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CHAPLEAU EXPRESS

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Vol. 12, Issue 30, April 5, 2008

Yet another major public works project approved

By Jim Prince

The ongoing commitment by the municipal council to replace Chapleau's ageing infrastructure got a huge boost last week, when Mike Brown, the MPP for Algoma-Manitoulin announced a \$1.6 million grant for construction this year.

Brown told a gathering of local elected and appointed municipal officials gathered at the Township building he was pleased to announce the funding under Ontario's Renewal Ontario (MIII) Infrastructure project. The \$1.6 million will be used to replace the water and sewer lines and install new asphalt on Devonshire and Cherry Streets up to the Ontario Government complex. Some of the work has already commenced, with a survey crew in town last week. Tenders for the work are to be called as soon as possible with cons-

truction expected this summer.

Also last week, Brown announced an additional \$51,000 to repair the Lisgar and Cedar Street bridges has been approved for the community.

Mayor Earle J. Freeborn heaped praise on Brown, the local MPP, his staff and the provincial government. "On behalf of our Council and the citizens of Chapleau I say "thank you" to Mike and the Honorable David Caplan the Minister responsible for infrastructure renewal in our province, for this generous allocation of funds which will allow

us to renew some of the infrastructure in Chapleau which is in dire need of renewal."

Mayor Freeborn added the funding is another indication that the provincial government is serious about helping northern rural communities during this very difficult time.

Chapleau administrative staff that made the application was also in line for some praise. "I want to thank our administration on behalf of our Township. This application was in alignment with provincial priorities and will bring benefits to this community and the

province," stated Mayor Freeborn.

The \$1.6 million funding is part of Ontario's strategy to improve infrastructure across the province with 243 local grants, many of them in the Algoma-Manitoulin riding, for work on water pipes, roads and bridges, sewers and community centres. Across Ontario, construction work as a result of the infrastructure program is expected to create nearly 6,700 jobs when work begins later this year.

"Investing in infrastructure not only builds healthy, vibrant



Mayor Freeborn and M.P.P. Mike Brown at the time of the funding announcement.

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Northeast Superior Forest Community and Natural Resources Canada to launch new initiative



Mayor Earle Freeborn signing the NSFC agreement on behalf of the Community of Chapleau

Press Release

The six communities of Hornepayne, Manitouwadge, White River, Dubreuilville, Wawa and Chapleau are pleased to introduce the Northeast Superior Forest Community (NSFC) as the latest of the 11 Forest Communities Program sites across Canada to begin work. Through Natural Resources Canada, the NSFC will receive \$1,055,000 over the next several years to work towards diversification of the forest industry in this

area.

The Government of Canada's funding support was announced today by the Honourable Gary Lunn, Minister of Natural Resources.

"The forest sector in Canada, including here in the Northeast Superior region, faces unprecedented challenges. With the help of Canada's Forest Communities Program these communities can develop new business strategies and pursue new forest-based opportunities," said

Minister Lunn. "I'm please today to invite the Northeast Superior Forest Community into the Government of Canada's Forest Communities Program, and provide them with an investment of nearly \$1 million over five years."

The NSFC is the latest example of almost a decade of partnerships between these communities at the political level. The Northeast Superior region has found tremendous success in

Cont'd on P.3

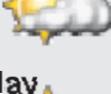
Long Term Forecast

Saturday
High 9 
Low 2

Sunday
High 6 
Low -6

Monday
High 8 
Low 0

Tuesday
High 7 
Low 3

Wednesday
High 1 
Low -5

Thursday
High 3 
Low -1

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LETTERS TO THE EDITOR

Reply letter regarding VIA Budd Car.

Mrs. Yvette Joyal
Chapleau, ON
P0M1K0

Dear Mrs. Joyal:

Thank you for your letter of February 17th, 2008, concerning your recent trip with VIA Rail Canada between Chapleau and Sudbury.

Please accept my sincere apologies for the inconvenience caused to you on this occasion due to the delay affecting your outbound trip to Sudbury on January 30 as well as the cancellation of services for your scheduled return to Chapleau on

February 12. Although on-time performance is a priority at VIA Rail, you will appreciate that mechanical malfunctions and operating difficulties beyond our control can occasionally cause service disruptions despite our best efforts.

With regards to the equipment, all of the cars used on this route were refurbished in 2001, receiving new engines and transmissions, air conditioning units, air compressors, new car interiors and numerous other electrical components. The toilet systems were also upgraded last year in

2007. All of our equipment is inspected and maintained on a predetermined schedule in an effort to assure reliability. In addition, equipment is scheduled to be cleaned and checked before each train is dispatched, to ensure that it is in good working order.

During your outbound trip on January 30th, below normal temperatures caused the potable water system to freeze rendering the toilets unusable. As mentioned in your letter, the CP crew in Chapleau was able to thaw out the system for one toilet and the train was able to continue its journey. Unfortunately, our contractor was unable to correct a similar problem on February 12 during temperatures of -35 degrees Celsius and

service from Sudbury to White River and points in between was cancelled. In view of the extreme temperatures affecting the potable water system, corrective measures are being investigated.

Although many stations along this route are inaccessible by road, efforts are made to provide alternate service to accessible towns such as Chapleau in the event that train service is cancelled.

Unfortunately, VIA was unable to obtain taxis to transport passengers from Sudbury to Chapleau on this occasion. We deeply regret the inconvenience that this caused to you.

The unused portion of your ticket has been refunded in the amount of \$33.60 to your credit card. In view of the particular circumstances and in

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order to encourage you to travel again, please find enclosed a VIA Travel certificate which can be exchanged for a repeat round trip between Chapleau and Sudbury in the next twelve months.

Again, thank you for writing and allowing us the opportunity to apo-

logize. It is hoped that, despite your disappointment on this occasion, you will travel with us in the future. We would welcome the opportunity to serve you again soon.

Sincerely,
Paul Côté
President and Chief Executive Officer

In loving memory

of
William "Willard" James Morrison
90 years



Wednesday, April 2nd, 2008 at the Sudbury Regional Hospital-Laurentian Site. Beloved husband of Edith (Pellow) Morrison of Sudbury. Loving father of Howard (Denise) of Whitby and Brian (Marilyn) of Naughton. Cherished grandfather of Sean, Scott, Kyle and Jordan. Dear son of Harry and Annie (Sonnenburg) Morrison both predeceased. Dear brother of Audrey Bertrand and Irva Huard both predeceased. Sadly missed by many nieces and nephews. A career railroader, Willard was Terminal Supervisor for CP Rail in Sudbury and Yard Master in Chapleau. Willard loved to spend time at his camp on Mulligan's Bay and fish with his grandsons. A veteran of World War II, he served as a sergeant with the Canadian Infantry Corps Tfd, RCE, in the United Kingdom and Europe.

