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CHAPLEAU EXPRESS

Vol. 16, Issue 46, July 21, 2012

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

Chapleau Relay For Life: Community Spirit in action

By Gisele Barlow

This year's annual Relay for Life event took place overnight on June 15th. Eleven teams took part in the moving and motivating experience. Party Marty DJ'd through the night and various activities took place put on by the teams themselves. When all was said and done, Chapleau raised \$24,342.18 for Canadian Cancer Society initiatives in the fight against cancer.

We joined together for the fifth year in a row to honour, remember and fight back against a disease which has claimed so many of our own. As the president of the Chapleau branch, and the event coordinator, I am extremely proud of our town and its generosity and contribution to not only the cure, but to the improvement of the quality of life for those who are currently battling the disease, and those who have successfully beat it. We are one step closer

to a world without cancer because of the efforts and generosity of all of our volunteers, donors, and the fantastic courage, character and spirit of our teams and individual participants in the event. I would like to mention a special thank you to my committee who worked diligently to make this year's event a success despite rigorous and sometimes conflicting personal schedules, personal tragedy, and downright exhaustion. The community of Chapleau should be tremendously proud of our ability to come together in love and respect for a cause which has touched everyone of us personally at some point in our lives. Prizes have been allocated for the following categories: The team with the most money raised this year is the Hands on Helpers who attended the event with clever t-shirts that they had made and the most delicious and interesting to look at cupcakes and cookies representing breast cancer awareness. This team raised \$2,923.50 in pledges. Top team for special fund-raising goes to "The incredibles" who showed up dressed as the super heroes from the movie The Incredibles. This team

worked very hard at their offsite and onsite fund-raising activities selling crepes in the middle of the night and having an ice cream social at their campsite, not to mention hosting a fund-raising dance for the youth of our community! This team raised \$707.05 in pre event activities and \$411.00 at the event.

The top individual overall this year goes to Carole Branchaud who successfully raised \$1405.00. Top individual online goes to Terry Mercier of The Fox Lake Moving Shoes team with online pledges totaling \$450.00. Top theme is awarded to the "Knock out Cancer" team who were dressed in full boxing uniforms ready for the fight. Their campsite included a boxing ring and held regular boxing matches throughout the night.

The best decorated campsite goes to The Incredibles whose campsite came complete with a plywood photo cut out for visitors to have their pictures taken.

Best team spirit award was one of the most difficult decisions because the team spirit was extraordinary by all participants, in light of this the committee has decided that the top

team spirit prizes should go to the Hands on Helpers and Knock out Cancer who's cheering and dancing into the wee hours of the night provided motivation to all, Beat it who had a write on wall, Fox Lake moving shoes who's inspirational T-shirts were a popular item, Dream Walkers who's encouraging messages touched

everyone, ERF who's prayer board was a source of inspiration and "The Incredibles", with honorable mentions going to "La gang a Puce", "Les Anges à Rollande", and "Mons Angels". The effort that went into the preparation and execution of all the activities, campsites and displays was inspiring and helped to

make the Relay For Life a remarkable experience for all those involved.

Thank you to all the volunteers, teams, donors and sponsors of this year's event. Success for us is not a measure of money raised, but of spirits raised and this year's Relay was a phenomenal success! Congratulations Chapleau.

Golf Club receives donation



At the end of last year Dr. James Shearer made a \$3000.00 donation to the Kebsquasheshing Golf Club. Dr. Shearer wanted the money to go towards new equipment. From the picture above you can see Dr. Shearer with the new greens mower along with Terry Legge, greens keeper and Dalton Bouchard.

Long Term Forecast

Friday	High 25	Low 10	
Saturday	High 27	Low 18	
Sunday	High 26	Low 16	
Monday	High 25	Low 12	
Tuesday	High 26	Low 14	
Wednesday	High 24	Low 12	

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Coping with extreme heat: it's all in the planning



phone.

- Know the symptoms of heat illness which include dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst or decreased urination. In extreme cases, the person may be unconscious or have stopped sweating; if so, this is a medical emergency and must be dealt with immediately by calling 911 or your local emergency number.
- Keep your home cool. If you have one, make sure your air conditioner is working. Wear loose-fitting clothing, block the sun indoors, open your windows at night to let cooler air inside.
- Avoid exposure to very hot temperatures outdoors. Reschedule or plan outdoor activities during cooler parts of the day. Move to shaded areas which can be as much as 50C/90F cooler than sunny areas.
- Contact your pharmacist or health care provider if you have a health condition or are taking any medication to see if your health could be at risk in the heat. People with certain conditions such as breathing difficulties, heart or kidney problems or Parkinson's disease are more at risk.

More information is available on ways to beat the heat at www.healthcanada.gc.ca/cc or by e-mailing publications@hc-sc.gc.ca or calling 1-866-225-0709.

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GOING TO CHURCH

<p>Catholic Church SACRED-HEART OF JESUS PARISH PAROISSE SACRÉ-COEUR DE JÉSUS</p> <p>26 Lorne Street North OFFICE- 21 Lansdowne St.N. 864-0747 New Schedule Effective Nov. 7/09 Nouvel horaire à compter du 7 nov/09 Sat/sam 7 p.m. (E or F) Sun/dim 9:30 a.m. (F or E) Weekdays/Semaine lun-ven 9:30 a.m. Wed/Mer (Hosp) 11:30 a.m. Fr. Sébastien Groleau</p> <p>ST. JEAN DE BRÉBEUF (Sultan)</p> <p>Liturgy of the Word Liturgie de la parole Mass 3rd Sunday Messe 3e dim 12:00 Noon (B) Permanent Deacon Diacre Permanent Ted Castilloux</p> <p>Diocese of Moosonee Anglican Church of Canada</p> <p>ST. JOHN'S CHURCH 4 Pine Street West 705-235-5556 Sunday Service 10:30 a.m. The Rev. Iris Montague</p> <p>ST. MARY'S ANGLICAN CATHOLIC CHURCH</p> <p>78 Devonshire Street 864-0909 Sunday Service 10 a.m.</p>	<p>CHAPLEAU PENTECOSTAL CHURCH</p> <p>9 Elm Street (P.A.O.C.) 864-0828 Sunday 10:30 a.m. & 7 p.m. Wed. Family Night 7-8 p.m. Fri. Story Hour 3:30-4:30 p.m. Pastor Dan Lee</p> <p>TRINITY UNITED CHURCH</p> <p>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 www.angelfire.com/ont/trinityuc</p> <p>OUR LADY OF SEVEN SORROWS PARISH PAROISSE NOTRE-DAME-DES-SEPT-DOULEURS (Foleyet)</p> <p>Liturgy of the Word Liturgie de la Parole Mass 2nd-4th Sunday/ Messe 2e-4e dim 12:00 Noon (B)</p> <p>COMMUNITY BIBLE CHAPEL Corner of King and Maple 864-0470 Communion Service 9:30 Family Bible Hour 11 a.m. Including Sunday School Evening Bible Study and Ladies Bible Study during the week Transportation available Al Tremblay</p>
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OBITUARY

