

Talk about
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Miss Muggins
Coffee and
Fresh Donuts



CHAPLEAU EXPRESS

Vol. 10, Issue 17, January 7, 2006

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



Investigation leads to arrests

On December 16, 2005, Nishwawbe-Aski Police Service Crime Unit of Division Headquarters in Cochrane, with a team of officers and the Ontario Provincial Police integrated Support Unit based out of Cochrane, Ontario conducted "Project 101". An investigation where a rash of robberies had occurred within Brunswick House First Nation Territory

near Chapleau, Ontario. A gas station was hit and robbed on three different occasions.

The first Robbery occurred on July 17th 2004, late at night where the attendant was seriously injured and the subjects took off with an undisclosed amount of cash and cigarettes. On December 18, 2005, Gregory Redbreast age 24 was arrested for robbery and

admitted to police of his involvement. On December 21, 2005, Redbreast went before the court and waived his bail hearing and pleads guilty to robbery, disguised with intent and aggravated assault.

Redbreast was sentenced to two years less a day, and two years of probation to follow. During the court hearing, Redbreast read an apology letter he had prepared for the

victim.

The second robbery occurred on March 15, 2005 late at night where a lone male entered the 101 gas bar at the Brunswick House First Nation brandishing a knife and than took off with the cash register with undisclosed amount of money.

The third robbery occurred on November 09, 2005, shortly after midnight where a lone male

entered the 101 gas bar with a long gun and locked the attendant in. the back room while he took a bag full of cigarettes and about \$185.00 is cash.

As a result of an extensive investigation, Michel Tangie age 24 of Brunswick House First Nation was arrested on December 17, 2005 for the robberies. Tangie admitted to police of his involvement with

the robberies, and on December 21, 2005 Tangie went before the court in Timmins and waived his bail hearing and plead guilty to both robberies and received four years in jail.

For more information you can contact Detective Sergeant David Nakogee@ 705-272-5600 Division Headquarters in Cochrane, Ontario.

MAYOR’S NEW YEAR’S MESSAGE

Year three of your Council’s mandate is upon us and we look forward to the challenges that will bring, with the assurance that we will continue to work hard along with our administrative and municipal staff, to continue to serve you to the best of our collective abilities in 2006.


The past year was filled with both negative and positive developments, however, the closure of the Domtar sawmill along with the Pineal Lake specialty mill are setbacks that will affect our community for some time as we strive, along with the Chapleau Regional Development Corporation, to find economic diversification projects and entrepreneurs to lead us back to sustainable employment thresholds. We were also unsuccessful in convincing the Ontario Government to upgrade the Ramsey road to highway standards by including it in the Northern Ontario Highway Strategy but we were able to get a commitment that upgrades would be forthcoming on this strategic route.

Two giant steps forward for the Municipality in 2005 after years of lobbying efforts were the introduction of cellular phone service and high speed broadband services. The Bell/Nortel Project Chapleau is an exciting initiative, the first of its kind in Canada, that will be ongoing throughout 2006. We look forward to working with these professionals in the development of applications that will benefit Chapleau in the fields of health, education and economic development. Canadian Pacific Railway has announced that the hiring of a good number of employees during the upcoming year will take place as their work force ages and approaches retirement age. Our 4th Annual Nature Festival was the biggest and best yet and planning has begun for the 5th Festival to be held from July 12 to 16. Council has made a second application to COMRIF for funding for sorely-needed water and sewer infrastructure projects after being unsuccessful in 2005.

Your Mayor continues to represent Chapleau at the Manitoulin-Sudbury District Social Services Administration Board at monthly meetings held in Espanola, as well as at the monthly Northeast Superior Mayors group which includes Wawa, Hornepayne, Dubreuville, White River, and Manitouwadge. In addition, I have been appointed to the Northern Development Council by Rick Bartolucci, Minister of Northern Development and Mines. The mandate of the Council is to recommend to the Minister changes required to enhance and support economic development in Northern Ontario.

Your Council has served you with pride in 2005 and looks forward to 2006. On their behalf and mine, I take this opportunity to wish you all a Happy and Prosperous New Year.

Earle J. Freeborn
Mayor, Township of Chapleau.



LE MESSAGE DU JOUR DE L’AN DU MAIRE

Nous aborderons sous peu la troisième année de notre mandat comme conseil municipal. Soyez assurés que nous sommes prêts à assumer les défis qui se présenteront et nous continuerons à mettre tous nos efforts, avec l’aide des cadres et des employés municipaux, à bien vous desservir tout au long de la nouvelle année 2006.

