Local News Weekly

Talk about good coffeel

Miss Muggins Coffee and Fresh Donuts Delivered Free to Every Household

PIZZA HUT & KFC

There's a Reason

We're Number 1 "0 TRANS FAT"

864-0911

Exercise by local man leads to a cleaner environment



A harvest of a different kind. Shown above is some of the aluminum cans collected over the summer.

By Staff ou may have seen his blue v e h i c l e parked on the side of our local highways wondering what this man was up to. The mystery is over!

After retiring



in November 2000 Jean-Pierre Coté kept busy catching up with the upkeep of his home and vehicles along with his yearly summer camping treks.

In 2006 Mr. Côté wanted to increase his physical activities and keep in shape by walking regularly. Having decided to take his daily walks along our local highways, Mr. Côté noticed a large amount of empty cans collecting empty cans and bottles, covering local Northern Ontario highways up to Sultan on Highway 129 South, past Horwood Lake on Highway 101 East and to Wawa on Highway 101 West.

He covers both sides of the road by parking his vehicle, walking 3 kilometer up one side of the road then returning to his vehicle covering the other side of the road.

Since 2006, Mr. Côté picked up



Shown above is Jean-Pierre Côté at the helm of the "Can Crusher".

used to fabricate new cans and 2,928 bottles. What make this somewhat worrisome is that the aforementioned cans and bottles are all of the beer variety. An additional 80 large industrial garbage bags of crushed soft drink cans were also collected in that time period.

Mr. Côté has kept fit while cleaning up the environment a n d p o s s i b l y preventing a few forest fires. Mr. Côté says "And there they are laying in dry grass" he adds.

Although never declaring himself a recycler, Mr. Côté seems to be comfortable with the idea of recycling as piles of cardboard and boxes of tin cans can be seen in his garage waiting to be properly disposed of.

Once the walking exercises are over, the real work begins as each and every can is crushed, one by one with a

have gotten out that I collect cans" Mr. Côté says. "Sometimes I come home and find a bag full of cans at my door step" he adds.

As stated in previous Chapleau Express articles, recycling is possible if we put our mind to it and if we make a legitimate and honest effort in preserving our environment thus extending the life of our landfill site and saving valuable taxpayers dollars. All it takes is the individual

High 15 Low 9 Monday High 13 Low 5	and bottles strewn all about. This led to a yearly ritual of difference in the bottles because of the bottles beca	efforts, like Mr. Côté demonstrates, to really get the ball going.
Tuesday	Serving Northern Ontario with Distinction since 1996	Martel Road, P.O. Box 788, Chapleau, Ontario, P0M 1K0
High 15 Low 4 Wednesday		Office: (705) 864-1095 Fax: (705) 864-1110
High 16 Low 3 Thursday		come in with a problem, come out with a smile :)
High 13 Low 7	Visit our website at WWW.northernhaul.com for a list of	four services!

Chapleau Express, September 6, 2008 - Page 2

LETTERS TO THE EDITOR

Chapleau

Well another school year is about to get underway but for the first time in thirty years it will do so without me. I have taught many "kids" and can say that I enjoyed almost every minute. Some of you have no fears. I only remember the good parts. Ι would like to take this opportunity to thank the parents of the students that I have had the pleasure of teaching over those years. I have seen several changes in that time.

I would also like to take this opportunity to encourage the parents of the students to become more involved with the school. There are a few opportunities for you to meet the teachers of your children and you should take advantage of these. There is also the opportunity to become involved through the Parents' Committee. At the beginning of the year the school sent home a note asking if you would like your name

To the people of to stand for election to this committee. Unfortunately, for the last several years there has been no Parents' Committee for Chapleau High I would School. encourage all parents to try and get on the school's Parents' Committee. Go to the committee meetings and, if possible, have a representative of that committee go to the board meetings in Sault St. Marie. Yes, for the most part these meetings may be boringly administrative, but you must let the school and the board know that you are watching out for your children. Talk to the students and see what their needs are. Talk to the teachers at the school and see what their needs are Talk to the too. principal. Find out what their needs are, and see if there is something you can do to make the school a better place for our students. Talk to your board member. Do you even know who this person is? There is one representative on the board for Chapleau, Wawa and

LETTERS TO THE EDITOR

My family and I are heart broken over the following circumstances. Our two male neutered cats have been missing from the Gervais Trailer park.

Monster, "The water lover" would run

and grey long hair and was wearing a collar with a little bell. As a pet owner I tried to keep my cats indoor as much as possible. Their disappearance has greatly hurt my family. We are asking for help on locating them. A \$50 reward will be given to anyone who can help us locate our babies or find out what happened to them. You can call 864-2295 or email sprevost185@hotmail <u>.com</u>. Thanks to all the people that already called.

Hornepayne. Perhaps this board member should be asked to attend Parent Council Meetings. See what issues for your community that board member is supporting. Let that board member know the issues you want taken back to the Again, a board. Parents' Committee may not have the power to make changes but they have the right to have their views heard.