Gratia Hilda Mary BONTINEN

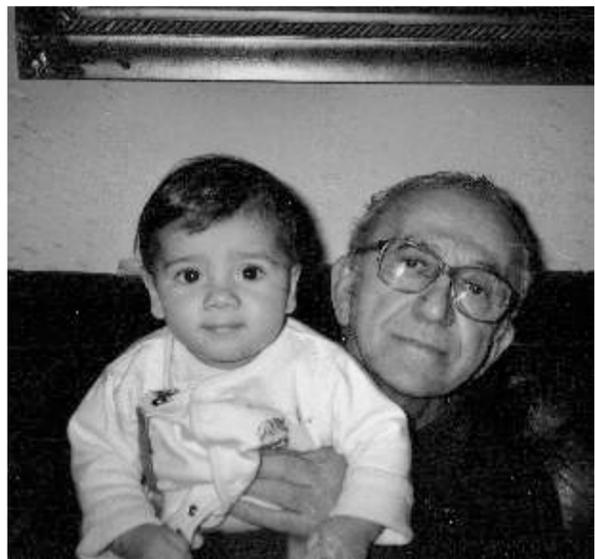


Passed away peacefully with her family by her side just one day into her 98th year at the Chapleau General Hospital on Saturday July 21, 2012. Beloved wife of the late Arvo. Loving and cherished mother of Linda Brosseau (Joseph), Nancy Freeborn (Earle), the late infant Gilbert, Richard Bontinen (Hulga), the late Carole Johnstone (David) and Albert Bontinen (Kendra). Loving grandmother of Tara, Lisa, Lynn, David, Shelley, Wendy, Laurie, Shawn Robert, James, Tracey, Tammy, Sarah, Galen and Katie. Great grandmother of 23 and also a great great grandmother. Dear sister of Patricia Donovan (late Wilfred), Regis Moreau (late Lila), Robert Moreau (Louise), late Raymond Moreau (late Margaret), late Regina Koski (late Lauri), late Jeanne Koski (late Reino), late Roland Moreau and the late Alice Robinson (late Garnet). Gratia will be lovingly remembered by her many nieces and nephews. Friends visited at the P.M. Gilmartin Visitation Centre, Chapleau, 1-800-439-4937 on Tuesday evening from 7 to 9 p.m. Funeral Mass was held at Sacred Heart Church on Wednesday July 18, 2012 at 11:00 a.m. with Reverend Sebastien Groleau officiating. Interment at the Chapleau Municipal Cemetery. Memorial donations made to the Bignucolo Residence Activation Department or to the Ontario Heart and Stroke Foundation would be appreciated by the family.

(NC)—Don't let bouts of extreme heat get you down this summer. By taking a few simple precautions ahead of time, you can keep yourself, your family and people you care for safe, cool, hydrated and prepared to enjoy the beautiful summer weather we wait so long for here in Canada. And remember, certain sectors of our society are more vulnerable to heat illness such as seniors, young children, outdoor workers and people without access to working air conditioning.

Here are some tips from the experts at Health Canada who've studied the effects of extreme heat:

- Be prepared. Tune in to local weather forecasts and alerts so you know when to take extra care.
- Arrange for family members, neighbours or friends to visit anyone you know or care for who belongs to one of those vulnerable groups. Visitors can help identify signs of heat illness that could be missed over the



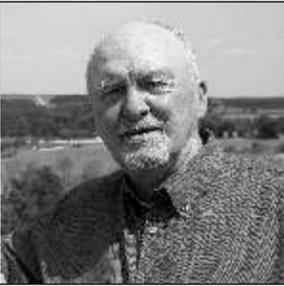
Shown above is Michael Jr. who was born June 20th 2006 accompanied by his grandfather Michael Sr. Mione formerly of Chapleau.

<h1>EMPLOYMENT ONTARIO</h1>	<p>Centre d'emploi de Chapleau Employment Resource Centre</p> <h1>Ontario</h1>	<h1>EMPLOI ONTARIO</h1>
<p>Come and see us at 12 Birch Street E. Chapleau 705-864-0430 Everyone is welcome</p>	<ul style="list-style-type: none"> - Skills Training for high demand jobs - Financial support to go back to school - Resume's & cover letters - Incentives for employers - use of computers, printers, and fax - Referral to SECOND CAREER 	<ul style="list-style-type: none"> - Formation professionnelle pour un emploi a forte demande - L'aide financière pour le retour a l'école - Résumé et lettre de motivation - Récompense pour employeurs - Utilise nos ordinateurs, imprimante et Télécopieurs - Référence a DEUXIEME CARRIERE <p style="text-align: right;">Venez nous voir au 12 rue Birch E., Chapleau 705-864-0430 Tous sont bienvenue</p>
<p>Conseil des Services du District de Manitoulin-Sudbury District Services Board</p> 		

Alcide Small edges out legendary Bill Bryson in pipe smoking contest at Chapleau Railroad Festival in 'uncompromisingly hot' weather in 1975

Chapleau Moments

by
Michael J. Morris



Although the weather was described as "uncompromisingly hot" in late June 1975, the Chapleau Railroad Festival reached great heights of interest and participation, according to Alcide Small, the CPR Superintendent from Schreiber.