L’année qui vient de s’écouler a connu des hauts et des bas, notamment la fermeture du moulin à scie de Domtar et l’usine spécialisée de Pineal Lake. Ces revers auront sans doute un impact négatif à moyen terme sur la collectivité. Toutefois, nous poursuivons notre partenariat avec le Chapleau Regional Development Corporation en vue de trouver de nouveaux projets et des entreprises qui sauront diversifier notre économie pour assurer des emplois durables. Autre déception, nos pourparlers avec le gouvernement provincial n’ont pas porté fruit en ce qui a trait à l’inclusion du chemin Ramsay dans la Stratégie routière du nord de l’Ontario; toutefois nous avons quand même obtenu un engagement pour certaines mises à niveau de la chaussée.

En 2005, à la suite à de pressions soutenues, Chapleau a été l’objet de deux accomplissements majeurs, soient l’accès au service cellulaire et au service d’internet à haute vitesse à large bande. Le projet Chapleau de Bell/Nortel s’avère une initiative fort intéressante, la première du genre au Canada, qui s’échelonnera tout au long de l’année 2006. Nous sommes très enthousiasmés à la perspective de travailler avec ces professionnels pour découvrir des applications qui sauront apporter d’énormes bénéfices à Chapleau aux plans de la santé, de l’éducation et du développement économique. La compagnie du Canadien Pacifique vient d’annoncer l’embauche de plusieurs nouveaux travailleurs au cours de la prochaine année, pour remplacer une main-d’oeuvre vieillissante qui approche l’âge de la retraite. Notre 4e Édition du Festival de la Nature a connu un succès et une popularité sans pareil et l’Édition 2006 de cette grande manifestation est prévue pour la semaine du 12 au 16 juillet. Après avoir été refusé en 2005, le conseil a fait une deuxième demande de subvention auprès de COMRIF aux fins d’améliorations infrastructurelles fort nécessaires en matière d’eau et d’égouts.

Votre Maire continue de représenter Chapleau au sein du Manitoulin-Sudbury District Social Services Administration Board lors de ses réunions mensuelles à Espanola, de même en tant que membre du rassemblement des maires de la région Supérieur Nord-est qui regroupe aussi Wawa, Hornepayne, Dubreuville, White River et Manitouwadge. De plus, le ministre du Développement du Nord et des Mines, l’honorable Rick Bartolucci, m’a nommé sur le Conseil Northern Development Council, dont le mandat consiste à faire des recommandations au Ministre qui sauront favoriser le développement économique dans le Nord de l’Ontario.


Votre conseil municipal a été heureux d’être au service de ses concitoyens en 2005 et a hâte de poursuivre son mandat en 2006. Je voudrais donc vous souhaiter de la part des conseillers et de moi-même, une année de Paix, de Joie et de Prospérité.

Earle J. Freeborn
Le Maire du canton de Chapleau.

The Chapleau Express
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Chapleau (Ont.) P0M 1K0
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e-mail : jprince@ontera.net
Published every Saturday/Sunday
Deadline for receiving ads is Wednesday at 4 p.m.
The Chapleau Express is delivered free of charge to every household each Sunday. If you have any comments, please feel free to contact us.

DEATH NOTICE
JEAN-CLAUDE FOURNIER
1939 - 2005
AGE 66 YEARS
J.C. Fournier formally of Chapleau, passed away quietly in his sleep on December 13th, 2005, in California, U.S.A. He is survived by brother René Fournier (Vancouver), sister Yvette Fournier (Ottawa), sister Thérèse Smortchersky (husband Nick, Vancouver and sister Yvonne Kohls (husband Hal of Biscotasing. Predeceased by parents Adelard and Lucienne Fournier, brother Yvon Fournier and sister Georgette (Fournier) Kitchen. He will be missed by many nieces, nephews and great nieces and nephews as well as siblings. Internment will be held in Chapleau, Ontario in the spring of 2006

DEATH NOTICE



Kevin Robert Hughes

Kevin Hughes, passed away accidentally on December 18th, 2005 at the age of 21. Beloved son of the late Bill Hughes, Irene and Willy Yanta. Cherished brother of Patrick (Chantal), also Barry (Sherry) and Shelley (Stéphane). A funeral mass was celebrated by Father Jacques Fortin at Sacred Heart Church on Friday, December 23rd, 2005. For those who wish, donations to the Chapleau General Hospital would be greatly appreciated by the family. Arrangements entrusted by Gilmartin Funeral Home.

Kevin Hughes, décédé accidentellement le 18 décembre, 2005 à l'âge de 21 ans. Fils de feu Bill Hughes, Irène et Willy Yanta. Frère bien-aimé de Patrick (Chantal), ainsi que Barry (Sherry) et Shelley (Stéphane). Une messe funéraire fut célébrée par le Père Jacques Fortin à l'église Sacré-Coeur le 23 décembre 2005. Dons à la fondation de l'hôpital général de Chapleau seraient appréciés par la famille.