Cremation at the Park Lawn Crematorium. A memorial Service will be held in Chapleau on May 17 at 2:00 p.m. at the Trinity United Church. Donations to the Sudbury Regional Hospital Foundation Palliative Care Unit would be appreciated. Arrangements entrusted to the Loughheed Funeral Home.



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Chapleau Village Shops

IN MEMORY

It's been a year now Dad
Death has robbed You from us
Life, death and people may try to,
They may in ways at times succeed
One thing though, remains sacred
Our memories of You
The ones we made together,
In love over the years
"No one", Can rob us of these
We miss YOU & LOVE YOU

Your kids

*Richard & Normand Frappier
Francine, Lina & Bernard Bouchard*

Anthony Pucci, Hons. B. Comm.



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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

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

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

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

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

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Liturgie de la Parole
Dimanche 11h
Mass every 2nd & 4th Sunday
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Messe sux 2e et 4e dimanche
à 16h

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Ladies Bible Study
during the week
Transportation available
Al Tremblay

Chapleau Figure Skaters Reach Gold Level

Submitted by Chapleau Figure Skating Club

More amazing feats for the Chapleau Figure Skating Club skaters. On the weekend of March 22 the Chapleau FSC held its first high test day. The skating club was lucky enough to secure a judge from British Columbia and a dance partner from Burlington to accomodate skaters from not only Chapleau

but from Wawa, Timmins, Abitibi, and Cochrane.

Tests in figure skating are broken into 6 different levels, starting at Preliminary and going to the Gold level. It has only been the last couple of years that skaters from Chapleau have achieved the gold test standard.

In 2006 Melissa Dionne and Alicia Canning achieved Gold level in the Skating

Skills discipline, also in 2006 Melissa Dionne achieved Gold in the Dance discipline. Then in 2007 Alicia Canning and Veronique Cloutier achieved gold in the Dance discipline and Veronique Cloutier and Arlayna Morin achieved Gold in the Skating Skills discipline. In 2008 Arlayna Morin achieved gold in the dance discipline and over the test day weekend Veronique

Cloutier achieved Gold in both the Interpretive discipline and Freeskate discipline.

This makes all these skaters the first to reach this top level and it makes Veronique Cloutier the first ever from Chapleau to achieve Gold in all four disciplines.

The Chapleau Skating Club would like to congratulate these skaters and will be putting their pictures up at the arena on display with all their achievements. We will call it our 'Wall of Fame' for all to see and for others to strive towards.

Several skaters also attended another competition this past weekend in Little

Current. April Fortin, Katrine Keech, Nia Gauthier, Shyanne Fortin, Sydney Bignucolo, Breanna Morin, Brittaney Pilon, Emily Pilon, Madison Bignucolo, Jessica Dionne, Sabrina Kanala, Tiffany Card, and Arlayna Morin brought home 29 medals and 11 ribbons. This placed them second in the overall points standings only to one of the Sudbury teams. Way to Go Girls!!!!

Our season is coming to a close with our Annual Ice Show this Saturday evening at 6 pm. Don't miss 'Favourite Things'. We have one more competition in Sudbury next

weekend and then the following weekend we have several skaters travelling to Kapuskasing for a technical seminar with 2 top coaches from Mariposa. The coaches running this seminar are from the same training centre that Jeff Buttle, the new World Champion, trains at. As well our own coach, Stephanie Morin, has been asked to participate as a facilitator for several classes as a Technical Specialist.

We hope to see you all in the fall and watch our web site on the Chapleau website for upcoming events, fundraisers, and info for next season.

Northeast Superior Forest Community and Natural Resources Canada to launch new initiative

Cont'd from P.1

speaking with a common voice and uniting behind initiatives in partner communities. The NSFC will take this relationship to the next level, and allow the communities to unite in their efforts to transform the traditional forest sector into new opportunities for innovative industry development.

"The Northeast Superior communities are grateful for the support of Natural Resources Canada's Forest Communities Program in helping us address the crisis facing our region's economy," says Earle Freeborn

NSFC President. "All of the communities in this region have been built because of our forest resource, and now our job is to come together as a collective to find sustainable new industries for our future economic wealth. The NSFC will be the catalyst to move these types of initiatives forward."

"Wawa is committed to dealing with the challenges of the present and working towards new opportunities upon which to build a future for present and future residents," says Wawa Mayor Howard Whent. "We have committed to this initiative for the long term. By working

together towards economic sustainability in the forest sector, we hope to have many new economic opportunities emerge in all the partner communities."

The Northeast Superior Forest Community and all of its partners are extremely optimistic at the future of the region. There is little doubt that there is a tough road, with many challenges ahead. Working together with the national Forest Communities Program sites will allow us to learn from the experiences in other areas, and pass along our knowledge in the future.

Yet another major public works project approved

Cont'd from P.1

communities, but also stimulates future investments and job growth," said Brown. "The Renewal Ontario Infrastructure Project is part of the massive infrastructure investments the McGuinty government has been making since 2003 right across the province."

Here in Chapleau, the Devonshire-Cherry Street project this year is the continuation of a major public works program initiated by

the municipality several years ago.

The most recent project occurred last year, with the resurfacing of the railway overpass.

The municipal water plant has been upgraded as the result of the province's clean water legislation and the life of the landfill site was extended for 20 years in another major project. Also in recent years, new water and sewer lines and pavement were constructed in the Lansdowne-Aberdeen

Street project replacing ageing infrastructure.

And immediately following last week's announcement and as he left the community, the prospect for another major infrastructure project was demonstrated to Brown. There could be little doubt of its need, as Mayor Freeborn escorted the MPP across that deteriorating section of Monk Street motoring to the airport

Attention all families! Don't miss this!

All families in the community are invited to visit the Chapleau Child Care Centre on Saturday, April 12. There will be displays from a variety of agencies in our community that provide services for families. We invite you to visit between 11:00a.m and 2:00p.m. Lunch will be provided free of charge, there will also be door prizes and giveaways. While parents check out the displays, children can have fun in the Early Years Program where they can have their faces painted and make a special craft to take home.

This special day is part of the Provincial Government's Best Start Initiative. Best Start is about parents, schools, child care, and children's service professionals working together to help all children achieve success.

We hope you will join us with your family on this special day.