Alcide, a Chapleau boy, was back in Northern Ontario as Superintendent, and a "lively guest and participant" in the three-day festival, according to the Chapleau Sentinel.

He officially opened the festival by pitching the first ball over home plate to open the softball tournament. After the opening, he and members of Chapleau council donned Festival Chapleau caps and watched the CPR Office staff play the Car barns and Sectionmen. Festival Chapleau was a creation of the council and Chapleau Recreation Committee to provide overall support to Chapleau winter and summer festivals.

The softball tournament provided a lot of good moments for the large crowds of spectators at the field behind the old Chapleau High School on Pine Street with the Office Staff emerging

as winners. The consolation winners were the Car barns and Section men. All received caps.

Alcide, who had been a CPR engineer, took out his pipe for the Pipe Smoking Contest, and edged out Bill Bryson to win. Bill had a legendary reputation for being able to keep his pipe lit from Chapleau to White River with one match. Alcide won a pipe, donated by none other than the CPR.

The CPR Superintendent commented that he "was very pleased with the turnout for the Spike Driving Contest. The weather was hot and against us but the CPR spirit was still there and it pulled through."

There were 14 entries in the Spike Driving Contest. The competition was close with Hans Freistatter emerging as the winner with Salmi Walli as runner-up. Alcide had donated a handsome plaque bearing a silver spike which he presented to the winner.

The Chapleau Memorial Community Arena was packed on Saturday night for the dance featuring Salt Spring Rainbow who provided fast tempo

blue grass music.

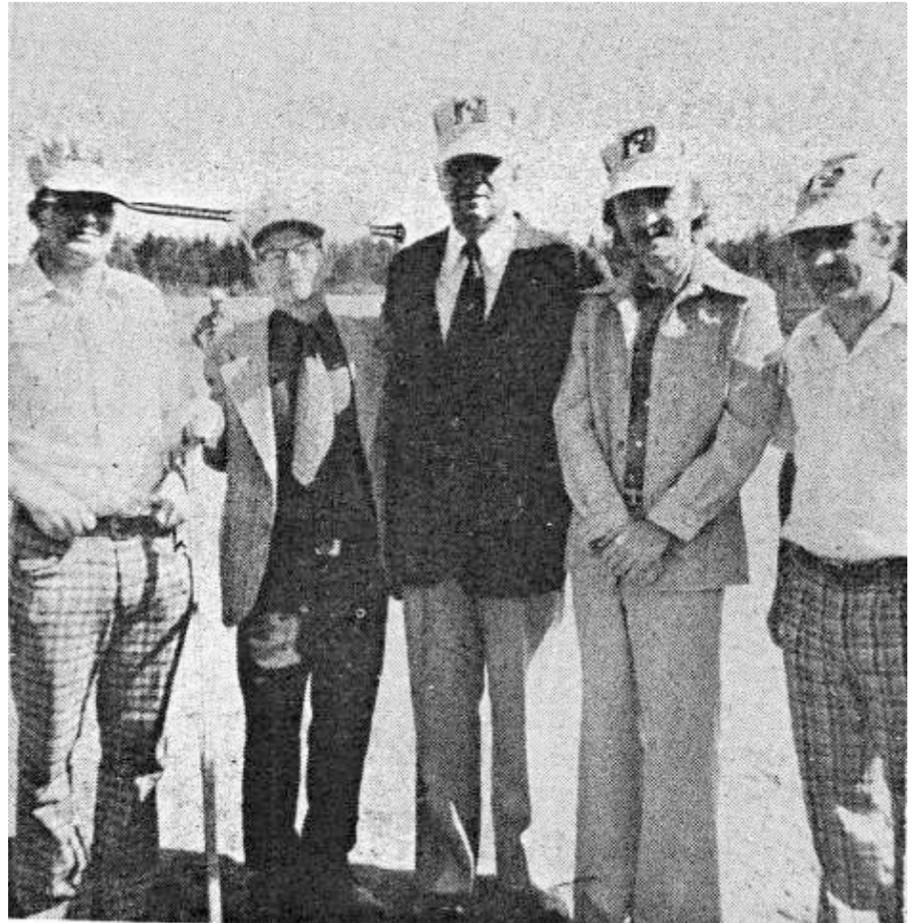
Recreation Director Terry Bryson, (Bill's son) said overall he felt the festival was "very successful, even though the weather was so hot."

He extended thanks to the CPR Superintendent and the CPR for their assistance, and also to all the other people who volunteered their time and services.

"It is people like these that help make recreation in Chapleau what it is today", he said. "I feel recreation is involving people and Chapleau citizens play an important role in the progress of recreation activities. Thank you for all your assistance in making the Railroad Festival possible."

Aside from his support and participation in the Railroad Festival, Alcide Small was most helpful to his home town in other ways during his time as CPR Superintendent.

The Chapleau General Hospital was in the works and he arranged for quit claim deeds from the CPR for the land occupied by the Lady Minto Hospital, enabling lots to be sold and the revenue derived contributed to the new hospital fundraising campaign. When the Lady Minto Hospital was built in 1913-1914, the CPR owned the land but made it available for a hospital with the proviso that when no longer used for this purpose, the



Alcide Small, CPR Superintendent (centre) at Chapleau Railroad Festival 1975. On his left Councillors George Evans, Ernie Gilbert and on right MJM and Councillor Walter Wilson

land would revert to the CPR.

This was a common practice of the CPR and the same situation applied to the land where the Chapleau Recreation Centre now stands. At first Alcide helped with the construction of Grinton Park, then the recreation centre by obtaining title to the land by the municipality from the CPR. He also arranged a donation to the recreation centre by the CPR.