Dr. L. R. Simpson
VETERINARIAN

Will be at the Moose Hall
Monday, January 16th, 2006
FOR APPOINTMENTS CALL
Nadene McEachren at 864-1055

DEATH NOTICE
Céline Cloutier

At the Chapleau Hospital on Thursday December 15, 2005. Beloved wife of Lionel, loved mother of Lionel Jr. (Diane), Jean-Paul (Madelene), Rose (Yves), Brenda (Denis), Frankie (Christine) and Tom (Kim). Céline will be sadly missed by her 10 grandchildren and 1 great-grandchild. Dear sister of Abraham, Billy, Theresa and Christine. She is also survived by her many nieces, nephews and dear friends. A Funeral Mass was celebrated by Fr. J. Fortin at Sacred Heart Church on Monday December 19, 2005.

DEATH NOTICE
Barbara Clifton

At the Chapleau Health Services on Friday December 30, 2005. Barbara, loved daughter of the late Thelma and Frederick Clifton, dear sister of Lesley and her husband Vesa Lehtimaki and Deborah and her husband Daniel Plouffe. Dear aunt of Kaarlo, Wendy, Blake and great aunt of Justin, Austin, Alyssa and Carmeron. A funeral Service was held at Trinity United Church on Thursday January 5, 2006. Spring internment, Chapleau Municipal Cemetary. For those who wish donations to the Cancer Society or Trinity United Church, would be appreciated by the family.

THANK YOU

The family of the late Kevin Hughes wish to express their heartfelt thanks to all who conveyed their sympathy in the loss of our dear son. Special thanks to all our friends and relatives for the food, flowers, donations and memorial gifts. Thank you to Father Jacques Fortin for his words of comfort and to the Gilmartin Funeral Home. Your kindness will always be remembered.

Willy, Irene and Patrick

REMERCIEMENT

La famille de Kevin Hughes tient à exprimer leurs remerciements sincères à tous ceux et celles qui ont exprimé leur voeux de condoléances lors du décès de leur fils. Un sincère remerciement à tous nos amis et parenté pour la nourriture, les fleurs, dons et offrandes. Merci au Père Jacques Fortin pour ses mots de réconfort. Un remerciement au Salon funéraire Gilmartin. Votre générosité et votre bonté ne seront jamais oubliées.

Willy, Irene et Patrick

LETTER TO THE EDITOR

I'd like to congratulate the folks who organized the New Year's event at Aux Trois Moulins. The band Noise Transfer was excellent, the staff was friendly, and everybody had a good time. Chapleau was a good place to visit and enjoy the rollover to 2006! Phil Davies Timmins



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--- découpez et gardez ---

Joujouthèque - Centre de la petite enfance de Chapleau
Un service gratuit pour toutes les familles
situé au Centre de Garde d'Enfants de Chapleau, 28 chemin golf.
Pour des renseignements composez le 864-1886.

Heures d'ouverture

Lundi	9h30-11h30	13h00-15h30	
mardi	9h30-11h30	13h00-15h30	18h30-20h00
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.	Babies Afternoon
Thursday	9:30-11:30a.m.	1:00- 3:30p.m.	6:30-8:00p.m.
Friday	9:30-11:30a.m.	Closed Friday afternoons	
Saturday	9:30-11:30a.m.	1:00-3:00p.m.	

* Babies Afternoon is also for expectant mothers

In Memory

In loving memory of our dear husband, Father and friend, Kenneth(Daddle) Swanson who left us Jan 10, 1995 Peacefully sleeping, resting at last His weary trials and troubles past In silence he suffered, in patience he bore Till God called him home to suffer no more. Although we smile and make no fuss No one misses him more than us And when old times we oft recall That's when we miss him most of all

Always loved and forever missed by
Pat, Brenda & Scott

Most common questions women ask about menopause

(NC)—This year, thousands of Canadian women will be experiencing physical changes in their lives as they approach menopause. Menopause can affect how a woman feels both physically and emotionally and every woman's experience is completely individual. As such, it is important for all women to be aware of how menopause will affect their bodies, and the options they have to better manage their experience with these changes.

The following are the most commonly-asked questions by women entering menopause. Dr. Shawna Johnston, obstetrician and gynecologist, provides answers. When Does A Women Officially Experience Menopause?

When a woman's periods stop and start, she may begin

to notice some signs of menopause, which occurs in stages. "Peri-" or "pre-" menopause is when a woman is experiencing changes in her body but she still has her period. This transitional period starts at about age 35. This stage can take place for up to a decade and women may experience changes including mood swings, hot flashes and sleep disturbances. Remember, because all women are different, the changes to their bodies may vary. The age at which these changes begin, and their duration, may also be different.