SERVICES DE SANTÉ DE CHAPLEAU HEALTH SERVICES

ANNUAL MEMBERSHIP FEES COTISATION ANNUELLE

Pursuant to the Corporation's By-laws, in order to vote at the Annual General Meeting of Services de santé de Chapleau Health Services, persons must have their corporate membership fee of \$2.00 paid on or before April 11, 2008. The memberships go on sale February 1, 2008.

Memberships are available at the Chapleau General Hospital or from Directors of the Board of Directors of Services de santé de Chapleau Health Services.

En revue des règlements de la corporation, les membres de la corporation doivent avoir payé leur cotisation annuelle de 2\$ avant le 11 avril 2008 pour avoir le droit de voter à l'assemblée générale annuelle.

On peut obtenir une carte de membre à l'hôpital Général de Chapleau ou auprès d'un directeur(trice) du conseil d'administration des Services de santé de Chapleau Health Services.

Trains fantômes: T'chou, t'chou le train du Nord... ontarien



Par Diane Jean

Aussi imaginaire soit-il, ce voyage en train fantôme « VIA » les mots de Mansel Robinson, amène le spectateur au cour de la forêt d'épinettes noires du Nord de l'Ontario, dans un paysage peuplé de personnages étranges, magiques et plus grands que nature.

Au chevet de son père mourant, Doug avait puisé du fond de sa mémoire les histoires de cheminots que son père avait livrées autrefois autour de la table de cuisine familiale et les lui a racontées à son tour. Pour le garder en vie ou pour mieux l'aider à mourir, ses histoires deviennent un puissant lien qui les soude devant cet acte ultime qu'est la mort. Pont entre le passé conjuré, le présent insoutenable et le futur incertain, la parole, tel un passeur vers l'autre monde, libérera le père en léguant au « fils raté » la passion du conte.

Maintenant devant nous, dans le style direct du conte urbain, à mi-chemin entre la poésie et la prose, Doug, accompagné par les airs d'un chanteur country, relate les mêmes histoires qui ont porté les derniers souffles de son père trépassé sur le sofa, au milieu du salon. Un curieux transfert s'opère et nous devenons ce père, transporté sur les rails

du souvenir, histoire après histoire, tenu en vie par la simple locomotive de l'imagination évocatrice de son fils. La petite histoire de l'ex-cheminot devient alors mythique, et nous roulons à pleine vapeur sur les chemins de fer du Nord de l'Ontario, traçant avec rythme, tendresse et humour le parcours d'une vie.

Parallèlement, sur un autre rail, nous parvient l'histoire d'une rencontre, d'un amour découvert entre père et fils, d'un amour qui se révèle dans le non-dit, en toute discrétion et sans transgression des convenances masculines, dans le silence de l'un et dans le flot de paroles de l'autre.

Né à Chapleau, près de la grande voie ferrée qui traverse le Nord de l'Ontario, Mansel Robinson a trouvé en Jean Marc Dalpé un traducteur fraternel. Le metteur en scène André Perrier, le musicien Marcel Aymar et le comédien Frédéric Blanchette ont créé un vigoureux univers masculin, dominé par le halètement profond des locomotives, l'odeur entêtante de l'huile de charbon et la rude authenticité de ces hommes dont la vie aura été droite comme un rail.

C'est donc le 10 avril que le Centre culturel Louis-Hémon présentera la pièce de

théâtre « Trains fantômes » à l'École secondaire catholique Trillium à 20 heures. Et pour ajouter un cachet spécial à cette présentation, le

producteur André Perrier ainsi que la radio de Radio-Canada CBON débarqueront à Chapleau sur le budd car. Une rencontre est prévue après la

présentation avec tout ce beau monde ; histoire de jaser avec vous.

Alors au rythme d'un train en marche, nous roulons à pleine vapeur sur les chemins

de fer du Nord de l'Ontario dans cette soirée conviviale ponctuée d'airs westerns et arrosée de p'tits coups de rye!

Ontario Energy Board

Commission de l'énergie de l'Ontario



EB-2007-0707

AVIS DE REQUÊTE ET D'AUDIENCE

EN VUE D'OBTENIR L'APPROBATION DE PROCESSUS D'ACQUISITION ET D'UN PLAN POUR LE SYSTÈME D'ÉLECTRICITÉ INTÉGRÉ

L'Office de l'électricité de l'Ontario (ci-après, l'« OEO ») a déposé une requête auprès de la Commission de l'énergie de l'Ontario datée du 29 août 2007 aux termes de la *Loi de 1998 sur l'électricité*, L.O., c. 15, Annexe A (ci-après, la « Loi »). Le requérant entend obtenir une ordonnance de la Commission approuvant son Plan pour le système d'électricité intégré (ci-après, le « PSEI ») et certains processus d'acquisition. La Commission a assigné à cette requête le numéro EB-2007-0707.

Le PSEI est un plan de gestion du système d'électricité de l'Ontario. Il détermine les investissements en conservation, en production et en transport de l'électricité que l'OEO propose afin d'atteindre les buts du gouvernement de l'Ontario qui sont liés à la fiabilité et à la viabilité de l'approvisionnement en électricité de l'Ontario. Les processus d'acquisition sont conçus de manière à gérer l'approvisionnement en électricité, la capacité et la demande conformément au PSEI. Ce plan concerne l'approvisionnement en électricité de tous les consommateurs de l'Ontario.

En élaborant le PSEI, l'OEO a été tenu de se conformer à la *Loi de 1998 sur l'électricité*, à la directive gouvernementale sur le bouquet énergétique ainsi qu'au règlement sur le Plan pour le système d'électricité intégré. Aux termes du paragraphe 25.30 (4) de la Loi, la Commission est tenue de passer en revue le PSEI pour s'assurer qu'il est conforme aux directives du ministre de l'Énergie et qu'il s'avère prudent et rentable sur le plan financier. De plus, aux termes du paragraphe 25.31 (4) de la Loi, la Commission est tenue d'examiner les processus d'acquisition proposés par l'OEO. La directive sur le profil d'approvisionnement, le règlement sur le PSEI, le règlement sur les processus d'acquisition et les dispositions pertinentes de la Loi sont affichées dans le site Web de la Commission sous le lien menant au PSEI.

Outre les initiatives de conservation de l'électricité, l'OEO recommande d'entreprendre divers projets de production et de transport d'électricité à l'échelle de la province. Ces projets peuvent toucher votre collectivité. Des cartes et des descriptions des projets proposés sont incluses dans le PSEI.