One fairly controversial issue that emerged over a year ago, March 19, 2007, was the announcement of the Minister of Education that "Three New Grants Are Latest Improvements To Funding Formula". Specifically, one announcement referred to the intention of funding a minimum of 14 teachers at the secondary school level and 7.5 for the elementary (with over 50 students). The Ministry of Education obviously believes that 14 teachers are necessary to provide an adequate high school program. That funding was provided to the boards. Chapleau does not have 14 teachers. Running a small school is very We are expensive. burden on the Algoma District School Board. Since Mike Harris

the Chapleau Board of Education I have seen the program decline. Some courses have been cut due to lack of staff while others have been combined. Over the years I have seen it all. Combining Grade 9 academic and applied science students together in one classroom, trying to teach two different senior level math courses at the same time, having students take correspondence courses and even some online learning. The success rates of these students is poor. The small change of guaranteeing fourteen teachers in a high school would offer these students far more opportunities to be successful. This, in my opinion, when all past changes are examined, when all options are explored, is the one that would make the greatest difference to the success of the individual student in a small school. If our school is so expensive to operate that the money intended to pay for 14 teachers must be spent on computers or oil to keep the building heated than the Ministry must be persuaded to look at the funding of small schools once again. A Parents' Committee cannot

amalgamated school

boards and eliminated

In Memory of Peter Símpson September 5, 2003

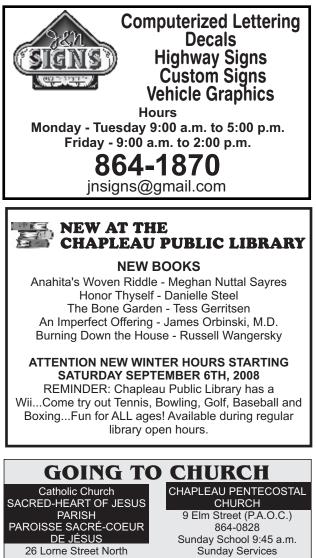
Do not stand at my grave and weep. I am not there; I do not sleep. I am a thousand winds that blow; I am the diamond glints on snow. I am the sunlight on ripened grain; I am the gentle autumn's rain.

The Chapleau Express P.O. Box 457 Chapleau (Ont.) POM 1K0 Telephone - Fax : 705-864-2579 e-mail : chaexpress@sympatico.ca Published every Saturday/Sunday Deadline for receiving ads is Wednesday at 4 p.m. The Chapleau Express is delivered free of charge to every household each Saturday. If you have any comments, please feel free to contact us. Subscriptions: \$70.00 per year (Canada) \$150.00 U.S per year (U.S.A) Canadian Publications Products Sales Agreement #30183799

make the changes but they can support their local school and school board by making the position of the people of the community known to all concerned, even to the Minister of Education.

The school can only be as strong as the parents who are standing behind it.

Again, thanks to you all. You made it great fun and I cherish many memories. **Rick Dell**



OFFICE- 21 Lansdowne St.N. 864-0747 Sunday/dimanche 9:30 a.m. English 11:00 a.m. Francais Weekdavs Mon-Sat en semaine Lun-Sam Fr. Jacques Fortin

ST. JEAN DE BRÉBEUF (Sultan)

Liturgy of the Word iturgie de la paroleEvery 3rd.

11 a.m. & 7 p.m. Family Night (ages 1-109) Wednesday 7 - 8:15 p.m. Pastor Dan Lee TRINITY UNITED CHURCH Corner of Beech and Lorne 864-1221 Sunday Service and Sunday School 11:00 a.m. Anna Chikoski Soup Kettle every 2nd Wednesday of the month OUR LADY OF SEVEN

and try to catch the water as soon as someone opened a tap. He has been missing since June. He is a Manx; orange in colour with a short twisted tail. Chippy, "The big boss" would take your place as soon as you move off the couch. He has been missing since the second week of August. He has black

Suzie Prevost

Do not stand at my grave and mourn. I am the dew-flecked grass at dawn. Where tranquil oceans meet the land I am the footprints in the sand To guide you through the weary day. 1 am still here; I'll always stay.

> Love always Janice, Thane, Líndsay EJessica 🛡

Saturday 7 p.m. Bilingual Tous les 3e samedis 19h Bilingue Permanent Deacon Ted Castilloux Diocese of Moosonee Anglican Church of Canada ST. JOHN'S CHURCH 4 Pine Street West 864-1604 Sunday Service 10:30 a.m. Rev. Bruce Roberts

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

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

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

Dimestore Fishermen television show featuring Chapleau to air September 8



Jim Hoey, host of the Dimestore Fisherman on the left and Tim Mutter from the Ministry of Natural Resources displaying the catch of the day.

By staff

The Dimestore Fishermen television program had come to our community in 2007 to film an episode to air in 2008. Well the time has come.

The experience gained by the Township's Economic Development Officer was truly one of a liftetime. As quoted in an earlier article she said "Our expedition, with Jim and Warren from the show, and Tim Mutter from the MNR acting as our guide, was a great experience all around. We spent a few days at a local fly in lodge where I did catch my

caught but I was proud of it! Hopefully it won't show up in the episode...since Tim caught a 14.5 pound Pike...mine just didn't measure up."

"To complete the show footage, we finished the trip with some fishing at a local drive in lake and these guys had a banner day. After a day full of Bass fishing these guys caught two of the largest Walleye I certainly had ever seen. Tim landed an 8 pound Walleye, and on the next cast Jim, the host of the show. landed a 33 inch, 14 pound Walleye to finish their day. This fish was tremendous be opened Dimestore Lodge. To say there was some excitement after the catch of the day is to truly underestimate it!" she added.

The Dimestore crew had a great stay here in Chapleau. They ranked this as one of the top episodes ever filmed with a great array of Pike, Walleye and Bass being put into the boat on top of the multiple trophy sized fish they pulled in. They also say that no fish this size has been seen on fishing shows in Canada over the past five years.

The fish caught will be in very first fish it was it is going to be every sport fishing little in comparison to mounted and put on magazine in North the fish the guys display in the soon to America all with the

tag that it was caught in our community.

Special thanks to Aux Trois Moulins Motel and Restaurant, Ministry of Natural Resources, Canadian Airventures, and to

Community Futures Development Corporation for their support in making this project such a success.

the Superior East featuring Chapleau and area will air September 8th, 2008 on Wild TV which is available on Star Choice and Bell Expressvu.