When a woman goes one full year without a period, she has experienced menopause. After this, women are in their postmenopausal stage. When a woman hits the postmenopausal stage, she may feel more energetic and emotionally stable but

the lower estrogen levels may contribute to changes in a woman's health.

What Can I Do To Control The Physical And Emotional Changes Associated With Menopause?

Physical and emotional changes vary from woman to woman depending on their personal experience with menopause. One way of managing these symptoms is with hormone therapy (HT). HT is the treatment that replaces the hormones which ovaries stop making at menopause. The hormones given at and after menopause are estrogen and progesterin. Many women are hesitant to take HT but they may not have all the facts. It is important to speak with your physician to determine if HT is right for you, as many factors must be taken into consideration, including lifestyle, family medical

history, current symptoms and treatment options.

Some women may decide to manage their symptoms without HT - lifestyle changes may be enough. Depending on the severity of the symptoms and their impact on a woman's quality of life, she may conclude, with her physician, that the benefits of HT are right for her and her individual situation. When a decision has been made between a woman and her physician to take HT, women should take the lowest effective dose for the shortest period of time to manage menopausal symptoms. Is There Any Information Supporting Hormone Therapy?

Several studies have been conducted to determine the benefits of HT, notably, the Woman's Health

Initiative (WHI) study. This study is the largest clinically controlled trial regarding HT. A total of 16,608 healthy post-menopausal women between the ages of 50 and 79 participated in the estrogen plus progesterin arm of the study. The purpose of the study was to identify if combined hormone therapy was successful in preventing heart disease and osteoporosis in women past menopause. Another purpose was to identify if the benefits of hormone therapy are greater than any potential risks. This study was not, however, designed to assess benefits of relief of distressing symptoms of menopause, as some of the individuals who started on HT in this study were healthy, menopausal women and did not suffer from any symptoms.

Among the participants studied in

the WHI study, there was no benefit for the prevention of heart disease or stroke. However, findings did not take into consideration all age groups therefore conclusions are not necessarily relevant for women approaching or entering menopause.

Key findings among a sub-set of women studied – those who have had a hysterectomy, so only took estrogen, rather than the combination of estrogen and progesterin required by women with an intact uterus – showed that hormone therapy is protective for a woman's bones, prevents fractures due to osteoporosis and does not increase the risk of breast cancer. For more information about menopause and hormone therapy, visit www.sogc.org. - News Canada



Au nom des Chevaliers de Colomb, M. Louis Dubé et M. Gérard Servent remettent à l'heureuse gagnante Mlle Annie Lessard un chèque au montant de 500\$. Les Chevaliers de Colomb tiennent à remercier tous ceux qui les ont encouragés lors de ce tirage.

On behalf of the Knights of Columbus, Mr. Louis Dubé and Mr. Gérard Servent hand Annie Lessard a check in the amount of \$500. The Knights of Columbus would like to thank everyone who supported them during this draw.

The Chapleau
Express

We're your local partner in community
education and awareness.



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HAPPY NEW YEAR!
BONNE ANNÉE!

"Our balanced approach - 8 balanced budgets in a row - has allowed us to invest in social programs, to protect our environment and to provide support for the forestry industry, while providing tax relief for low and middle income Canadians."

On January 23rd, I ask for your support of our balanced approach.