Comment consulter le PSEI

Des copies du PSEI, de la requête sur les processus d'acquisition et des documents présentés avant l'instance sont disponibles pour consultation publique :

- en ligne dans le site Web de l'OEO (www.powerauthority.on.ca);
- dans le site Web de la Commission (www.oeb.gov.on.ca);
- aux bureaux de comté, de région et de district à l'échelle de l'Ontario.
- au bureau de la Commission;
- au bureau de l'OEO à Toronto;

Si vous avez des difficultés à accéder à la requête, veuillez communiquer avec l'OEO au 1 800 722-0679.

Comment participer

La Commission a réalisé son examen en deux phases. La phase 1 a consisté en l'élaboration de la liste de questions et la détermination de la portée de l'examen. La phase 2 sera l'examen des preuves déposées par l'OEO et toute autre partie. Le présent avis vous informe de la manière de participer à la phase 2 de cette instance.

La Commission a établi la liste des questions et la portée de l'examen. Avant que vous décidiez de participer, vous devriez lire les questions des décisions motivées de la Commission, lesquelles comprennent la liste de questions approuvées et sont disponibles aux mêmes endroits que la documentation sur le PSEI. Dans le cadre de son examen du PSEI et des processus d'acquisition, la Commission traitera uniquement les questions figurant sur la liste.

Vous pouvez participer à l'examen du PSEI et des processus d'acquisition de l'une des trois façons suivantes :

1. Présentation d'observations à la Commission

Si vous désirez présenter des observations sur le PSEI ou les processus d'acquisition, vos observations écrites doivent être reçues à la Commission au plus tard **90 jours** après la publication du présent avis. Vos observations seront transmises à la Commission et versées dans le dossier public. Si vous désirez faire une présentation orale devant la Commission, vous devez inclure cette demande dans vos observations écrites. La Commission accepte les observations écrites par courrier courant ou électronique, aux adresses ci-dessous.

2. Observateur à l'instance

Les observateurs ne participent pas activement à une instance, mais ils en suivent le déroulement en recevant seulement les documents produits par la Commission. Avant de demander le statut d'observateur, veuillez noter que les documents délivrés par la Commission et déposés par les parties dans le cadre de cette requête seront également accessibles sur le site Web de la Commission. Pour demander le statut d'observateur, veuillez faire parvenir une demande écrite à la Commission au plus tard **14 jours** après la date de publication du présent avis. La Commission accepte les demandes de statut d'observateur par courrier courant ou par courriel, aux adresses ci-dessous; dans ce cas, deux exemplaires sur papier sont exigés.

3. Comment obtenir le statut d'intervenant

Vous pouvez demander de devenir un intervenant si vous n'êtes pas déjà intervenu durant la phase 1 de cette instance et désirez participer activement à l'examen du PSEI et des processus d'acquisition en comparaisant devant la Commission afin d'interroger des témoins et de présenter des observations formelles. Les droits et obligations en matière de procédure des intervenants sont énumérés dans les règles de pratique et de procédure de la Commission. Les intervenants reconnus comme tels durant la phase 1 de cette instance sont automatiquement inscrits pour la phase 2 de l'instance. Il n'est pas nécessaire de se réinscrire.

Veuillez consulter la section *How to Become an Intervenor* (en anglais seulement) de la page sur le PSEI dans le site Web de la Commission. Les règles de la Commission concernant l'échéancier des interventions et le dépôt de documents sont strictes. Votre lettre de demande d'intervention, qui est conforme aux règles de la Commission et aux lignes directrices en matière de dépôt, doit parvenir à la Commission et à l'OEO au plus tard **14 jours** après la signification ou la publication du présent avis.

La Commission a l'intention de procéder à une audience orale pour l'examen du PSEI et des processus d'acquisition.

Comment nous joindre

Dans votre réponse au présent avis, veuillez indiquer le numéro de dossier EB-2007-0707 dans la ligne « objet » de votre courriel ou dans l'en-tête de votre lettre. Il est également important d'indiquer votre nom, votre numéro de téléphone ainsi que votre adresse postale et, le cas échéant, votre adresse électronique ainsi que votre numéro de télécopieur. Toutes les communications doivent être adressées à la secrétaire de la Commission à l'adresse indiquée plus bas, et doivent être reçues au plus tard à 16 h 45 le jour exigé.

Vous voulez en savoir plus?

Pour obtenir de plus amples renseignements sur le PSEI, consultez le site Web de l'OEO (www.powerauthority.on.ca). Vous pouvez obtenir davantage de renseignements sur la manière de participer à l'examen en visitant le site Web de la Commission (www.oeb.gov.on.ca) ou en appelant notre Centre des relations avec les consommateurs au 1 877 632-2727.

IMPORTANT : SI VOUS NE PARTICIPEZ PAS CONFORMÉMENT AUX TERMES DU PRÉSENT AVIS, LA COMMISSION PEUT PROCÉDER EN VOTRE ABSENCE ET VOUS NE RECEVREZ AUCUN AUTRE AVIS CONCERNANT CETTE INSTANCE.

Commission de l'énergie de l'Ontario
2300, rue Yonge, Bureau 2700
Toronto (Ontario) M4P 1E4
Boardsec@oeb.gov.on.ca

Office de l'électricité de l'Ontario
120, rue Adelaide Ouest, Bureau 1600
Toronto (Ontario) M5H 1T1
EB-2007-0707@powerauthority.on.ca

Fait à Toronto le 25 mars 2008.

COMMISSION DE L'ÉNERGIE DE L'ONTARIO

Original signé par
Kirsten Walli, Secrétaire de la Commission

Lennie Gallant, winner of a host of awards and nominations brings his talent to Chapleau



By Sylvie Sylvestre

A native of Prince Edward Island, Lennie Gallant grew up surrounded by music, stories, and dramatic scenarios. This songwriter/performer has released six albums in English and one in French. The album *Le Vent Bohème* won Francophone album of the Year at the 2003 East Coast Music

Awards, and Acadian album of the Year at the Gala des Étoiles.

Gallant uses his wide musical background and varied life experiences as a well from which to draw upon when creating his work. His songs ring true and have touched many from different worlds. In recognition of this, Gallant was recently inducted into the "Order of Canada". While he says he is much appreciative of this kind of recognition for his work, Gallant feels the best part of being a songwriter is the moment of creation. Other artists obviously believe in Gallant's

writing abilities as over 30 artists have recorded his songs inter-nationally, the most recent being Jimmy Buffet. Gallant has also written for feature films, theatre, documentaries, and

television series, including "Dawson's Creek" and "Joan of Arcadia". His song *Mademoiselle voulez vous danser* (sung by Jimmy Buffet) was used as the centrepiece song for the recent film

Canvas.