The episode

THE CHAPLEAU DIABETES EDUCATION PROGRAM

IS OFFERING REGULAR BLOOD SUGAR & BLOOD PRESSURE CLINICS

> The 2nd Wednesday of each month From 1- 2 pm

> > **AT CEDAR GROVE**

First Clinic on September 10, 2008

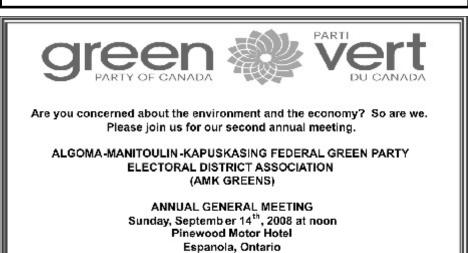


· Drop-in without an appointment · Have your blood pressure or blood sugar checked

YOU DO NOT NEED TO HAVE DIABETES TO TAKE **ADVANTAGE OF THIS SERVICE!**

RISK SCREENING AND INFORMATION AVAILABLE FOR ALL AGES

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For more information contact: Georgena Macdonald, CEO AMK Greens Phone: (705) 849-0082 Email: georgena@ontera.net



Survey finds Canadians are dedicated to being green



(NC) — Some Canadians are willing to go to extraordinary

lengths in their environmentalcommitment to friendliness. In fact,



and the Independent Order of Oddfellows

Tuesday, September 9, 2008 5 to 7:30 p.m. Chapleau Waterfront

Free fer all men.

Bring your family - it's a toonie for each person.* *Limited financial support available. the first TD Friends of the Environment Foundation 'How Green Are You?' Survey revealed that 2% of Canadians even ended a relationship with someone who didn't care about the environment.

While most won't go to those extremes, when it comes to being environmentally responsible 96% of Canadians give themselves a passing grade. In fact, when asked to grade their environmentalfriendliness, 25% gave themselves an "A" and nearly 60% gave themselves a "B." Only 2% gave themselves an "F" and said that they did not really care about the environment.

"Our survey was designed to identify how many Canadians 'walk the

talk' when it comes to being environmentally-friendly," says Matthew Fortier, Regional Manager, TD Friends of the Environ ment Foundation. "The results overwhelmingly demonstrate that Canadians are dedicated to making green choices as part of their daily lives."

The survey also found: • 94% of Canadians report that they recycle - 43% recycle everything and 51% recycle when convenient

• 82% of Canadians say they use reducedenergy light bulbs in their home

• Close to one-third say that they regularly walk or bike to work or school

• 64% report using energy-efficient appliances in their homes

• One-half of respon-

dents say they unplug appliances, like the toaster, when not in use

• 21% take public transportation regularly

"One way that Canadians can take their personal 'green' commitment to the next level is to donate or volunteer with an environmental organization such as the TD Friends of the Environment Foundation," says Fortier. "The survey showed that while 43% go out of their way to buy local grown products, only 20% of Canadians donate to an environmental charity and just 12% volunteer for environmental causes."

To find out further information about how to get involved in your community, visit www.fef.ca.

Soyez des nôtres pour le 3° BBQ annuel **pour hommes**

Organisé par la Coalition Coeur en Santé de Chapleau Northwood et l'independent Order of Oddfellows

Le mardi 9 septembre, 2008 De 17 h à 19 h 30 Secteur riverain de Chapleau

Gratuit pour tous les hommes.

Amenez votre famille - le coût est de 2 \$ par personne.* *Un soutien financier limité est disponible.

On the menu:

Corn, hamburgers, salad, water, and juice.

Play Texas Horseshoes. Lots of GREAT PRIZES and GIVEWAYS. Bring your own chair.

For more information, call the Sudbury & District Health Unit at 864-1610.



As monu:

Maïs, hamburgers, salade, eau, et jus.

Jouez au Texas Horseshoes. Beaucoup de PRIX et CADEAUX FORMIDABLES. Apportez votre chaise.

Pour plus d'information, appelez le Service de santé publique de Sudbury et du district au 864-1610.



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



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

Chapleau Entrepreneur Updates Home Town on Newest Venture



Hey Chapleau! It has been almost one year since MISSION MOTORS of Wawa was established; being a Chapleauite myself, I thought it may be nice to update you all on what has been

going on with the dealership and to take the opportunity to show appreciation to all of our Chapleau customers and supporters.

Almost a year ago now we opened

the doors to our GM Dealership in Wawa in hopes of being able to provide not only a great service to the Wawa community and area, but to bring some of that home to Chapleau as well. We



have at times had an up-hill but extremely rewarding battle dealing in a new and fresh industry; Vehicle Sales, Service and Towing. That is not to mention the development of new services such as our Tire Service and Sales Department and Customer Vehicle Valet Service. The momentum has been building around here, we have got a lot of the details worked out, like our new highway signs, promotional displays, an efficient and very dedicated staff, our full parts and service department which now includes

MISSION 705-856-2394 15 km Ahead 61 Mission Road

tires, and not only does our Vehicle Sales Department have an amazing stock of New Vehicles, we have a great selection of Pre-Owned Vehicles as well. We are consistently improving our services and are hoping to continue to develop relationships with our customers

that will last a lifetime.

For those of you who have taken advantage of these services, we appreciate your business and support. For those who haven't; here's the deal ... In addition to our regular towing department, we offer a Customer Vehicle Valet Service. That means we will pick up your vehicle in your driveway, load it onto the flat deck tow truck, transport it to Wawa to our GM Certified Technicians in one of our 5 service bays, perform your required

have to fill up the gas tank, and you don't need to put that extra mileage on your vehicle. As for the rate, most customers comment "really? That's all?" It's all part of offering my home community something special.

There are amazing deals on New and Pre-Owned Stock right now too. If that is something you are interested in, give Travis a call at the dealership and he will be happy to fill you in. I look forward to updating you again in



service, even tires, if that is what you need, and return your vehicle to you. Beauty of that, it requires none of your time; you don't have to take the day off to bring your vehicle for service, you don't

the future. Thank you all for your support thus far.

You can visit our website at www.missionmotors. com, call us, or email me if you have any questions.