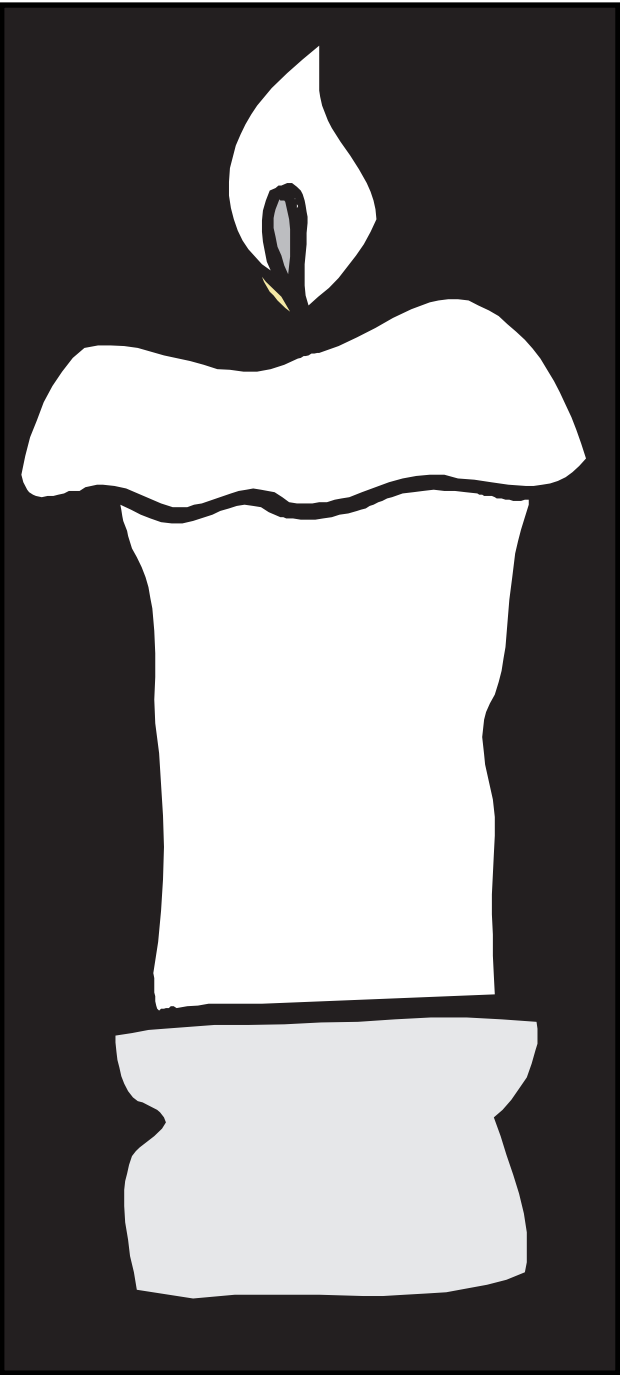
«Notre approche équilibrée - 8 budgets équilibrés consécutifs - nous a permis d'investir dans nos programmes sociaux, de protéger l'environnement et de venir en aide à l'industrie forestière tout en accordant des allègements d'impôts aux Canadiens (-ennes).»

Le 23 janvier, je vous demande d'appuyer notre approche équilibrée.

Toll Free / Sans Frais
1-877-BRENT-34
Email: brentstdenis@canada.com



Chapleau spends 26 hours in the dark



By Shelley Martel

At 11:30 a.m. on January 4th, 2006 the entire Chapleau area was unexpectedly without power.

Although helicopters were dispatched by Hydro One to fly the lines to look for the problem, all area airports were reporting freezing rain and the helicopters were grounded.

It was evident that the discrepancy in the hydro lines was somewhere between Chapleau and Wawa so hydro trucks rode the highways in search of an obvious problem, such as a tree fallen on the wires. They were unable to detect anything by truck.

The municipal generator was installed at the, centrally located, Chapleau Public School. Volunteer Firefighters drove fire trucks through the streets announcing that the school was being kept warm for public use if necessary.

There, with the furnace kept running, lighted washrooms and refreshments served, citizens were offered a comfort station to go to if they didn't have an alternate source of heat or another alternative destination. People were urged to sleep on the gymnasium mats if they needed to.

Some people took advantage of this situation while most decided to tough it out elsewhere. Fortunately, the temperature held steady above 0 degrees for most of the day.

Some local stores and restaurants chose to remain open to offer supplies, generators, groceries, and hot meals.

Public Utilities employees worked until midnight and again at 7:00 a.m.. Many Municipal employees worked around the clock as well, signing in people at the Public School and supervising the

comfort station.

The humming of generators could be heard all over the streets of town as people took the opportunity to rough it through the night.

The town youth could be found snowmobiling and walking the streets with flashlights, finding the pockets of pitch blackness exciting.

By the next morning, without the romantic candlelight and with the thermometers dipping to minus 12 degrees, the novelty of the power outage had definitely worn off.

Two helicopters were given the go ahead to fly the lines, which they did all morning, but were still unsuccessful in finding the weakness in the lines.

A special helicopter, equipped with a testing device, will be headed here on Monday.

In the

meantime, Hydro One took a chance and energized the line at 1:30 p.m. on January 5th. This is not commonly done without having repaired the fault. They believe that there is a certain piece, which is made of glass, which may have a crack in it and is opening and closing with either the wind or the temperature.

This experience has been a good practice and chance to work out the kinks for the recently devised Emergency Response Plan and has also been a learning experience for the Township.

The mayor is pleased to report that there were no fire calls during the power outage and credits the citizens with realizing how important Candle Safety is and for paying special attention to the Firefighters Candle Safety campaign.



Pond Hockey game on Chapleau River



Pond Hockey Tournament players : Cole Bignucolo, Jayme Martel, Tyler Card, Braeden Martel, Alex Nicol, and Mackenzie Martel



JOB VACANCY PART-TIME HOME SUPPORT WORKER

Position Summary:

The successful applicant will be a member of the Turning Point Décisif Program (Mental Health, Addictions and Community Support Services). The purpose of the position is to help clients maintain their independence and dignity in the privacy of their own home. General duties include housekeeping, cooking, providing personal care and overseeing the general health and physical safety needs of the client.