In May 2006, Gallant travelled to Afghanistan to entertain the Canadian peace keeping troops. This Wednesday, April 9, 2008 at 7:30 p.m. at the Chapleau High

School cafeteria, Gallant will be entertaining us.

Admission by season passport. Tickets also available at the door, \$25 adults, \$10 youths.

Le chanteur compositeur Acadien, Lennie Gallant, gagnant d'une multitude de prix et de nominations monte sur scène à Chapleau

Natif de l'Île-du-Prince-Édouard, Lennie Gallant grandit entouré de musique et d'histoires. Ce chanteur compositeur a enregistré six albums en anglais et un album en français. L'album *Le Vent Bohème* lui a valu le prix de l'Album

Francophone de l'Année 2003 du East Coast Music Awards et l'Album Acadien de l'Année au Gala des Étoiles ainsi que l'Artiste de l'Année en Musique au Gala des Prix Éloizes.

L'expérience de vie de Gallant ainsi que sa formation en musique influencent ses oeuvres. Ses chansons racontent des histoires qui touchent le coeur de bien des gens de diverses nationalités. En reconnaissance de ses efforts en ce sens, Lennie Gallant a reçu l'Ordre du Canada. Tout en appréciant grandement la reconnaissance qu'il reçoit pour son travail, Lennie est d'avis que c'est le moment de la création d'une chanson, surtout d'une chanson qui évoque

l'émotion chez l'auditoire, qui est le plus stimulant. Un grand nombre d'artistes croient en son habileté, puisque plus de trente artistes ont déjà enregistré ses chansons. Le plus récent est Jimmy Buffett qui interprète sa chanson, *Mademoiselle, voulez-vous*

danser. Lennie Gallant a également écrit pour le cinéma et le théâtre, ainsi que des documentaires et des séries télévisées. Sa chanson *Mademoiselle voulez vous danser* fut utilisée comme chanson thème dans le récent film *Canvas*.



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Interested candidates must submit their applications to the Human Resources Department no later than 4:00 PM on Friday April 11, 2008.

Human Resources
175 Planer Rd
PO Box 280
Chapleau, ON
POM 1K0

mike.martineau@tembec.com

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Students *see note	\$200.00	\$300.00
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Early bird memberships may be purchased at Collins Home Hardware (Cash or Cheque) and Aux Trois Moulins Motel. For your convenience Aux Trois Moulins Motel will accept credit cards (VISA/MasterCard etc).

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Mansel Robinson's play the Ghost Trains (Train fantômes) to be presented in Chapleau



Mansel Robinson, translated by Jean Marc Dalpé, directed by André Perrier. Produced by Théâtre Triangle Vital (Montreal, QC). The world of trains, with its folklore, regulations, eccentric characters and legends, comes alive on stage. Director André Perrier, musician Marcel Aymar and actor Frédéric Blanchette construct a brawny male universe dominated by the hypnotic puffing of locomotives, the intoxicating smell of coal oil, and the rude authenticity of men whose lives run as straight and true as a steel rail.

Born in Chapleau, just a few steps from the mighty railway that cuts across northern

Ontario, playwright Mansel Robinson found a kindred spirit in translator and fellow author, Jean Marc Dalpé. Although he now lives in Saskatoon, he returns home every summer.

Mansel's accomplishments are incredible. His plays have been produced by theatre companies from all over the country. Recipient of the city of Regina Award, the Geist Magazine Award for Distance Writing and the Saskatchewan John V. Hicks Award.

He was writer-in-residence at the Berton House in Dawson City Yukon

and was writer-in-residence in the Drama department at the Saskatoon University, the Windsor University and at the Regina Public Library.

"I first saw the play last year" said Diane Jean, coordinator at the Centre "when I was in Ottawa at Contact Ontario. I loved the play but to be honest I was more in a high because at the introduction the producer had mentioned that the story was taking place in Chapleau and that the author was Mansel Robinson, a guy I went to school with. Then in February, I went to Quebec City and saw it

again. I was shocked and I knew I had to present this play to the community. This play will bring you back to your younger days, when Chapleau was strong and we thought that it would always be that way."

Trains fantômes will be held at the École secondaire Trillium at 8 p.m.

After the play, the community is invited to a gathering with the producer André Perrier and the actors. The CBON crew will also be present. Although the play is in french, Diane is inviting the whole community to attend.

By Diane Jean

On April 10th, the Centre culturel Louis-Hémon will be featuring the play "Trains fantômes".

The producer, André Perrier and the

crew from the French radio broadcasting CBON will arrive in Chapleau on the budd car that day to attend the play.

Trains fantômes (Ghost Trains) by



**ALGOMA AND HURON-SUPERIOR
TRANSPORTATION SERVICES**



Transportation Officers (2 positions)

Reporting to the Supervisor of Transportation Services, the Transportation Officer will form part of the AHSTS unit responsible for providing transportation services for both the Algoma District School Board (ADSB) and Huron-Superior Catholic District School Board (HSCDSB), also including French language schools in the Algoma area. These positions will take the lead in the planning and administration of student transportation routes throughout the Algoma District.

Major Responsibilities/Duties:
Utilize the computerized transportation system to develop safe, efficient and cost effective bus routes in accordance with board policies. Work as a pro-active team member in the AHSTS unit to provide student transportation services in accordance with Board Policies. Provide front line response to inquiries for service from the public. Communicate with school administrators, school bus operators, and the public responding to and/or directing queries.

Preferred Qualifications:

- Diploma or Degree from a University or Community College in a related discipline with several years experience is preferred. An equivalent combination of education and experience may be considered.
- Knowledge of transportation related software applications would be an asset.
- Skilled in effectively utilizing computer technologies including Microsoft Word, Excel, and database applications to prepare and co-ordinate the production of all information and documents.
- Excellent communication skills and strong ability to liaise with multiple stakeholders including third party service providers in problem solving situations.
- Previous experience in a transportation service office would be an asset.
- Must be able to work in a fast-paced, high volume environment with flexibility and be able to work beyond normal work hours when required during peak business periods.
- Knowledge of the geographical areas served by the Boards would be an asset.
- 1 position - must be proficient in French language.
- Valid Class G driver's licence. The individual is expected to drive within Board boundaries (ie: school sites) from time to time.

Only those candidates who are short listed will be contacted for an interview. The successful applicant will be required to provide a Criminal Background Check.

For additional detail please refer to www.adsb.on.ca or www.hscdsb.on.ca.

