students



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John Stadyk
Director of Education

www.hscdsb.on.ca

Marchy Bruni
Chairperson

Votre chien fait-il de l'embonpoint? Voici comment le déterminer et ce que vous pouvez faire pour l'aider

(EN)—Tout comme leurs maîtres, les chiens peuvent avoir un excès de poids non souhaitable. Profitez de votre prochaine promenade avec votre chien pour observer la gent canine de votre quartier. Certains chiens vous semblent-ils trop bien nourris ou enveloppés? Et le vôtre?

Les vétérinaires canadiens estiment que 56 pour cent des chiens qu'ils voient font de l'embonpoint ou sont obèses. Le plus souvent, les propriétaires ne remarquent pas cet excès de poids, qui peut parfois entraîner de graves problèmes de santé tels qu'une maladie cardiaque, un problème respiratoire ou l'arthrite.

Il est important de vous préoccuper du poids de votre chien si vous souhaitez qu'il vive longtemps et en santé. Comment savoir s'il fait de l'embonpoint? Les questions qui suivent vous aideront à vous faire une idée à ce sujet. Ou encore, visitez le www.monchienstilgras.ca, qui fournit des outils d'évaluation pour déterminer si votre chien est obèse... ou tend vers

l'embonpoint.

1. Pouvez-vous sentir les côtes de votre chien quand il est debout? Placez vos mains sur sa cage thoracique et tâchez délicatement ses côtes. Si elles sont bien enveloppées et difficiles à sentir, votre chien pourrait avoir un excès de poids.

2. Trouvez-vous que votre chien semble avoir moins d'énergie et d'endurance? Il est fréquent que les chiens qui font de l'embonpoint n'arrivent plus à se déplacer aussi vite ou aussi longtemps qu'avant. Le fait de transporter un excès de poids est dur pour les poumons, ce qui peut causer le halètement et l'essoufflement.

3. Que mange votre chien? Un excès de nourriture peut mener à l'obésité. Ne laissez pas de nourriture dans son bol toute la journée; assurez-vous plutôt qu'il mange à heure fixe et mesurez la quantité d'aliments que vous lui donnez à chaque repas.

4. Quand vous

regardez votre chien de côté, y a-t-il une courbe au niveau du ventre, entre les côtes et l'arrière-train? Si oui, parfait. Sinon, et si votre chien est plutôt « carré » dans cette région, il fait peut-être de l'embonpoint.

5. De quelle race est votre chien? Bien que les chiens de toute race et de toute taille puissent souffrir d'obésité, les labradors, les golden retrievers, les beagles, les basset-hounds, les épagneuls cocker, les dachshunds, les carlins et même les chihuahuas sont plus sujets à l'embonpoint et doivent être surveillés de près.

Maintenant que vous savez ce que vous devez surveiller, consultez votre vétérinaire au sujet du poids idéal de votre chien, qui dépendra de sa race, de son âge, de son sexe et de sa constitution générale. De cette manière, vous éviterez de faire courir un risque inutile à votre fidèle compagnon.

Make sure your advertising ends up on your customers' kitchen table and not in the garbage containers.....

**ADVERTISE IN THE
CHAPLEAU EXPRESS**



Let's Beat the Flu

Your best defense against the flu is your yearly flu shot. All Ontario residents aged six months and older, especially seniors, emergency personnel and those with medical problems, should get a flu shot. Because the flu virus changes often, it is necessary to get the flu shot every year for protection against the virus strains that may be circulating that year. You cannot get the flu from the flu shot because the vaccine does not contain live virus.

To help you beat the flu, the Sudbury & District Health Unit has scheduled a series of FREE, convenient flu shot clinics at its Chapleau branch office, 101 Pine Street East. **No appointment needed.**

Wednesday, November 5 1 - 5 p.m.
Wednesday, November 12 1 - 5 p.m.
Wednesday, November 26 4 - 8 p.m.

You can also get your **FREE** flu shot at your doctor's office, a walk-in clinic, or a community health centre.

Flu Facts Hotline
(705) 522-9200, ext. 301
Toll-free: 1-866-522-9200
www.sdhu.com

Halloween traditions not just for kids: More than five million Canadians are Halloweenies



(NC)—Do monsters make you merry and jack-o-lanterns light your fire? Are you counting the days until October 31st for when you can bust out your Frankenstein costume? Do you take pride in having the spookiest house on the block? If you answered yes to any of these questions, chances are you're a Halloweenie. And you're not alone.

recent survey conducted by Harris Decima on behalf of Nestlé Fav*rites, Canadian adults tend to be Halloweenies, people who embrace many of the traditions that are often deemed just for kids.