We are currently seeking qualified candidates for the following position:

CASUAL ACCOUNTS PAYABLE/ RECEIVABLE CLERK

Qualifications:

- Undergraduate degree or diploma in Business Administration or related area and/or equivalent years of experience.
- Excellent communication skills, both written and verbal.
- Self-directed with ability to work independently.
- **Computer Skills** Knowledge of GAAP Excellent knowledge of Microsoft Office Systems Good knowledge of the use of the internet and e-mail Interested applicants may submit résumés by September 8th, 2008 to: Services de santé de Chapleau Health Services 6 Broomhead Road, P.O. Box 757 Chapleau, Ontario P0M 1K0 Tel: (705) 864-3056 Email: chapleauhr@sschs.ca We thank all applicants for their interest, but only those selected for an interview will be contacted. All applications received will be held strictly confidential. Cet avis est disponible en français.



We are currently seeking qualified candidates for the following position: TEMPORARY FULL TIME SUPPORT SERVICES MANAGER (6 month contract)CLERK

The person in this position is responsible for management and supervision of the housekeeping and laundry departments for a 39 bed hospital & related facilities.

Qualifications:

must have previous hospital/health care housekeeping/laundry management experience

For more information on our organization www.sschs.ca

- previous experience in dietary services management an asset
- Environmental Services training an asset
- quality management experience required

Human Resources Services de santé de Chapleau Health Services 6 Broomhead Road, P.O. Box 757 Chapleau, Ontario P0M 1K0 Tel: (705) 864-3056 Email: chapleauhr@sschs.ca We thank all applicants for their interest, but only those selected for an interview will be contacted. All applications received will be held strictly confidential. Cet avis est disponible en français.

> For more information on our organization www.sschs.ca

Ontario Weather Review: August 2008

Rainfall this summer has either been a deluge or a dearth.

For some areas, record-breaking rainfall was on tap. At Toronto's Pearson Airport, it was the wettest June, July and August ever for this location. The threemonth total of 396.2 millimetres shattered the former threemonth, high-water mark, set in 1986, of 335.9 millimetres. And Peterborough washed away both its one-month and threemonth standards. Its June-July-August total

0 R was 430 millimetres, more than the 2004 mark of 412.6 millimetres. On the other hand, Windsor established a new low rainfall record this month.

The rain has been unusually heavy at a few locations in Southern Ontario, but the dry spots are more widespread, with many locations reporting less than half their typical monthly allotment.

Temperatures were generally within a degree or two of normal, but Pickle Lake stands out with a value well above normal. A few other locations in Northern and Northwestern Ontario also tended to be on the warmer side. Severe Weather

There was quite a contrast in active weather from the first half of the month to the last half. The first half of the month continued the trend started earlier this summer of a number of days with shower and thunderstorm activity throughout much of the province, with little in the way of breaks in between. The weekend of August 9-10 was likely particularly memorable for many, given its soggy nature at a number of locations. For example, Sudbury picked up 26.6 millimetres of rain on August 9, followed by an additional 33.0 millimetres the next day. Hamilton wasn't much better off. recording 37.2 millimetres on the Saturday and an extra 12.0 millimetres on the Sunday.

A well-defined cold front on August 18 brought showers and strong thunderstorms to portions of Central Ontario during the late morning and midday hours. It then made its way south to bring more showers and thunderstorms to Southern Ontario during the afternoon

Peer Support Group for those living with cancer, their family and friends

Information Meeting

Wednesday, September 17, 2008 7:00 p.m. **Cedar Grove Board Room (main floor)**

Have you recently been diagnosed with cancer? Are you currently caring for someone living with cancer? Are you a cancer survivor?

If so, you are encouraged to attend this information session to learn more about a

and evening hours. Some tree damage was reported due to gusty winds in a small community to the west of Sudbury around midday. Significant shower and thunderstorm activity that occurred in the Peterborough area during the early evening hours that day dumped 61.5 millimetres. This was not far off the single-day rainfall record for August of 70 millimetres, which occurred on August 31.1995.

However, after this noteworthy frontal passage, the weather settled down

some-what with a relatively quiet while string of relatively quiet weather days. In a summer that has seen its fair share of interesting occurrences (i.e., early onset of waterspouts on the Great Lakes and Lake Simcoe, numerous funnel cloud reports including reports from downtown Toronto), yet another occurred in August: the relative lack of thunderstorm activity in the Windsor area. Windsor is the thunderstorm capital of Canada. Yet, this past month, aside from a few days of thunderstorm activity, Windsor was

other parts of the province continue to rumble and roar.

No new tornadoes were added to the list this month, so the number still stands at nine so far this year. Two events are still under investigation from earlier this year as possible tornadoes: June 23 in the Scarborough area and July 18 in the Madoc area. Once the investigations are completed for both of these events in early September, they could both be added to this year's tornado list.



Bear habitat or human habitat? It's both. Be Bear Wise.

Spending time outdoors? Remember that you're in the natural habitat of black bears.

Don't attract black bears:

- 1. Make noise as you travel through wooded areas
- 2. Properly store food at your campsite
- 3. Do not hike with food in your pack

While the chance of you seeing or encountering a black bear

newly established support group that will be holding monthly meetings beginning in October. Meetings will be hosted by trained group facilitators.

> For more information, please call Joanne or Dave at 864-0724.

> > See you there !



Canadian Société Cancer canadienne Society du cancer

Let's Make Cancer History 1 888 939-3333 www.cancer.ca

is low, it is best to be prepared -

- Do not approach the bear
- Slowly back away
- Do not turn and run

In an immediate emergency call your local police or 911. To report bear problems call: 1 866 514-2327 TTY 705 945-7641

For more information, visit our website: ontario.ca/bearwise

Paid for by the Government of Ontario.

Ministry of Natural Resources



How environmentally-friendly are you?