Applications including resumes and three references will be accepted until 4:00 p.m. Wednesday April 16, 2008. Interested applicants should forward any questions and their application to:

**Teresa Vavala, Manager of Human Resources
Human Resources Department
Education Centre, 644 Albert Street E.
Sault Ste. Marie, ON P6A 2K7
Email: vavalat@adsb.on.ca
Telephone (705) 945-7316
Fax (705) 945-7224**

Wanda McQueen
Chair ADSB

Marchy Bruni
Chair HSCDSB



**ALGOMA AND HURON-SUPERIOR
TRANSPORTATION SERVICES**



Transportation Data Analyst

Reporting to the Supervisor of Transportation Services, the Transportation Data Analyst will form part of AHSTS unit responsible for providing transportation services for both the Algoma District School Board (ADSB) and Huron-Superior Catholic District School Board (HSCDSB), also including French language schools in the Algoma area. This position will support, co-ordinate, monitor and execute the necessary operations of the department technical systems and assist in route planning functions in addition to playing a key role in the creation of departmental reports and the ongoing improvement of service delivery processes.

Major Responsibilities/Duties:
Accountable for the support, accuracy, integration, maintenance and administration of student information, bus route & mapping data as well as the AHSTS development and maintenance of the student transportation website. Assist the Transportation consortia staff in the utilization of the computerized transportation system to develop safe, efficient and cost-effective bus routes in accordance with Board Policies. Accountable for the collection/retrieval and analysis of transportation data for the purpose of ongoing improvements, operator payment reconciliation and other departmental reporting as necessary.

Required Qualifications:

- Diploma or Degree from a University or Community College in a related discipline with several years experience is preferred. An equivalent combination of education and experience may be considered. Preference will be given to applicants from programs that are computing based.
- In depth working knowledge of transportation or similar software applications.
- Training and experience with developing and maintaining computer hardware systems is preferred.
- Knowledge in student information system software, databases and the interaction of data between various applications would be an asset
- Knowledge of the geographical area served by the Boards would be an asset.
- Advanced skills in utilizing computer applications, including GIS, Microsoft Word, Excel and various database applications and transportation software to prepare and co-ordinate the production of all information and documents.
- Excellent communication skills, demonstrated organizational skills and strong ability to liaise with multiple stakeholders including third party service providers.
- Must have a strong attention to detail, be able to excel in a fast-paced, high volume work environment with a flexible approach to work and be available to work overtime when required during peak business periods. Previous experience working in a transportation service office would be an asset; travel within Board jurisdiction will be required.
- Must be able to multi-task and be self-directed.
- Valid Class G driver's licence required. The individual is expected to drive within Board boundaries (ie: school sites) from time to time.

Only those candidates who are short listed will be contacted for an interview. The successful applicant will be required to provide a Criminal Background Check.

For additional detail please refer to www.adsb.on.ca or www.hscdsb.on.ca.

Applications including resumes and references will be accepted until 4:00 p.m. Wednesday April 16, 2008. Interested applicants should forward any questions and their application to:

**Teresa Vavala, Manager of Human Resources
Human Resources Department
Education Centre, 644 Albert Street E.
Sault Ste. Marie, ON P6A 2K7
Email: vavalat@adsb.on.ca
Telephone (705) 945-7316
Fax (705) 945-7224**

Wanda McQueen
Chair ADSB

Marchy Bruni
Chair HSCDSB

Questions sur le placement pour soins de longue durée

Soumis par Services de Santé Chapleau Health Services
Comment puis-je être admissible aux soins de longue durée?

Pour être admissible à une maison de soins de longue durée, la personne doit :

-être âgée d'au moins 18 ans

-être titulaire d'une carte Santé valide de l'Ontario.

-avoir des besoins en matière de soins de santé auxquels il n'est pas possible de répondre en combinant des soins et des services communautaires à domicile

-avoir des besoins en matière de soins de santé auxquels il est possible de répondre en maison de soins de longue durée.

La Résidence Bignucolo est une maison de soins de longue durée à réglementation provinciale et les demandes d'admission

à cette maison peuvent seulement se faire par l'entremise du Centre d'accès aux soins communautaires (CASC). Un gestionnaire de cas du CASC viendra chez vous ou à l'hôpital pour évaluer vos besoins en matière de soins de santé et déterminer si vous pouvez être admis dans une maison de soins de longue durée.

À combien d'établissements de soins de longue durée dois-je faire une demande?

Si vous pouvez demeurer chez vous jusqu'à ce qu'un lit se libère dans l'établissement de soins de longue durée où vous faites une demande, vous devez seulement faire une demande à un établissement de soins de longue durée mais vous pouvez faire une demande à trois maisons au maximum.

Si vous êtes un patient nécessitant un autre niveau de soins (ANS) de l'Hôpital Général de Chapleau, vous devez faire une demande à trois maisons de soins de longue durée. Vous devrez indiquer votre premier choix d'établissement et puis au moins deux autres choix. La désignation ANS signifie que vous n'avez plus besoin de soins hospitaliers « actifs ». Toutefois, vous ne pouvez pas retourner chez vous en raison du manque de soutien à la maison pour répondre à vos besoins en matière de soins continus.

Par exemple :

Un patient âgé a subi un accident vasculaire cérébral. Après un traitement d'urgence, il est admis à l'hôpital pour son rétablissement. Une fois qu'il a atteint son rétablissement maximal, il se fait évaluer et on

détermine qu'il ne pourra plus prendre soin de lui-même de façon autonome et qu'il manque de soins dans la communauté ou de soutien de la part de sa famille pour qu'il puisse demeurer chez lui. Il a terminé la phase de ses soins hospitaliers actifs une fois qu'il a atteint son rétablissement maximal; toutefois, il ne peut pas sortir de l'hôpital pour s'en aller dans la communauté. À ce point, il est considéré comme un patient ANS et doit faire une demande de soins de longue durée à au moins trois établissements.

Les lits pour soins de courte durée doivent être disponibles aux patients nécessitant des soins médicaux de courte durée. On accorde aux hôpitaux un nombre de lits pour soins de courte durée en fonction de

leur population de base. À Chapleau, il y a seulement 13 lits pour répondre aux besoins en matière des soins actifs de toute la communauté. La plupart de ces lits se trouvent dans des chambres à deux lits. Par conséquent, la souplesse en matière de l'attribution des lits est encore plus limitée en raison de l'occupation en fonction du sexe. De plus, les règlements actuels sur la prévention des infections stipulent que bon nombre de patients des soins actifs doivent être isolés en raison des symptômes particuliers ou d'une maladie ou à leur retour d'un autre hôpital où ils ont été traités ou où ils ont subi une opération. Si les lits pour soins de courte durée sont occupés par des patients ANS, ceux qui arrivent à l'hôpital pour y recevoir un traite-

ment médical actif devront se faire transférer pour ces soins à des hôpitaux à l'extérieur de la communauté.