So, what kinds of skeletons are in Canadian's closets? Did you know that:

- Nearly four in ten Canadians celebrate Halloween at work,

and nearly half will attend a Halloween party. Plus, four in ten adults will wear a costume on October 31st.

- Ghosts and goblins may feel most at home in Atlantic Canada, where 89% are set to hand out treats, 65% decorate their homes and 63% carve a pumpkin. That's a bump up from the national average, which shows 78% give away treats, 54% will decorate their homes, and nearly 58% plan to carve a pumpkin.

- Halloween lovers may also find their field of dreams in Manitoba and Saskatchewan – where 88% are set to hand out treats to kids – ten percentage points higher than the national average.

- The call of Halloween treats in the home can often be a tempting one. When asked whether they dipped into their Halloween candy before October 31st, 66% of Canadians agreed that they succumb to the sweet lure.

Halloween is just around the corner Canada. Make sure that when choosing pumpkins you to pick the plumpest one of the patch. And when deciding on what treats to hand out,

consider providing Halloween treats that are safe for children who have peanut

allergies. Look for products that are made in a peanut-free facility, such as Nestlé

Fav*rites; snack-size Aero, Coffee Crisp, Kit Kat and Smarties bars.

Halloween Quiz

(NC)—Does the thought of Halloween make you quiver with glee, or quake with dread? Nestlé Fav*rites, made in a peanut-free facility, invite you to take this quiz to see if you're a Halloweenie...or a Halloween'tee.

- You notice your neighbour has started her Halloween decorating. You:
 - "Accidentally" mow over her front-yard cemetery.
 - Go with the flow and plan to carve two pumpkins, instead of just one.
 - Rest assured because you're producing "Halloween the Musical" on your front porch this year.
- Your crush has called and invited you to a Halloween party. You:
 - Agree to go – a pair of cat ears will spice up your regular party attire.
 - Hang up immediately – obviously it's not going to work out.
 - Shriek with joy! You have the perfect Raggedy Ann and Andy costumes in your closet. It'll be awesome!
- When it comes to buying Halloween candy, your approach is to:
 - Go big or go home: A truckload of Kit Kats will do.
 - Carefully estimate the number of kids to make sure you have just enough.
 - Dispense advice, not treats.
- As for Halloween pumpkins, you prefer:
 - To convince someone else to do the carving – they're kind of gooey.
 - They be made into pie and served with a dab of whipped cream.
 - To use your extensive collection of wood carving tools to achieve your design vision.

SCORING:

1. a-0, b-1, c-2; 2. a-1, b-0, c-2; 3. a-2, b-1, c-0; 4. a-1, b-0, c-2; 6 to 8 Points - HALLOWEENIE

Monsters make you merry and jack-o-lanterns light your fire. A wardrobe malfunction is getting caught without a costume on October 31st. You take pride in having the spookiest house on the block and the best treats in town. Halloween is your happy place – so live it up.

3 to 5 Points – HALLOW-IN-BETWEENIE – A little dose of Halloween suits your fancy – but your cauldron doesn't runneth over. There's room to spread your bat wings – there's nothing to be afraid of.

0 to 2 Points – HALLOWON'TEE – You're one cool cat when it comes to October 31st. For you, life's sweeter without trick or treaters. Smashing Pumpkins is your favorite group and you think spooky is kooky. Though you may not believe in ghouls and goblins, your attitude is scary. Lighten up! To share this survey with your friends, visit www.peanutfree.ca

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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: 864-2786

ALCOOLIQUES 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. Téléphonnez au 864-2786

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

APARTMENTS FOR RENT

Pineland Country Cottages are now renting modern clean cottages within town limits for the season. Please call 864-2124 after 6:00 p.m.

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.

1 fully furnished 1 bedroom apartment. Available Oct. 20th. Hydro not included. Call 864-2080 for more information.

FOR SALE

Argo-6 wheel. Call to view 864-9007

2 tires-R15-65R16 with rims and hubcaps for Dodge Caravan. Call Tom 864-1382 or 0220.