While he was superintendent the CPR sent a letter to the municipality advising it that it had 30 days to get off CPR land, which was the old road across the trestle to the Planer area as the

railroad wanted to expand its tracks. Impossible of course but not to the CPR officials in Montreal who sent the letter. Alcide stepped in and bought time for the municipality to plan and build the road and bridge which are now there.

Alcide, who had attended Chapleau Public School and Chapleau High School, and had served in

Canada's forces in World War II, upon his return home at the end of the war, donated an award to a Grade 8 student.

CATCHING UP

I am gradually catching up on ideas for Chapleau Moments received when I was home for the high school reunion. However, please email me if I have not been in touch. My email is mj.morris@live.ca

Carol Hughes, MP/Députée
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Council Meeting: May 28th, 2012

Present: Mayor A. Byham, Councillors: L. Lacroix, D. Greig, R. Bertrand, CAO: A. Pellow, Treasurer: L. Jones. Excused Absence: L. Crichton-Bernier. Guests/delegations: Mr. Don Garrioch – KPMG Presentation of 2011 Financial Statements. **Declaration Of Pecuniary Interest(s):** Pursuant to the Municipal Conflict of Interest Act R.S.O. 1990, Chapter M. 50, Section 5, Councillor R. Bertrand disclosed a pecuniary interest and the general nature thereof as follows: Disbursement Sheet dated May 24, 2012 Cheque #020588, reason – Sister, Payroll #11 Employee ID 61 – Reason – Spouse, Employee ID 4 – Reason – Sister. **Resolution 16-203:** L. Lacroix – D. Greig. That the minutes of the regular meeting of the Chapleau Fishing Advisory Committee held Wednesday, May 9th, 2012 be approved as prepared and the following **Resolutions** are hereby ratified by the Council: **Resolution 8-39:** N. Tessier – T. Bemister. The Chapleau Fishing Advisory Committee recommends to Council that the Agenda be approved. Carried. **Resolution 8-40:** D. Godbout – N. Tessier. The Chapleau Fishing Advisory Committee recommends to Council that the Minutes of the meeting held on March 28, 2012 be approved. Carried. **Resolution 8-41:** D. Godbout – N.

Tessier. The Chapleau Fishing Advisory Committee recommends to Council that C. Plourde gets fishing lure quotes from a company located in Timmins, and emails the Committee with the findings as well as suggestions. Carried. **Resolution 8-42:** N. Tessier – D. Godbout. The Chapleau Fishing Advisory Committee recommends to Council that B. Groves continue his research for his proposed project. M. Levesque declared conflict of interest and did not vote on this Resolution. Carried. **Resolution 8-43:** D. Godbout – T. Bemister. That we adjourn at 8:05 p.m. Carried. **Resolution 16-204:** R. Bertrand – L. Lacroix. That the minutes of the regular meeting of the Chapleau Economic Renewal Committee held Friday, May 11th, 2012 be approved as prepared and the following Resolutions are hereby ratified by the Council: **Resolution 35-168:** S. Fuller – R. Lynn. The Chapleau Economic Renewal Committee recommends to Council that the Agenda be approved as prepared. Carried. **Resolution 35-169:** R. Lynn – S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that the Minutes of the meeting held on March 22, 2012 be approved. Carried. **Resolution 35-170:** S. Fuller – R. Lynn. The

Chapleau Economic Renewal Committee recommends to Council that the Economic Development Department proceed with further development of the 3-fold Chapleau brochure, including researching costs for production and approaching Vianet or Rogers for sponsorship of the production costs. Carried. **Resolution 35-171:** R. Lynn – S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that the Economic Development Department proceed with further development of the 4-fold walking tour brochure of downtown Chapleau, including researching costs for production and approaching downtown businesses for sponsorship of the production costs. Carried. **Resolution 35-172:** S. Fuller – R. Lynn. The Chapleau Economic Renewal Committee recommends to Council that the Economic Development Department proceed with further development of the 18-month Chapleau calendar, including researching costs for production and approaching Chapleau businesses, organizations, and area outfitters for sponsorship of the production costs. Carried. **Resolution 35-173:** R. Lynn – S. Fuller. The Chapleau Economic Renewal Committee recommends to Council that the promotional materials be offered as

a contribution to the CHS 90th Reunion Committee to be included in the registration packages. Carried. **Resolution 35-174:** S. Fuller – R. Lynn. That we adjourn at 1:25 p.m. Carried. **Resolution 16-205:** R. Bertrand – L. Lacroix. That the minutes of the regular meeting of the Council held Monday, May 14th, 2012 be approved as prepared. Carried. **Resolution 16-206:** L. Lacroix – R. Bertrand. That the minutes of the special meeting of the Council held Thursday, May 17th, 2012 be approved as prepared. Carried. **Resolution 16-207:** L. Lacroix – R. Bertrand. WHEREAS Section 8 of the Municipal Act, S.O. 2001, Chapter 25, provides that the powers of a municipality under this or any other Act shall be interpreted broadly so

as to confer broad authority on the municipality to enable the municipality to govern its affairs as it considers appropriate and to enhance the municipality's ability to respond to municipal issues; And WHEREAS Section 9 of the Municipal Act, S.O. 2001, Chapter 25, provides that a municipality has the capacity, rights, powers and privileges of a natural person for the purpose of exercising its authority under this or any other Act; And WHEREAS Section 10 (1) of the Municipal Act, S.O. 2001, Chapter 25, provides that a singletier municipality may provide any service or thing that the municipality considers necessary or desirable for the public; And WHEREAS the Council of The Corpo-

ration of the Township of Chapleau deems it expedient to establish a Grants/Subsidy Policy for the Corporation: NOW THEREFORE be it resolved that By-Law 2012-09 Being a By-law to adopt a Grants/Subsidy Policy be considered read a first, second and third time and finally passed this 28th day of May 2012. Carried. **Resolution 16-208:** L. Lacroix – R. Bertrand **Whereas** the Council of the Corporation of the Township of Chapleau passed By-Law 88-54 on the 28th day of December 1988; And **Whereas** the Council of the Corporation of the Township of Chapleau deems it necessary and expedient to amend By-Law 88-54; NOW THEREFORE be it resolved that By-Law 2012-10 Being a Bylaw **Cont'd on P.5**

Great Business Opportunity
Owners want to retire

A well established corner store business as well as the Starlite Building.