(NC)—Is it up to you to help change the world, or do you think it is someone else's responsibility to take care of the environment? TD Friends of the Environment Foundation (TD FEF) asked 1,000 Canadians to grade their level of environmentalfriendliness. See how

you stack up against environmentalyour fellow Canadians. Give yourself a grade below:

- I would give myself an A: I am definitely more environmentally-friendly than the average Canadian
- I would give myself a B: I would rank about average in terms of

friendliness

• I would give myself a C: I am not environmentally-friendly, but I am trying to improve • I would give myself an F: I don't really care about the environment Here's what 1,000 Canadians from coast to coast reported:

• 25% of Canadians gave themselves an

• Nearly 60% gave themselves a "B"

• 13% gave themselves a "C" • Only 2% gave themselves an "F"

Are you looking to improve your environmentalfriendliness grade? One easy way is to donate or volunteer with an environmental

organization such as the TD Friends of the Environment Foundation. Since 1990, TD FEF has provided more than \$45 million in support of over 17,000 environmental grassroots projects across Canada. TD FEF's 94 local chapters provide funding to local environmental

projects and work with people who want to protect and preserve the environment in their own backyard. For further information on how to get involved in your community, visit www.fef.ca.



Un sondage révèle que les enseignants canadiens ne se sentent pas appréciés

(EN)—Selon un sondage concernant la rentrée scolaire, les enseignants ne se sentent pas appréciés des étudiants ni des parents.

Plus de 2 000 enseignants canadiens ont participé au sondage réalisé par Bureau en Gros et la

firme Stratégies Angus Reid. Les enseignants devaient évaluer le niveau d'appréciation pour leur travail, et les résultats sont fort intéressants. Quoique la plupart des enseignants qui ont participé au sondage estiment que les étudiants et les

parents les apprécient beaucoup ou modérément, un enseignant sur cinq se sent sousestimé et ne se sent pas apprécié des étudiants et/ou de leurs parents. Parmi les enseignants qui se sentent appréciés des étudiants, 58 % avouent se sentir

modérément appréciés.

Bureau en Gros a réalisé ce sondage afin de connaître les besoins des enseignants canadiens, et de déterminer comment l'entreprise peut les aider à se sentir appréciés, selon Alessandra Saccal, directrice des relations publiques chez Bureau en Gros. « Les enseignants jouent un rôle primordial dans

les marchés auxquels nous nous adressons, et nous voulons qu'ils sachent que nous apprécions le travail qu'ils accomplissent et ce qu'ils redonnent à la communauté.»

Du 14 au 21 août, Bureau en gros organise des événements d'appréciation des enseignants chez chaque détaillant Bureau en Gros à travers le pays, afin de reconnaître le travail et le dévouement des professeurs. Les

enseignants qui se présenteront chez un détaillant Bureau en Gros durant les journées d'appréciation des enseignants recevront un cadeau ainsi qu'un livret de coupons Bureau en Gros d'une valeur de plus de 200 \$. "Nous organisons des journées pour les enseignants depuis plus de cinq ans, et ces derniers les adorent", ajoute Mme Saccal.

2008/2009 Registration

CHAPLEAU GYMNASTICS CLUB

All Classes will begin the week of September 22nd

Trampoline Classes – Monday evenings 6 & 7 p.m. \$170 + \$15 (insurance) (Ages 7 and up)

> Junior Rec. – Tues. @ 5:30 – 7 p.m. \$160 + \$15 (insurance) (Ages 7 - 10)

> Intermediate – Wed. @ 5:30 – 7 p.m. \$185 + \$15 (insurance) (Ages 11-12)

Senior – Wed. @ 5:30 – 7:30 p.m. \$185 + \$15 (insurance) (Ages 13+)

Kindergym – Thurs. @ 5:30 – 6:30 p.m. \$140 + \$15 (insurance) (Ages 3-6)

Registration will be at the

LE PROGRAMME D'ÉDUCATION DU DIABÈTE DE CHAPLEAU

OFFRE UNE CLINIQUE DE GESTION DE L'HYPERTENSION ET DU DIABETE

> Tous les 2e mercredi du mois De 13 h 00 À 14 h 00 À Cedar Grove

La première clinique débute le 10 septembre 2008





Chapleau Child Care Centre on Saturday September 6th, 2008 Time: 11:00 am to 2:00 p.m. Registration must be paid in full After September 6th please call Marianne at 864-1106

* Insurance – Gymnastics Ontario participant insurance fee

Please watch our website for further details www.chapleau.ca/portal/en/community/ chapleaugymnasticsclub

> **Recruiting Coaching Assistants** Ages 13 and up Call Tara at 864-9091 for details

· Vous n'avez pas besoin d'un rendez-vous. · Faites vérifier votre tension artérielle ou votre alvcémie.

VOUS N'ÊTES PAS OBLIGÉ D'ÊTRE ATTEINT DU DIABÈTE POUR PROFITER DE CE SERVICE!

COMPOSEZ LE 864-3079 POUR OBTENIR PLUS D'INFO.

Hunter syndrome sufferer left behind by Ontario drug plan: 11-year-old boy's family forced to consider U.S. for treatment



(NC)—At only 11 years of age Szymon Cajmer is already in a fight for his life.

That's because Szymon is living with a rare genetic disorder known as MPS II or (Hunter Syndrome) and his family is in a race against time to gain access to a potentially life-saving drug therapy. The Windsor, Ontario family is threatening to move out west or to the U.S. so that Szymon can receive a life-saving enzyme replacement drug therapy called Elaprase which was approved by Health Canada last year, but is not funded in Ontario. It is the first and only therapy approved for the treatment of MPS II, and halts the progression of the disease. It is funded in B.C. and Alberta, and in many other countries throughout the world.