Be Wise!
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#3993 Line Fuchs	#3842 Rosanne Turcotte
#4037 Henriette Jean	#3876 Christie Fisher
#3887 Linda Nadeau	#3925 Kim Carrol
#3898 Dianne Bourgeault	

MERCI / THANK YOU

Merci à Collins Home Hardware, Dépanneur Aux Trois Moulins, Canada Brokerlink, Model Guardian Drug Store, Mel's Hairdressing Salon, UCFO, Le Salon, FormationPLUS, Rachel Pressé, Aline Fortin, Micheline Guertin, Lise Ayotte, Jacqueline Prévost, Jocelyne Gervais et Diane Jean pour votre générosité. Our penny sale was a success!

Le Centre culturel Louis-Hémon
9, chemin Broomhead - 864-1126

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An easy way to save on energy costs



(NC)—During both heating and air conditioning periods, air leaks cost you more than you may think. In fact, you could save as much as 30% off your energy bill by making your home's envelope more airtight through the use of weatherstripping.

In addition to reducing your energy consumption, the installation of weatherstripping increases the comfort of your home, provides better protection to the building's framework,

reduces outside noise and dust as well as greenhouse gas emissions, which are directly related to the phenomenon of climate change.

Where are the air leaks? Air can leak from a number of places throughout the house. As a rule, sources of air leaks are:

- Doors: frame, sides, bottom and threshold
- Windows and patio doors
- Garage
- Air conditioner and air vents
- Electrical outlets and

switches

- Hatches and ceiling lights
- Joints between baseboards and floors
- Unsealed wall openings and cracks.

Your hardware store or renovation centre carries weatherstripping adapted to each of these sources. You would do well to install weatherstripping before winter, since its installation will be easier and more efficient before the cold hits.

How to detect air leaks? To detect air leaks in your home, you could hire a contractor or opt for a simple, yet effective method: do the job yourself using the flicker test. This test consists in slowly moving a smoke pen where air leaks are most likely to be, that is, around doors and windows as well as along the edge of walls, floors and ceilings. The

smoke will stir when an air leak is present.

An indispensable tool, the Comfort Plus smoke pen makes it possible to detect air leaks quickly and efficiently. "Unlike a candle or incense stick, the smoke pen not only avoids possible wax or ash messes, but is much safer," said François Gagné of RCR International inc., a recognized pioneer in the insulation of doors and windows. "It releases a steady stream of smoke for approximately 30 minutes, allowing you to conduct 60 thirty-second smoke tests. It contains no hazardous or corrosive substances."

The smoke pen is an efficient tool for detecting air leaks as well as for testing smoke detectors, ventilation systems, fireplaces and chimneys.

You will be surprised by how many places need to be sealed. Often, tiny, seemingly innocuous openings can cause significant increases in energy costs.

As well, check the quality and

flexibility of weatherstripping around door and window frames. Replace it when it shows signs of wear using an appropriate product. To check the airtightness of your garage door, turn on the light at night or use a flashlight, then close the door and inspect it from the outside. If you spot light around the door, you've got air leaks.

For a healthy environment these

small measures will make it possible for you to reduce your energy consumption and, by the same token, your costs while ensuring the comfort of your home. And remember, it's the sum total of all our individual actions, as modest as they might be, that yields impressive results on a collective scale. More information on how to detect and eliminate air leaks can be found at rcint.com.



NOTICE TO TAX PAYERS

The third instalment of the 2008 Final Tax Billing is due November 3rd, 2008.

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

AVIS

AUX PAYEURS DE TAXE

Le troisième versement de la facturation final des impôts fonciers de 2008 est dû le 3 novembre 2008.

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

L. Jones
Treasurer/Tax Collector
Trésorier/Percepteur

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- Children's Boots, Hats and Mitts



Chapleau Village Shops

Thank You/Merci

The Chapleau Northwood Heart Health Coalition would like to thank our community for making the 3rd Annual Men's BBQ a success.

La Coalition Cœur en santé de Chapleau Northwood remercie notre communauté pour le grand succès du 3^e BBQ annuel pour hommes.

- Our event partner/Notre partenaire, Independent Order of Odd Fellows, Missinabie Lodge #266
- Service de santé de Chapleau Health Services, Dietary Department/Département de la nutrition
- Township of/Canton de Chapleau Recreation Department/Département de la récréation
- Sudbury & District Health Unit Service de santé publique de Sudbury et du district
- Ludie's Baskets & Crafts
- Daniel Perreault - Aux Trois Moulins
- Collins Home Hardware
- And all who attended/Tous qui ont participé



Make it a Healthy Day! Visez Santé dès aujourd'hui!

Chapleau Northwood Heart Health Cœur en santé

Take it to Heart! Prenez-la à cœur!

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