Qualifications:

- Successful completion of grade 12.
- Previous work experience with senior citizens, physically challenged, chronically ill or convalescing adults.
- Willingness and ability to adapt to new conditions and situations, and an acceptance of other people, their ways, and beliefs.
- Emotional steadiness, good judgment, a sense of humour, and poise in difficult situations.
- Ability to work and deal with people effectively.
- A valid driver's license and reliable means of transportation.
- The ability to work and function within a variety of environments.
- Ability to provide quality care to clients in both English and French.

Hours:

- Must be willing to work flexible hours Monday to Friday between 8:30 a.m. and 4:30 p.m.

Please submit resume along with letter of application no later than January 13, 2006 to:

Human Resources
Chapleau Health Services, P.O. Box 757
Chapleau, ON P0M 1K0
Telephone: 705-864-3053 Fax: 705-864-0449
E-Mail: chapleauhr@sschs.ca

While we appreciate all applicants' interest, only those selected for an interview will be contacted.

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SUPERIOR EAST/SUPÉRIEUR EST
Community Futures Development Corporation
Société d'aide au développement des collectivités

Attention: Small Business Owners and Potential Business Owners

The staff of the Superior East Community Futures Development Corporation will be in Chapleau on January 12, 2006. 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 12 janvier, 2006. Appelez au 1-800-387-5776, x21 pour fixer un rendez-vous afin de discuter **vos besoins de prêts ou de conseils pour petites entreprises**.

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CALL TODAY: 705-864-0233

January Happenings

at

Chapleau High School

Monday, January 9
Classes resume.

Friday, January 13
Girls' Volleyball/Boys' Basketball Trillium at Chapleau

Monday - Friday,
January 16-20 Parent/Guardian surveys are available at the office. Parents Guardians are encouraged to fill in these surveys. Surveys are focussed on the parent/guardian level of satisfaction with communication about your child's learning and progress. e.g. report cards, parent/teacher conferences and telephone conversations

From September 19 - 23, 2005, Grade 9 students wrote the Canadian Test of Basic Skills (CTBS) and the Canadian Cognitive Abilities (CCAT). Parents/Guardians may review their child's results during the week of January 16 by making an appointment with the school - 864-1452

Wednesday, January 18 Girls' Volleyball/Boys' Basketball ECSN (Wawa) at Chapleau
Cafeteria closes for the semester.

Friday, January 20 Co-op luncheon

Wednesday - Tuesday
January 25 - 31
Examinations.

Wednesday, February 1
Semester II begins.

New Hours

Monday - Tuesday 9:00 - 4:00
Closed Wednesdays & Thursdays
Fridays 10:00 - 3:00

Happy families
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ACTIVE PARENTING
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The Sudbury & District
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Active Parenting of Teens
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Learn about:

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Six evening sessions
Starting January 18, 2006
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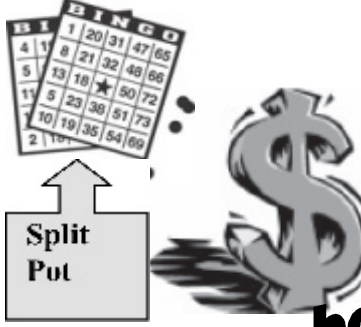


Call
(705) 864-1610
To sign up today.

www.sdhu.com

Make a New Year's resolution to create homemade cards this year

(NC)—We all take photos that mark those special moments throughout the year, then wonder what to do with them as they pile up. Instead of storing them on your computer where they can't be seen and might be lost, consider making your own personalized greeting cards that can be used year-round. Got a great shot of Johnny jumping off the dock this summer? How about that lovely shot of the family reunion? Just develop them at your local photo retailer and attach them to card stock paper, found at most craft stores. Invitations, birthday cards and thank-you notes are just some of the types of cards you can create." Using personal photographs on home-made cards is a great way to share special moments," says John Stevenson, Marketing Manager, Fujifilm Canada. "Not only will the images be enjoyed by those you give them to, but the added touch of sending a personalized message will be appreciated." With minimal investment, you can create a library of cards ahead of time for all occasions - from Valentine's Day to Mother's Day. So don't hold back and be creative! For more information on digital photofinishing, visit www.fujifilm.ca. - News Canada



Moose's Bingo

Door Prize

Split Pot

bonanza

Sundays at 7:pm

Beginning January 7th

Join the fun



ANNUAL RECREATION HOCKEY TOURNAMENT

FEB. 17-19, 2006

\$600/TEAM
(First 12 teams paid)