Hunter Syndrome is a very rare (four patients in Ontario) but devastating genetic condition caused by an



"Congratulates Employees"

New Weekly Production Record Achieved

Tembec Forest Products group takes this opportunity to congratulate all Sawmill employees for their outstanding performance and contributions that has now resulted in the following new "Weekly" production record while operating on a three-shift basis.

August 25 - 29, 2008 "New Weekly Record"

205,663 FBM/Shift (net)

or

enzyme deficiency. It appears in children as young as age two and nearly always occurs in males.

It occurs when the body lacks the enzyme necessary for breaking down molecules called mucopolysaccharides. Because the body can't break down these complex molecules, they build up in harmful amounts in certain cells and tissues and cause permanent, progressive damage throughout the body, including the heart, bones, joints, respiratory system and central nervous system leading to a vastly shortened lifespan.

Szymon's mother, Justyna Cajmer, is living the n i g h t m a r e o f helplessly watching her son's health deteriorate knowing there is a treatment available that could help.

"If Szymon doesn't receive the enzyme replacement therapy the progression of the disease will continue," explained Cajmer. "His organs will be more affected. His life expectancy will become shorter and shorter and his quality of life will worsen. There will be no more hope for us."

Szymon was diagnosed with Hunter Syndrome at the age of four. Since then the disease has taken a toll on his entire body. Three years ago he lost his hearing, his organs are now being compromised, his joints and hips are stiff and contracted, he has developed Carpal tunnel syndrome and his respiratory system has been affected. According to

Kirsten Harkins, the Executive Director of The Canadian MPS Society, MPS II is a progressive disease, so early intervention is critical. "We are fortunate that children in Alberta and B.C. with MPS II are receiving enzyme replacement therapy. It is urgent that children in Ontario have access as well to this treatment."

"I think it's a matter of basic human rights, that we're all equal from coast to coast and that we have the rights to the same treatment," added Cajmer. "It's in the Ontario Government's hands now, we need quick actions." will not be funded in Ontario Cajmer said the family will not have many options left. "Do we have to leave Ontario to go to another province or the U.S. to have access to treatment?"

She hopes not as uprooting their established life in the community would be a difficult and an unnecessary reality to bear. But not more so than the anguish of watching her son's health and quality of life deteriorate before her eyes. More information about MPS II and treatment options are available by visiting www.mps society.ca.

If the treatment



Cost / Frais: Course / Cours : \$75 Manual / Manuel : \$20 Exam / Examen : \$30

25,708 fbm/hr (net)

During this same operating period the entire mill achieved a safety performance level of 72 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 achieving these volumes on a regular basis.

> "A Company of People Building their own Future" Congratulations and thank you!

To register contact Linda: By Phone: 864-9434 In Person: Chapleau Innovation

Centre
Pour vous inscrire, communiquez

avec Linda: Par téléphone: 864-9434 En personne: Centre d'innovation de Chapleau Chapleau Education and Training Coalition Inc.

Back to school time for both kids and dogs

(NC)—It's that time of year again. You've begun the countdown to another year of homework and field trips. Even the kids are restless having had all those weeks of summer vacation and spare time on their hands. G e t t i n g y o u r household ready for the school year is no simple feat. A lot of preparation is required to ensure the kids get their back-to-school clothes, school supplies and a healthy a s s or t m e n t of lunchbox treats, not to mention fitting in their annual check-ups. Once you have looked after your kids, don't

forget about the other family member, your dog, who may also be in need of some quality classroom time at obedience school.

O b e d i e n c e class will create a lasting relationship between you and your dog, and is a great way for you both to socialize with other owners and dogs outside of the neighborhood dog park. Before your dog gets some lessons in good behaviour, it is i m p ortant to remember that interacting with "classmates" may bring your dog into contact with fleas. Think ahead. Before classes start, talk with your veterinarian a b o u t u s i n g a preventative treatment like Revolution, an e a s i ly a p p lied, monthly treatment for protection against f l e a s, t i c k s, heartworm and other unwanted parasites. F l e a s c a n b e

what you're sleeping on

is also critical, since an

uncomfortable or old

mattress can cause you

to toss and turn

throughout the night.

Family physician Dr.

Alan Kaplan recom-

mends checking your

mattress regularly and

replacing it every eight

transmitted from one pet to another, and can even be passed on to humans so it's best to come to class prepared.

Protect your pet, so no lessons are missed and no one falls behind in school. Here's to a great school year – for the whole family!

ensuring better quality

sleep – it's a nobrainer," says Kaplan.

"You spend one third of

your life sleeping on

your bed, so make sure

it's as comfortable and

supportive as pos-

mation is available

More infor-

sible."

Think a good nights' sleep means a long nights' sleep? Think again

(NC)—For as long as many of us can remember, everyone from our mothers to our doctors has been telling us that we need to get a good night's sleep. But we typically focus on the number of hours we get versus thinking critically about the quality of our time spent sleeping. The Better Sleep Council Canada tells us that the average adult needs seven to eight hours of sleep per night, but in

the end it's better to get six hours of solid sleep than eight hours of fragmented sleep.

Why? Because uninterrupted sleep has a much more positive impact on our overall health. One-fifth of Canadians consider only 40 to 60 per cent of their sleep to be good quality sleep – not great! Disrupted sleep prevents the body from restoring itself and leaves you feeling tired and drowsy the next day. Broken sleep can even impact your daily life, preventing you from functioning at your most productive level.