Please see Diane at the corner store for more details



The Chapleau Child Care Centre de Garde d'Enfants

would like to take this opportunity to remind drivers about young children playing outside during the summer months.

Please be sure to drive carefully through our neighbourhoods to protect our youngest citizens and to ensure everyone has a great summer!

For more information about programs and services offered at the Centre please call 705-864-1886 or stop by the Centre at 28 Golf Road.

Council Meeting: May 28th, 2012

Cont'd from P.4

to amend By-Law 88-54 being a by-law to regulate parking and traffic in the Township of Chapleau be considered read a first, second and third time and finally passed this 28th day of May 2012. Carried. **Resolution 16-209:**L. Lacroix – D. Greig. That the following cheque

register sheets be approved as prepared by the Treasurer. Cheque Numbers May 24, 2012 020577 - 020589 \$ 33,759.08, Payroll No. 10 FT May 24, 2012 \$24,511.94, Payroll No. 10 PT May 24, 2012 \$ 7,442.06, Payroll No. 10 Lib May 24, 2012 \$2,411.79, Total

\$68,124.87 FT = Full Time PT = Part Time Lib = Library. Carried. **Resolution 16-210:**R. Bertrand – L. Lacroix. That Council approve the 2012 request for rebate of taxes and municipal utilities for Chapleau Senior Services Inc. and the Chapleau Medical Clinic in the total amount of \$68,011.16.

Carried. **Resolution 16-211:**R. Bertrand – D. Greig. That Council approve the purchase of fireworks for the 2012 Canada Day Celebration from Northstar Fireworks in the amount of \$7,591.34. Carried. **Resolution 16-212:**R. Bertrand – L. Lacroix. That Council authorize the CAO to hire

IMS Services for the cleaning and investigation of sanitary sewer lines from the Lisgar Street Pumping Station towards the Aux Trois Moulins Motel. Carried. **Resolution 16-213:**L. Lacroix – D. Greig. That Council approve the 2012 July 1st Celebration tentative schedule as prepared by the Leisure and Culture Services Committee Chairperson. Carried. **Resolution 16-214:**R. Bertrand – L. Lacroix. **That Council approve the request submitted by Janet Broomhead Economic Development Specialist with respect to advertising on the Algoma Country website and in the Canada Store in Mackinaw City. Tie Vote - Defeated.** **Resolution 16-215:**L. Lacroix – R. Bertrand. That Council adopt the revised position description for the position of Leisure and Culture Services Director as presented. Carried **Resolution 16-216:**R. Bertrand – L. Lacroix. That Council authorize the Treasurer to participate in a reference group established by the Association of Municipalities of Ontario to provide

advice in negotiations with the Ministry of Finance related to reductions in the Municipal transfer fund know as the Ontario Municipal Partnership Fund. Carried. **Resolution 16-217:**R. Bertrand - L. Lacroix. That Council direct senior staff to proceed with establishing the 2012 tax rate and user fee increases as per the draft 2012 projected municipal estimates as provided in the May 28th, 2012 Council Agenda which indicates a 4.4% increase in the municipal tax levy for 2012; And BE it further resolved that Council reduce the water, waste water rate increase from 10% to 5% for the year 2012; And BE it further resolved that Council hold a special meeting to address the 2013 budget estimates on the 30th day of May 2012 at 4:00 p.m. Carried. **Resolution 16-218:**R. Bertrand – L. Lacroix. That Council set the 2012 Inter-provincial Air Tour participant AV gas price competitive with the City of Sault Ste. Marie. Carried. **Resolution 16-219:**R. Bertrand – L. Lacroix. That Council adjourn at 7:40 p.m. Carried.

Diabetes – What You Need To Know



Why walk when you can run?
Fair enough, running is a very time efficient and intensely aerobic way to incorporate exercise into our day. However, as one ages or struggles with various body ailments, the question arises: What do I do if I can't run? This article was written to remind its readers of the benefits of good old fashioned walking.
Researchers have found that walking has contributed to the following health benefits:

- Preventing Type 2 Diabetes
- Strengthening of cardiac function
- Reducing risk of heart attack and stroke
- Prevention of physical disability by improving fitness and physical function
- Reducing risk of colon cancer
- Alleviating symptoms of depression
- Delaying cognitive decline
- Maintaining bone density
- Reducing the risk of breast cancer

Unfortunately, few researchers have recognized the unsung heroic attributes of the humble walk. How many times has a bad habit or crisis been avoided because a person chose a walk instead of: watching television, surfing the internet, smoking, overeating, fighting with family or friends, overusing pain medication, wallowing in self pity or stubbornly holding onto a bad attitude?

A walk can add new perspective and clarity to a situation. It is a way to connect with nature and value the beautiful creation around us. Our bodies work much better when they move everyday, so if you can't run, don't forget to walk.

Here are some tips to keep you safe on your next trek:

- Walk tall, hold your head up and eyes forward. Your shoulders should be down, back and relaxed.
- Drink plenty of water before and after walking. If you are out for over an hour, bring water with you to drink along the way.
- End your walk with some stretches to prevent injury and keep you supple for the next walk.
- Make walking a habit: Aim for 30 minutes every day of the week.
- Wear comfortable shoes with good support.
- Be safe: When there aren't sidewalks walk facing traffic. At intersections, look over your shoulder for turning vehicles. If you walk at dusk or night wear reflective clothing.

Change is not easy, take small steps and keep at it!

If you need help setting some successful goals for your health, contact us at Chapleau Diabetes Education Program 864-0210. Submitted by Krista Frederiksen and Robin Greer, Chapleau Diabetes Education Program.