Deadline for entries is January 30, 2006
Participants must be over 16 (under 18 written parental consent required)

For more information contact
Kevin Morris, L.C.S.D.
864-0154

TOURNOI ANNUEL DE HOCKEY RÉCRÉATIF

DU 17-19 FÉV. 2006

600\$/ÉQUIPE
(12 premières équipes payées)

Date limite pour s'inscrire le 30 janvier 2006

Les participants doivent être âgés de plus de 16 ans (permission écrite des parents exigée pour les moins de 18 ans)

Pour plus d'information communiquer avec Kevin Morris,
directeur des Loisirs 864-0154



Colette Côté

Disponible au Centre Culturel Louis Hémon

Nés dans le brin de scie

LES ÉDITIONS FRANCINE BRETON

Auteure d'une histoire de sa famille depuis 1634 intitulée, *Avant que les phlox ne se fanent*, Colette Côté nous présente, aujourd'hui, *Nés dans le brin de scie*. Rédigé dans un langage simple adapté au sujet qu'elle traite, elle trace l'itinéraire d'un petit garçon qui, après avoir vécu une longue période de son enfance dans une grange, est devenu président de la Compagnie A. & L. Lafrenière Lumber, à force de volonté, de détermination et de ténacité.

Du même coup, son amour de la petite histoire amène l'auteure à raconter l'odyssée des moulins à scie dans l'Ouest québécois et le Nord-Est ontarien. Nous y voyons vivre des gens ordinaires, les vrais héros du quotidien, qui ont bâti le pays à la sueur de leur front, à la force de leurs bras, et à la mesure de la générosité de leur cœur. Vous aimerez parcourir ce livre plein d'émotion et d'humour.

Suivons le voyage proposé par Colette Côté, au creux des forêts de l'Abitibi, à La Sarre et à Beaucanton, puis à Chapleau, cette petite ville ontarienne parachutée au milieu des pins et des épinettes.

Chapleau Seniors' Walking Group

Where: Chapleau High School
(Meet at the cafeteria)

When: Every Tuesday & Thursday

Time: 10:10 a.m. to 11 a.m.

All Seniors Welcome

FREE BUS SERVICE
(Meet at Cedar Grove, 9:55 a.m.)

*Funded by: Services de santé de Chapleau Health
Services Independent Order of Oddfellows*


For more information, call 864-1610

Celebrating 50 Years!

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

Heart Health
Cœur en santé

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



McDougall Fuels is looking for a hard working team player to join our Chapleau operation. If you enjoy working in a fast paced environment then this position is for you.

DELIVERY DRIVER CHAPLEAU

Key areas of responsibility include:

- Safe delivery of products to customers.
- Good customer service.
- Bilingual (French/English) an asset
- Customer invoicing.
- Truck inventory reconciliation.

Key areas of experience and skills include:

- Strong interpersonal skills and a team player.
- Comfortable working in a fast paced environment.
- Able to work independently.
- Good writing and numeric skills.
- Experience delivering products directly to customers.
- Valid class DZ license (AZ would be an asset).
- Experience in the delivery of fuel products would be an asset.


Competitive compensation.

Please send all qualified resumes and a copy of current license abstract to:

McDougall Fuels
10 Parliament Blvd
Chapleau, ON
P0M 1K0
Attention: Branch Supervisor

Confidentiality of all applicants assured. Only those selected for interviews will be contacted and we thank all other applicants for their interest. No phone calls please.

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



BROWN WELCOMES GOVERNMENT FUNDING OF \$185,865 FOR THE MAINTENANCE OF CHAPLEAU HEALTH SERVICES

Mike Brown, MPP for Algoma-Manitoulin welcomed the announcement today by the government of Ontario of \$1,616,056 of funding for the maintenance of Algoma-Manitoulin hospitals, of which \$185,865 will go to Chapleau Health Services.

“I am pleased to see that the Government of Ontario has provided funding for maintenance of hospitals in Algoma-Manitoulin,” said Brown. “This investment will help these hospitals keep pace with needed improvements so that they can continue to offer the very best care to the residents of Algoma-Manitoulin.

A total of \$1,616,056 in capital funding will be invested in Algoma-Manitoulin hospitals for projects including work needed to address requirements under the Ontario Building Code and Ontario Fire Code such as upgrading fire-alarm systems, upgrading heating, ventilation and air conditioning systems, structural repairs including roof replacement and windows and improvements to comply with health and safety standards, such as upgrading back-up generators.