La priorité pour le patient nécessitant des services de soins de longue durée, c'est de le faire entrer dans un milieu de soins sûr et approprié, d'où la nécessité de faire une demande à trois établissements. Ainsi, on fera en sorte que le client soit placé plus rapidement dans un établissement de soins de longue durée et que les lits pour soins de courte durée soient accessibles aux patients nécessitant des soins de courte durée.

Si je me fais accepter dans mes autres choix d'établissement en premier, puis-je demeurer sur la liste pour mon premier choix d'établissement?

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Steps to Becoming a Physician



Submitted by Services de Santé de Chapleau Health Services

We know that there is a dramatic shortage of physicians, and numerous other health professionals, all over Canada but especially in northern and rural areas like Chapleau. An important step to dealing with this shortage is to encourage our youth to pursue health careers, like medical doctors. However, many students don't understand the steps and commitments

required on the road to becoming a physician. Below, Chapleau Health Services has provided a brief outline of the requirements time, education and financial required to become a physician.

Time Commitment:

Becoming a doctor takes many years of intensive study and research. It usually takes four years after your Bachelor's degree to obtain a medical degree (although some university programs may last only 3 years). After that you will choose between Family Practice (2 years minimum) or other medical specialties (at least 4 years) and will spend your time as a resident physician training for certification while

being paid (currently about \$35,000 a year) to care for patients.

Admission Requirements:

The majority of Ontario medical schools require certain science-based courses to be satisfied in order to qualify for admission; however, there are schools that do not ask for specific prerequisites. Several of the Ontario medical schools also require a Medical College Admission Test (MCAT) scores with the applications for admission. In order to be considered for medical school, it is extremely important for applicants to have a significant amount of volunteer and work experience. In addition, most medical schools request to receive transcripts, essays and personal interviews from applicants. Make sure to research each school's admission criteria to ensure you

are eligible to apply. Visit the OMSAS web site (www.ouac.on.ca/omsas) to review specific information regarding each of the six Ontario medical schools.

Applying to Medical Schools in Ontario:

There are a total of six medical schools in Ontario: McMaster University, Northern Ontario School of Medicine, University of Ottawa, Queen's University, University of Toronto and The University of Western Ontario. Students can apply to these medical schools through the Ontario Medical School Application Service (OMSAS) - a non-profit centralized application service for the six Ontario medical schools that is operated by the Ontario University Application Centre (OUAC).

Cost of Medical School

The average

student can expect an approximate cost of \$150,000 for medical school, not including their undergraduate degree. Mature students can expect to experience a larger financial impact as in the majority of cases they have to give up their current employment to return to school, placing additional financial and emotional stress on their families.

Life After Medical School

In the current market, there are endless possibilities for physicians once they are ready to practice. With a large shortage in the industry physicians are often able to negotiate financially beneficial arrangements with the organizations or communities to choose to go and practice with. Often these arrangements can assist physicians in repaying the

significant students loans they have accumulated while attending medical school.

Physicians are able to work in all different setting from teaching hospitals, administrative roles, rural hospitals or outposts, to independent or group practices. The possibilities permit for an extremely flexible career. Remember, like any career, becoming a physician is about dedication and hard work, not your geographical location or economic status.

Students from small and rural communities, like Chapleau, are encouraged to pursue any health career which is of interest to them. If you have any questions on health careers of interest to you, please do not hesitate to contact us at chapleau_hr@sschs.ca.

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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

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 For more information call 864-1886.

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Monday	9:30-11:30a.m.	1:00- 3:30p.m.	
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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	
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* Babies Afternoon is also for expectant mothers

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**REPORT from
OTTAWA
by
Brent St. Denis**



Federal member of Parliament
Algoma-Manitoulin-Kapuskasing

**St. Denis uses
YouTube, Facebook to
reach out**

Technological advances have changed the way Canadians network, socialize, and interact with one another. People are turning to the internet to search for information that affects their daily lives and governments are provided with more tools to keep them accountable and transparent.

As a result, I am increasingly using the internet to reach out to constituents and keep them informed. Recently, I posted eight videos from the House of Commons on YouTube. By searching "Brent St. Denis," constituents will be able to find me talking about poverty, Afghanistan, peace-keeping, and a range of other issues. They can also find me introducing bills in the

House of Commons for Northern Ontario, for Aboriginal Canadians, and questioning the Prime Minister during Question Period.

I believe that making these videos available on YouTube allows constituents to better see how their Member of Parliament is representing them in the House of Commons. Viewers can rate the videos and post comments for everyone to see.

Facebook is another tool that allows MPs to connect with people. It is an online social networking website that allows people to connect with the people around them on a more personal

level. My facebook profile allows constituents to learn about my interests, read my articles, and browse through my pictures. To date, my Facebook page has attracted many new friends that have listed themselves as supporters.

Other politicians using Facebook include Prime Minister Harper and Liberal Leader Stéphane Dion (who has more friends than all other federal leaders combined). Mr. Dion posts videos on a regular basis where he responds to various comments posted on his "wall."

If anyone is interested in viewing these videos, simply

search for "Brent St. Denis" at www.facebook.com www.youtube.ca or Happy surfing...

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**Employment Opportunity
COMMUNITY HEALTH
CARE COORDINATOR**

The Chapleau Cree First Nation is seeking an experienced manager to deliver health services to the residents of the Fox Lake Reserve.

This position reports directly to the Band Administrator. The incumbent will possess strong organizational skills; have a demonstrated background with program and staff management and a solid working knowledge of contribution agreements between the First Nation and its Federal and Provincial partners.

The Health Care Coordinator will supervise all health staff, prepare work plans and activity reports to meet funding agent criteria as well as coordinate all health, traditional and extra-circular activities offered by the Health Centre for the community as presented in the Medicine Wheel Program.

As part of the responsibilities, the Coordinator will be tasked with budget creation, staff development, identification of programming deficiencies, proposal writing and funding research as well as ensuring adherence to the Chapleau Cree First Nations Policies and Procedures. A valid driver's license is essential.

A demonstrated competency in a health management/business related discipline is preferred. Experience in proposal development and submission will be an asset for the applicant. Salary for this position is set at \$49,920.00 plus benefits after the successful completion of a standard three month probationary period.