Rain helps the forest fire situation

Forest fire activity hit another new high for 2012 on Sunday July 15. There were 55 new fires confirmed in the province, 41 of them caused by lightning. Since the morning of Friday July 13, there have been 134 new fires in the province. The number of active fires currently stands at an even 100. Of these, 73 are being suppressed and 27 are being kept under observation.
The new starts have been spread across the province. In the Northwest Region,

the Sioux Lookout and Red Lake Districts have been very busy. In the Northeast Region, North Bay district has seen a steady stream of new fires. Up to another 30 new fires are projected for Monday July 16. The primary cause for most fires will be lightning. Major control issues are not expected.
The highest fire hazard on Monday July 16 will be in the southern portions of the Northeast Region. Most of the Northwest Region will be under cloud with some areas receiving steady rain.

This weather system is moving east and rain will reach the Northeast Region today. Additional lightning has been recorded in the last 24 hours along the Minnesota border regions in north-western Ontario and near Sudbury.
Ontario's firefighting resources have been meeting the challenge presented by the recent surge in fire activity. The vast

majority of full-response fires have been detected, attacked and contained at small sizes. Across Canada, other provinces are also experiencing a busy period for wildfires, some more severe than Ontario's current situation. A limited number of specialized personnel from Ontario are travelling to Alberta today to assist with wildfires in that province

Year	Fires	Hectares
2011 to date	520	581,587
10 year avg to date	514	118,941
2012 to date	809	53,472



NOTICE
WATER CONSUMERS
The **third** installment of the **2012** water, sewer and refuse collection billing is **due July 31st, 2012**.
A 1.25% penalty is imposed monthly on overdue accounts.
AVIS
CONSOMMATEURS D'EAU
Le **troisième** versement du compte d'eau, d'égout et de déchets pour **2012** est payable **le 31 juillet, 2012**.
Une pénalité de 1.25% est imposée chaque mois sur les paiements tardifs.
L. Jones
Treasurer/Tax Collector
Trésorier/Percepteur

**REPORT from
OTTAWA
by
Carol Hughes**

Federal member of Parliament
Algoma-Manitoulin-Kapuskasing



This weekend the Manitoulin Area Stewardship Council will have hosted a meeting of the International Joint Committee (IJC) – the bi-national body between Canada and the United States established under the Boundary Waters Agreement. The subject matter is the reduced water levels in Lake Huron. It is expected to be another successful meeting as well as a feather in the cap for Manitoulin Island.

Earlier that same week, hundreds of scientists rallied on Parliament Hill to protest what they are calling, ‘the death of evidence’. They were highlighting the way

Stephen Harper’s government has cut funding to scientific study and muzzled the remaining scientists that work for the Canadian government. These scientists believe the work they do is non-partisan and should be seen that way. The government doesn’t agree and has used communications officers to control the way their findings are publicly reported.

The backlash from the scientific community has been a long time brewing. The Conservatives have a record that shows they are more interested in the desires of oil company lobbyists than they are in protecting the jobs

La protection des Grands Lacs doit être une priorité

Ce weekend, le Manitoulin Area Stewardship Council sera l’hôte d’une réunion de la Commission mixte internationale (CMI), l’organisme binational établi par le Canada et les États-Unis en vertu du Traité des eaux limitrophes. La Commission examinera le niveau bas des eaux du lac Huron. La réunion sera certainement couronnée de succès et constituera un autre fleuron pour le Manitoulin Area Stewardship Council.

Plus tôt la même semaine, des centaines de scientifiques se sont donné rendez-vous sur la Colline du Parlement pour dénoncer la mort de la science. Ils soulignaient ainsi la façon dont le gouvernement de

Stephen Harper sabre le financement de la recherche et bâillonne les scientifiques qui travaillent pour le gouvernement canadien. Ces scientifiques estiment que leur travail n’est pas de nature partisane et devrait être perçu ainsi. Le gouvernement n’est pas d’accord avec eux et il fait appel à ses agents de communications pour limiter la façon dont les conclusions des travaux de recherche sont diffusées.

Le mécontentement de la communauté des chercheurs ne date pas d’hier. Il est bien connu que les conservateurs s’intéressent davantage aux désirs des compagnies de pétrole qu’à la protection des emplois et des résultats des scienti-
Suite P.7

Protecting our Great Lakes has to be a priority

and findings of federally employed scientists. Their agenda favours the oil sector and to do so has weakened environmental regulations and legislation while silencing many who might provide future evidence that shows the government has been reckless with our environment.

The Conservatives have critically weakened our census; entirely dismantled the

Experimental Lakes Area of Freshwater Institute (the one that studies entire freshwater ecosystems); used federal budgets to change the Navigable Waters Act; entirely removed habitat protection from the Fisheries Act; and severely compromised Environmental Impact Assessment across Canada.

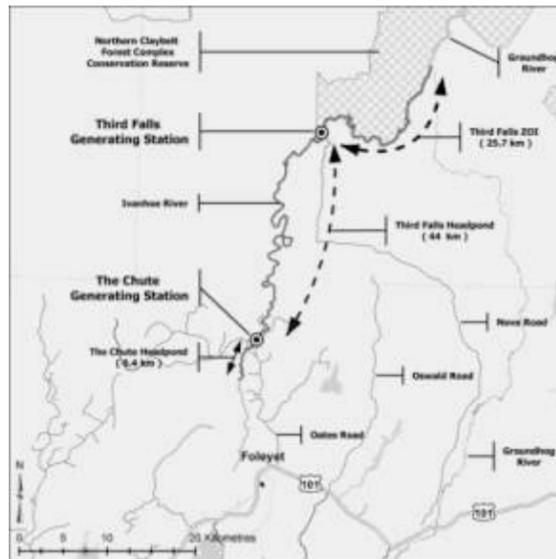
Now, as we discuss the challenges facing our Great Lakes

– which are certainly not limited to water levels - we must consider what role scientists will be asked to play in the process. Ask yourself if you would rather have a biologist provide the facts about a potential Asian Carp invasion, or if you would prefer to hear the point of view of a government spin doctor? The answer should be clear.