The funding will be allocated as follows:

- \$173,661 for the Blind River District Health Centre
- \$185,865 for Chapleau Health Services
- \$181,504 for St. Joseph's General Hospital in Elliot Lake
- \$174,631 for the Espanola General Hospital
- \$184,285 for the Hornepayne Community Hospital
- \$341,712 for the Manitoulin Health Centres in Little Current and Mindemoya
- \$187,031 for the Lady Dunn Health Centre in Wawa
- \$184,367 for the Manitouwadge General Hospital

Funding is being provided through the Ontario government's Health Infrastructure Renewal Fund (HIRF), which allows hospitals to decide where to invest the money and lets them proceed quickly with projects.

Contact:
Blaine Bouchard
Office of Mike Brown, M.P.P.
416-325-3601

Pimii Kamik Gas Bar & Gift Shop

Located on the Chapleau Cree First Nation

NEW HOURS

will be from 7 a.m. - 9 p.m., 7 days a week

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Chips, Pop, plus a whole lot more.

Your Propane Refilling Station



Aider son enfant à dire non à la drogue

Peu importe où les enfants grandissent et qui sont leurs amis, la quasi-totalité d'entre eux doivent composer, à un moment ou à un autre, avec des amis aux mauvaises idées, qui leur proposent des moyens de mettre leurs limites à l'épreuve, de s'attirer des ennuis et de poser des gestes qu'ils regretteront ensuite. Il n'est pas très difficile de dire à un étranger : « Non merci, je dois y aller ». Cependant, lorsqu'un ami de l'enfant lui demande de poser un geste irréfléchi, surtout lorsqu'il s'agit d'une personne dont l'approbation compte beaucoup pour l'enfant, il n'est pas aussi aisé pour lui de refuser.

Même les enfants au comportement exemplaire convainquent occasionnellement leurs amis de sauter des classes ou de mentir en expliquant un retard. Par contre, si des amis ou des connaissances encouragent votre enfant à fumer, à boire ou à consommer de la drogue, les conséquences peuvent être plus graves. Le meilleur moyen d'aider votre enfant à demeurer maître de la situation dans de tels cas est de vous prêter à des jeux de rôle, c'est-à-dire de vous exercer à l'égard de telles situations. Outillés des bonnes répliques, les enfants peuvent s'affirmer tout en

indiquant clairement qu'ils rejettent les choix de leurs amis, et non pas leur amitié. Il est essentiel de s'exercer ainsi avec son enfant avant que celui-ci doive composer avec une nouvelle situation. Si votre enfant ne vous a jamais demandé ce qu'il devrait faire dans un tel cas, abordez la question. Mettez l'accent sur le fait que vous collaborez avec lui afin qu'il acquière une aptitude qui sera utile lorsque les gens refusent de comprendre quand on leur dit « non ». Vous pourriez par exemple jouer le rôle d'un bon ami de l'enfant, qui tente de convaincre celui-ci de consommer six bières avec lui. Que peut-on répondre dans une telle situation? En répliquant « Tu n'es qu'un idiot! », l'enfant offensera son ami. En répondant « Je ne sais pas... », l'enfant suggère qu'on pourrait le convaincre de changer d'avis. Opter pour le juste milieu, c'est-à-dire lorsque l'enfant est ferme mais gentil, est la mesure la plus efficace. Aidez votre enfant à s'exercer en répétant des réponses clés justifiant pourquoi il n'acceptera pas de boire :

- « Mes parents me tueraient s'ils l'apprenaient... et ils finissent par être au courant de tout! »
- « Non, ça ne m'intéresse pas. »
- « J'ai déjà bu... et je déteste le goût de l'alcool. »

- « Mes parents me font confiance, et ils ne veulent pas que je boive. Je ne veux pas les décevoir. »

L'enfant pourrait aussi énumérer les conséquences qu'entraîne la consommation d'alcool.

- « J'ai déjà bu... et j'ai vomi partout! »
- « Si je buvais, j'aurais l'impression de perdre le contrôle. Et je déteste perdre le contrôle. »

Votre enfant doit être prêt à composer avec les protestations. Il peut faire appel à la technique de la rengaine, selon laquelle il répète sans cesse la raison pour laquelle il ne boit pas, jusqu'à ce que son camarade cesse de tenter de le convaincre. De même, il peut indiquer clairement qu'il ne discutera plus d'alcool, et ce, en changeant de sujet. Pour ce faire, il peut poser les questions suivantes : « As-tu regardé la partie de basket-ball, hier soir? » ou encore « Dis donc, sais-tu s'il reste des billets pour assister au concert? ». S'il n'y a rien à faire, l'enfant devrait partir et dire : « Je dois y aller ».

Pour obtenir plus de renseignements et de techniques permettant d'aborder les expériences des jeunes relatives aux drogues et à leur consommation de drogues, communiquez avec le conseiller en toxicomanie de Point Décisif, au 864-1919.