We can't always control the factors that wake us up at night, like babies and kids. But sleep research has shown that street noise, eating too much before bed and pets are also top factors disrupting Canadians' sleep. So at the very minimum, take the following steps to help you get the best sleep possible:

• Do what you can to make sure your as dark and quiet as possible

• Keep pets and other distractions, like computers and other electronic devices, out of the bedroom

• Avoid very heavy meals at night, and stop eating within three hours of bedtime

Thinking about

Dr. L. R. Simpson VETERINARIAN

Will be at the Moose Hall Monday, September 15th, 2008 FOR APPOINTMENTS CALL Nadene McEachren at 864-1055

100 CENTENARY BIRTHDAY 100

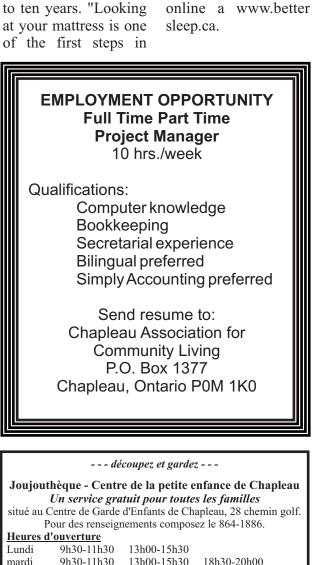
The Family of Willy Fortin in collaboration with Chapleau Health Services- Bignucolo Residence cordially invite friends and family



to celebrate

MR. WILLY FORTIN'S 100TH BIRTHDAY

Saturday, September 13th, 2008 -1:30-4:00 p.m. Chapleau Health Services, 6 Broomhead Road Bignucolo Residence – Activity Room Snacks / Drinks will be served.





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12'X68' with a 12'X12' porch. Newly renovated and painted inside & out. Wood stove & electric

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shed. New plumbing and hot water tank done in

2002. 100 amp service (breakers). New

flooring: linoleum and rugs. 864-0135 Richard.

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REGISTRATION

Thursday September 18

from 6:30 to 8pm

at the Moore Arena

Early bird rates to October 15;

all fees increase \$25 after October 15.

Minimum of \$60 at registration. Fees

must be paid in full by October 31.

Cours crédité du soir à l'É.s.c. Trillium, Chapleau

Pour enseigner AMU1O/20 - Musique, 9e et 10e années

Date d'entrée en fonction :23 sept. 2008 jusqu'au 19 mai 2009 Date finale du concours : **12 septembre 2008 à 16 h**

Veuillez consulter notre site Web à www.nouvelon.ca sous la rubrique : **Ressources humaines > postes à combler > postes externes** ou composer le (705) 673-5626 ou le 1 800 259-5567 pour connaître les détails et les exigences du poste.

André Bidal Président

Lyse-Anne Papineau Directrice de l'éducation

100 ANNIVERSAIRE CENTENAIRE 100

La Famille de M. Willy Fortin en collaborations avec Services de santé de Chapleau - Résidence Bignucolo aimeraient inviter amis et familles à célébrer

LES 100 ANS DE M. WILLY FORTIN

Le samedi 13 septembre, 2008 – 1h30-4h00 Services de santé de Chapleau, 6 chemin Broomhead Résidence Bignucolo – Salle d'activité Collation / breuvages seront servis.
 mercredi
 9h30-11h30
 13h00-15h30
 *après-midi de bébés

 jeudi
 9h30-11h30
 13h00-15h30
 18h30-20h00

 vendredi
 9h30-11h30
 fermé les après-midi

 samedi
 9h30-11h30
 13h00-15h00

 * Les après-midi de bébés sont aussi pour les mamans prénatales

--- Clip and Save ---

The Chapleau Toy Library/Ontario Early Years Program *A free service for all families* Located at the Chapleau Child Care Centre, 28 Golf Road. For more information call 864-1886. Regular Hours of Operation

 Monday
 9:30-11:30a.m.
 1:00-3:30p.m.

 Tuesday
 9:30-11:30a.m.
 1:00-3:30p.m.
 6:30-8:00p.m.

 Wednesday
 9:30-11:30a.m.
 1:00-3:30p.m.
 6:30-8:00p.m.

 Tursday
 9:30-11:30a.m.
 1:00-3:30p.m.
 6:30-8:00p.m.

 Friday
 9:30-11:30a.m.
 1:00-3:30p.m.
 6:30-8:00p.m.

 Friday
 9:30-11:30a.m.
 1:00-3:00p.m.
 6:30-8:00p.m.

 Saturday
 9:30-11:30a.m.
 1:00-3:00p.m.
 *

 Babies
 Afternoon is also for expectant mothers

How to make pizza a nutritional powerhouse



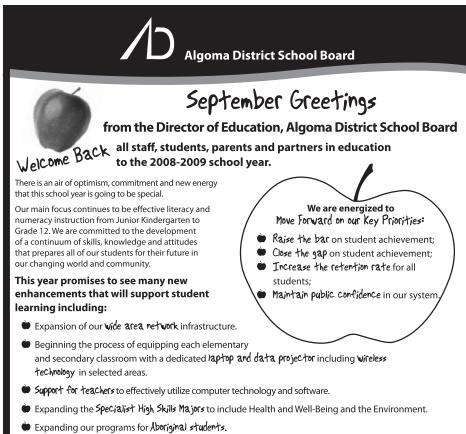
(NC)—Pizza has mixed reviews when it comes to its virtues or lack of them.

On one hand, a slice of pizza often contains ingredients from each of the four major food groups: Vegetables and Fruit; Grain Products; Dairy and Alternatives; plus

Meat and Alternatives. On the other hand, it's the quality and quantity of choices that determine the nutritional punch in each bite.

Pizza can be a nutritional powerhouse, but standard toppings like pepperoni, sausage,

bacon and extra cheese, can deliver as many as 700 calories in a two-slice serving. That represents as much as 40 percent of the total daily calories recommended for women and 30 percent for men. Imagine the excess calories for those who eat more



- Exploring the introduction of Technological Education for Grade 8 students.
- Moving forward with Facility Capital Plan & the process of building new schools.
- Best Start and Before and After School Programs, and piloting four Parenting and Family Literacy

than two slices!