All interested persons are encouraged to apply. We thank all applicants in advance but only those selected for an interview will be contacted. For a detailed position description please contact the Band Office directly. Come and join our growing and dynamic team. Please forward a covering letter and résumé by 4:00pm April 16, 2008 to:

**Brian Edwards, Band Administrator
Chapleau Cree First Nation
Fox Lake Reserve
P.O. Box 400
Chapleau, ON P0M 1K0
Re: Health Coordinator**

Questions sur le placement pour soins de longue durée

Suite de la P.7

Si vous vous faites accepter à un autre établissement en premier, vous pourrez demeurer sur la liste d'attente de l'établissement qui est votre premier choix. Si vous décidez par la suite que vous ne désirez plus retourner à l'établissement de votre premier choix, vous pouvez faire enlever votre nom de la liste d'attente.

Qui se charge de la liste d'attente?

Le CASC s'occupe de la liste d'attente pour tous les lits de soins de longue durée financés par le gouvernement provincial. Ainsi, on a une liste d'attente centralisée. Toutes les personnes faisant demande sont traitées sur un pied d'égalité. Si vous nécessitez plus de renseignements au sujet de la gestion de la liste d'attente, vous pouvez communiquer avec le CASC et lui poser toute question sans frais au 1 800 461-2919.

Y a-t-il différents types de lits?

Oui, il y a trois types de lit de base, chambre à deux lits ou chambre à un lit. Au moment de la demande, vous devez indiquer votre préférence. Vous pouvez changer votre préférence par la suite si votre situation financière change.

Lorsqu'un lit se libère, l'hôpital informe le CASC au sujet du type de lit en question. Le lit sera offert à la première personne sur la liste d'attente qui a indiqué ce type particulier de chambre. Par exemple, si une chambre à un lit devient disponible, ce lit sera offert à la première personne sur la liste d'attente qui a indiqué une chambre à un lit. S'il s'agit d'une chambre de base, nous dirons à la personne qu'il s'agit d'une chambre de base et elle

est destinée soit à des hommes soit à des femmes selon le sexe des autres personnes qui occupent les autres lits dans la chambre.

Coûts

Le ministère de la Santé et des Soins de longue durée paie pour vos soins, mais vous devez payer les coûts d'hébergement indiqués ci-dessous. Le Ministère adapte périodiquement les tarifs d'hébergement, qui sont normalisés pour l'ensemble de la province. Pour les

séjours de longue durée, le tarif quotidien pour l'hébergement de base est de 50,76\$ et de 1543,95\$ pour le tarif mensuel. L'hébergement pour une chambre à deux lits est de 58,76\$ par jour et de 1787,29\$ par mois et une chambre à un lit est de 68,76\$ et 2091,45\$.

Combien y a-t-il de noms sur la liste d'attente à Chapleau?

Le nombre de personnes dont le nom se trouve sur la liste d'attente de la

Résidence Bignucolo, établissement de soins de longue durée à l'Hôpital Général de Chapleau, fluctue habituellement entre 18 à 24 clients. Les clients dont le nom se trouve sur la liste d'attente comprennent ceux qui attendent leur placement à domicile, dans des lits ANS et dans d'autres établissements de soins de longue durée.

Bien qu'il y ait un manque de lits de soins de longue durée dans tout l'Ontario, ce

manque se fait particulièrement sentir dans le Nord de l'Ontario en raison du manque de solutions de rechange (p. ex. logement avec services de soutien, programmes de jour, maisons de retraite). Le gouvernement provincial tente actuellement de renforcer les solutions de rechange en matière de soutien communautaire pour que les personnes âgées puissent demeurer chez elles plus longtemps. Il appelle cette initiative la stratégie Vieillir chez

soi. Les Services de santé de Chapleau se penchent actuellement sur différentes possibilités pour Chapleau dans le cadre de cette initiative.

Si vous avez des questions, n'hésitez pas à communiquer avec les Services de santé de Chapleau à l'adresse chapleauhr@sschs.ca. Nous serons heureux de vous aider ou de vous mettre en contact avec l'organisme qui correspond à vos besoins.

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

ALCOOLQUES 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.

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

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

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Slow Down the Sodium!

By Katherine Knight, Summer Student and Tammy Cheguis, Public Health Dietitian

Grocery store shelves are dotted with "low sodium" items and there are low sodium cookbooks appearing in many libraries and bookstores. Why is sodium such a popular topic? The amount of sodium you eat can greatly affect your health. Read on for more information about what sodium is and how you can eat less of it.

What is sodium?

Sodium is a mineral found in salt. There are many different kinds of salt, including table salt, sea salt, kosher salt and pickling salt. All of these salts contain sodium. Salt also plays a number of important roles in the body such as regulating blood pressure.

Why is reducing sodium important?

Eating too much sodium may cause you to develop high blood pressure, which increases your risk for heart disease, stroke, and

kidney disease. Most Canadians consume more sodium than is needed for good health. According to the 2004 Canadian Community Health Survey, 60 to 85 per cent of adults between the ages of 19 to 70 consume more than they needed. On average, Canadians consume more than 3000mg daily. How much sodium should I eat?

Try eating less than 2300mg of sodium per day; the amount found in one teaspoon of table salt. Children between the ages of one and eight years require between 1000 and 1200mg daily. Adults and children over age nine need between 1200 and 1500mg of sodium per day, while adults over age 50 require 1200 to 1300 mg per day. Where in my diet does sodium come from?

The amount of salt you add to food represents only a small fraction of the sodium found in your diet. On average 77 per cent comes from processed

foods, 12 per cent is naturally occurring in food, while 6 per cent is added during cooking and 5 per cent is added at the table.

How can I lower my sodium intake?

There are many ways to lower your sodium intake. You can do this at the grocery store, while cooking at home and when eating out.

At the grocery store:

Choose to buy fresh foods more often. If buying canned goods, check the label to ensure that salt has not been added. Limit convenience foods (frozen dinners, canned soups, instant products, etc). Use mustard, ketchup, pickles, soy sauce, salad dressings, mayonnaise and other sauces in small amounts. Surprisingly, these are a high source of sodium. Try to avoid processed meats (bologna, turkey roll), cured meats (corned beef, bacon), and processed cheeses (cheese spreads, cheese slices). Read the label to see what the Percent

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Daily Value (%DV) is for sodium. Choose products that have a lower %DV than others. **At home:** Skip the salt. Leave your salt shaker on the shelf and try new flavours! Try seasoning food with herbs and

spices like garlic, parsley, oregano, basil, cumin, curry, chili powder, fresh ground pepper, or hot peppers. Commercially prepared seasonings often contain large amounts of salt, so it's best to make your

own. Salt-free varieties are also available.

For more information about sodium, please contact the Sudbury & District Health Unit at (705)522-9200

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