Discussions

like the one held on Manitoulin must be informed by unedited scientific voices if they are to be of any use. The government has to stop being one-sided on behalf of oil companies and pipelines and remember that Canadians feel our environment is worth protecting. We certainly wouldn’t like to think that we are running the country into the ground for a few quick bucks today.

**Notice of Public Information Centre
for the Ivanhoe River Waterpower Developments:
The Chute and Third Falls**



Xeneca Power Development invites you to attend our final Public Information Centre (PIC) for the Ivanhoe River projects: The Chute and Third Falls. The projects are located 79 km west of Timmins and 30 km north of Hwy 101. The Third Falls project is 44 km downstream from The Chute project. The Chute facility will have a generating capacity of 3.6 MW and Third Falls will have a capacity of 5.1 MW. They are categorized as project son a managed waterway and are subject to the Class Environmental Assessment for Waterpower Projects (2011) (Class EA) - for more information visit <http://www.owa.ca/class-ea/>.

This PIC will bring you up to date on the Class EA process for these projects, give you an opportunity to learn more about the projects, and view results from our new field studies from 2011 and spring 2012. We encourage everyone who has an interest in these projects to attend and provide input. Xeneca’s overall consultation process does not end with this meeting as we will continue to communicate regularly with stakeholders throughout the development and operational phases. Further project information can be obtained by visiting the Xeneca website at www.xeneca.com.

You are invited to provide comments on the issues to be addressed and/or to ask to be placed on the project’s mailing list. For information on the project proposals, to raise any issues or concerns, or to be placed on the mailing list, please contact:

Vanesa Enskaitis
Stakeholder Relations
Xeneca Power Development Inc.
T: 416-590-3078
F: 416-590-9955
E: venskaitis@xeneca.com

Please join us at the PIC:

Thursday, July 26, 2012
4:00 pm to 8:00 pm
Foleyet Community Hall
25 Sherry Avenue, Foleyet

A further opportunity for public input will be provided at the Notice of Completion stage of the process, which provides a 30-day comment period for comments on the Environmental Report.

Under the Freedom of Information and Protection of Privacy Act and the Environmental Assessment Act, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this matter and will be released, if requested, to any person.



5255 Yonge St., Suite 1200, North York, ON M2N 6P4
tel 416-590-9362 fax 416-590-9955 www.xeneca.com

La voix du cœur : signes et symptômes de l'AVC



(EN)—Chaque année, au Canada, il se produit plus de 50 000 AVC, dont 15 % sont mortels. Les AVC sont la troisième cause de mortalité au pays. Plus de 300 000 Canadiens vivent actuellement

avec les séquelles d'un AVC. Pour les personnes qui courent un risque, ils sont une source d'espoir et d'inspiration. Adoptez une approche proactive pour la prévention de l'AVC

afin de réduire le risque.

Reconnaître les facteurs de risque

Différents facteurs de risque contribuent à augmenter le risque d'AVC, notamment les suivants :

- Vieillesse
- Origine ethnique — les personnes de certaines origines ethniques, par exemple les personnes d'origine autochtone, africaine, hispanique

et sud-asiatique, courent un plus grand risque d'AVC, en raison des taux d'hypertension et de diabète plus élevés dans ces populations

• Antécédents familiaux — le risque d'AVC peut être plus élevé chez les membres de la famille a subi un AVC avant l'âge de 65 ans

• Sexe — les hommes présentent habituel-

lement un risque d'AVC plus élevé que les femmes qui n'ont pas atteint la ménopause

• Antécédents d'AVC — près d'un tiers des personnes qui survivent à un AVC en subiront un autre dans les cinq années suivantes, en l'absence de traitement

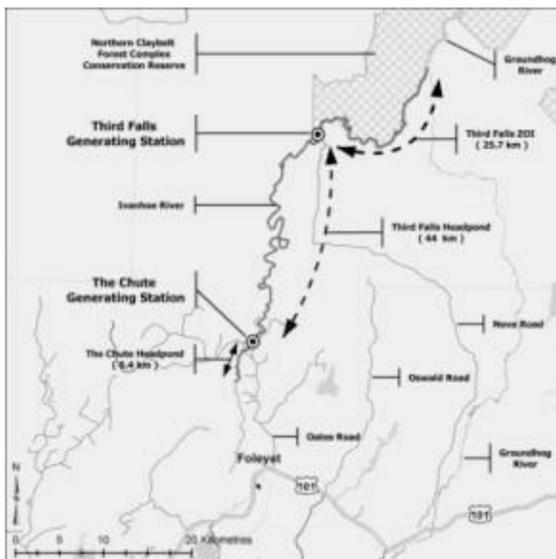
Heureusement, un certain nombre des facteurs de risque peuvent être pris en charge, notamment l'hypertension, le taux de cholestérol élevé, le degré d'activité

physique, la consommation d'alcool et le stress.

Prévention de l'AVC en présence de fibrillation auriculaire

La fibrillation auriculaire (FA) est la forme la plus courante d'arythmie cardiaque (battements de cœur irréguliers); elle touche environ 350 000 Canadiens. Bien que la prévalence de la FA soit faible chez les personnes de moins de 40 ans, elle augmente avec l'âge; chez les personnes de plus de 60 ans, elle est de 10 à 15 %. Cont'd on P.9

Avis d'une séance d'information sur les aménagements hydroélectriques de la rivière Ivanhoe



Xeneca Power Development Inc. vous invite à assister à sa séance d'information finale sur les deux projets, situé sur la Rivière Ivanhoe, à 79 km au nord de Timmins. The Chute aura une puissance de 3,6 MW et Third Falls aura une puissance de 5,1 MW. Elles sont classées comme projets sur un cours d'eau géré et sont assujetties à une évaluation environnementale de portée générale pour projets hydroélectriques (2011) (catégorie EE) — pour plus de renseignements, visitez <http://www.owa.ca/class-ea/>.