If you would like to know more about your favourite foods like pizza, consider making a tollfree call and speaking directly to a registered dietitian. The Eat Right Ontario call centre (1-877-510-510-2) is available Monday to Friday, from 9:00 a.m. to 5:00 p.m., ET and provides trustworthy nutrition and disease prevention information free-ofcharge to all residents in the province.

Here's a snapshot of the type of pizza ingredients that a dietitian might recommend:

• Vegetables are by far the best topping for a pizza and offer a wide range of options. Experiment with different varieties such as green and red peppers, zucchini, broccoli, or be adventurous and pick a

fruity topping like pineapple or mango.

• Cheese belongs to the Milk and Alternatives food group and is an excellent source of calcium and protein. Keep the fat content to a reasonable amount by ordering regular cheese, rather than "double."

• Meat is a source of protein – and fat. Leaner choices are



Community Futures Development Corporation Société d'aide au développement des collectivités

crusts.

and salt.

chicken and ham.

Typically, pepperoni is

leaner than beef and

sausage. Multi-meat

pizzas contain high

levels of fat, calories

• Crusts made from

whole wheat or

multigrain are more

nutritious. They

deliver a boost of fibre

and fewer calories

than traditional dough

Attention: Small Business Owners and Potential Business Owners

The staff of the Superior East Community Futures Development Corporation will be in Chapleau on September 9th, 2008. Please call 1-800-387-5776, x21 to arrange for an appointment to discuss your small business counselling or loan needs.

Attention: Propriétaires de petites entreprises et propriétaires potentiels d'entreprises

Le personnel de la Société d'aide au développement des collectivités Supérieur Est sera à Chapleau le 9 septembre, 2008. Appelez au 1-800-387-5776, x21 pour fixer un rendezvous afin de discuter vos besoins de prêts ou de conseils pour petites entreprises.

Canadian political facts

- Canada became The Dominion of Canada on July 1st, 1867. We officially became a country in 1982.
- Canada is a constitutional monarchy and a federal state with a democratic parliament.
- The Parliament is in Ottawa and is comprised of the House of Commons (Lower House) and the Senate (The Upper House -whose members are appointed)
- Members of Parliament are elected approximately every 4 years. .
- Elections may be called early or terms can be as long as 5 years. A vote of non-confidence in the government (where the government no longer has the support of 50 percent of the House) may also force an election. This occurred in 1979 when PM Joe Clark's government lost the support of the House and an election was called within a year of that appointed by the government coming to power. Senators are Prime Minister and hold their positions until they are 75.

Right now there are currently 5 officially recognized parties in the House of Commons: The Liberals, Canadian Alliance, Bloc Quebecois, Progressive Conservatives and the New Democratic Party.

- Centres for families of children infant-6 years.
- Working with Community agencies to make our schools safer as well as new level of service for students with specific needs.
- The establishment of a new transportation consortium

These are but a few of the many exciting enhancements that will be added to our existing guality programs and services intended to meet the needs of each and every one of our students. As always, we will be relying on our strong partnerships with our parents and our community.

I want to take this opportunity to congratulate our staff, students, parents and the many partners associated with our educational system. We are making significant progress and it's all thanks to you.

We are sure you will sense the energy and enthusiasm as we continue to work together to move forward in providing the best possible education for our students in preparing them to "Reach to the Future"

Sincerely

M.F. Tures

Mario F. Tarco, Director of Education

Algoma District School Board

"Reaching to the Future"

Mario Turco, Director of Education

Wanda McQueen, Chairperson

- Canada currently sits on the United Nations Security Council as a nonpermanent representative.
- Canada is a member of many international organizations including NATO, OSCE, OAS and APEC.

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

> **ADVERTISE IN THE CHAPLEAU EXPRESS**

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: 864-2786

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. Téléphonez au 864-2786 Narcotics Anomymous 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.



Conditon except transmission. 8 new tires (winter& summer) New CD player, and suspension. Was road worthy. Call 864-0889 and leave message. \$2000.00 as is or B/O. Ideal student car.

APARTMENTS FOR RENT

1-2 and 3 bedroom apts. and bachelor. For more information call 864-1148 or 864-4071(cell)sep27

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

Large 1 bedroom apt. centrally located, fridge and stove included, storage, parking & outdoor plug-in. Available September 1st. Call 864-0677sep20

You need a decent apartment with 1, 2 or 3 bedrooms, fully or semifurnished, or not, dryer and washer hookups, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075 and leave message. Nov8

Looking for a new place? 2-bedroom and 3-bedroom apartments available. They include a fridge, stove, washer/dryer hookups and parking with plug-in. Available immediately. Call 864-2282 or 1022 Sep 27

Charron Apts.

Need a Spotless apt., new rug. Heat, water, hydro, laundry all inclusive. Close to all schools. A Must see! Quiet little nest. Ready 1st Sept. 864-2060.

> HAVE A GREAT WEEKEND!



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Charron Apts. Choice location, 3 bedroom apt. Beautiful views and gardens. Private entrance & deck. Large bathrooms with separate shower. Amust see place for discrimate people. 864-2060

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Cabins for rent in Esher near Wangoon Lake. Fridge & stove included. 1-705-362-6624 or 870-0041

HOUSE FOR RENT 2 bedroom house for rent in Esher near Wangoon Lake. \$550.00 per month. Pay own utilities. 1-705-362-6624 or 870-0041sep13

SHOP LOCALLY! WE ALL DEPEND **ON IT**

Senior Citizen's Club MEETING Wednesday

September 10th, 2008 at 2 p.m.

Health Clinic before meeting

Cedar Grove



Chapleau Arctic Watershed Annual General Meeting

Date: September 16th, 2008 Location: Aux Trois Moulins Motel Time: 7:00 p.m.

THE LOCAL MARKET PLACE



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New members always welcome!



APPLY IN WRITING ALONG WITH **RESUME AND** DROP OFF AT THE BAR



Chapleau Express, September 6, 2008 - Page 12