Cette séance d'information vous donnera les tout derniers détails relatifs au processus de l'évaluation environnementale de portée générale de ces projets, vous donnera l'occasion d'en savoir davantage sur les projets et de voir les résultats de nos nouvelles études sur le terrain de 2011 et du printemps 2012. Nous invitons toute personne qui manifeste un intérêt envers ces projets à y assister et à nous faire part de ses commentaires. Le processus global de consultation de Xeneca ne prend pas fin avec cette réunion, car nous continuerons à communiquer régulièrement avec les intervenants tout au long des phases d'aménagement et d'exploitation. On peut obtenir d'autres renseignements sur le projet en consultant le site Web de Xeneca à www.xeneca.com.

Nous vous invitons à nous faire part de vos commentaires sur les questions qui seront abordées et à demander de figurer sur la liste d'envoi du projet. Pour des renseignements sur les propositions du projet, pour soulever des questions ou pour figurer sur notre liste d'envoi, veuillez communiquer avec :

Vanesa Enskaitis
 Agente de liaison des relations avec les intervenants et des affaires publiques Xeneca Power Development Inc.
 Tél. : 416-590-3078
 Courriel : venskaitis@xeneca.com

Please join us at the PIC:

Thursday, July 26, 2012
 4:00 pm to 8:00 pm
 Foleyet Community Hall
 25 Sherry Avenue, Foleyet

Nous fournirons de nouveau au public l'occasion de se faire entendre à l'étape de l'avis d'achèvement du processus, qui offre une période de 30 jours pour les commentaires sur le rapport environnemental.

En vertu de la Loi sur l'accès à l'information et la protection de la vie privée et de la Loi sur les évaluations environnementales, à moins d'indication contraire stipulée dans un mémoire, tout renseignement personnel tel le nom, l'adresse, le numéro de téléphone et l'emplacement de la propriété énoncé dans ce mémoire deviendra de notoriété publique à cet égard et pourra, sur simple demande, être divulgué à toute personne.



5255, rue Yonge, bureau 1200, North York (Ontario) M2N 6P4
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La protection des Grands Lacs doit être une priorité

Suite P.6

fiques du gouvernement fédéral. Ils préconisent la défense du secteur pétrolier et c'est pour cette raison qu'ils ont affaibli la réglementation et la législation environnementales et imposé le silence à ceux qui pourraient prouver, plus tard, que le gouvernement a traité notre environnement de manière tout à fait irresponsable.

Les conservateurs ont : amoindri de manière critique notre recensement; complètement démantelé l'Institut des eaux douces dans la Région des lacs expérimentaux (l'institut qui étudie des écosystèmes d'eau douce complets); utilisé le budget fédéral pour modifier la Loi sur la protection des eaux navigables; complètement retiré la protection des habitats de la Loi sur les pêches; sévèrement compromis les études d'impact sur l'environnement partout au Canada.

Aujourd'hui, alors que nous discutons des problèmes qui touchent nos Grands

Lacs, problèmes qui ne se limitent pas à celui du niveau d'eau, nous devons nous interroger sur le rôle que joueront les scientifiques dans tout ce processus. Posez-vous la question : Voulez-vous qu'un biologiste vous expose les faits sur l'invasion éventuelle des carpes asiatiques ou préférez-vous qu'un propagandiste du gouvernement vous donne son point de vue? La réponse devrait être sans équivoque.

Pour être réellement utiles, les discussions comme celles tenues à Manitoulin doivent bénéficier des avis non censurés de scientifiques. Le gouvernement doit cesser de donner uniquement l'avis des compagnies pétrolières et des promoteurs de pipelines. Il doit se souvenir que les Canadiens pensent que leur environnement mérite d'être protégé. Nous ne voulons surtout pas penser que le gouvernement dilapide notre environnement pour quelques profits rapides qui ne dureront pas.

Plan eco-friendly fun for your kids this summer



NC - With many children out of the classroom over the coming months, summer is an ideal time for parents to introduce eco-friendly activities to help kids

learn environmentally-friendly habits, while embracing everything Mother Nature has to offer.

“Learning about the environment should be an on-going activity and the summer months are the perfect opportunity to get in touch with nature,” says Mary Desjardins, the executive director of TD Friends of the Environment

Foundation. “Through fun-filled eco-friendly activities, parents can help their kids learn life-long lessons about their local environment and the impact of their actions.”

Every year, TD Friends of the Environment Foundation (TD FEF) supports thousands of grassroots projects dedicated to preserving Canada's environment, says Desjardins. TD FEF has put together a few ideas of how to put an eco-friendly twist on activities for the kids this summer:

- Visit a Local Organic Farm: Local farms are great ways to show your children how food is grown and harvested. Curious young minds will get a glimpse of farm life – whether it's feeding goats and sheep, milking cows, or caring for crops.

- Grow a Meal: Start a small garden project by growing herbs and lettuce in a window box or build a raised-bed garden. Enjoy the results by adding homegrown vegetables and herbs to a meal.

- Go on a Park Adventure: Bring your children to a local park reserve to explore and admire Canada's beautiful landscapes. Photograph many different types of trees,

flowers and bugs for a nature log.

- Volunteer at an Environmental Charity: Check out local charities that need volunteers for the summer. Activities could range from cleaning a beach or park to planting a community garden.

More information about local projects in your community is available online at www.tdfef.com.

Photos from our readers



The above photo of a Luna moth was submitted by Carole Vallières.

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Why?

Why do we press harder on a remote control when we know the batteries are getting weak?

Wawa Black Fly run



A Chapleau group took part in the Wawa Black Fly Run on June 23rd, comprising of a 5 km, 10 km or 1/2 marathon. Our participants all did 10 km this year. Eric Leishman won 1st in male 10 km run at 33.28 minutes, adding to his already impressive collection of wins. Good job to all and let's do it again next year.

Shown above (l to r): Sarah Sullivan, Marianne Leach, Chantal Fortin, Vickie Langelier, Ashley Leach, Tracy Martel, Eric Leishman, Elaine Martel-Smith.

KUNUWANIMANO CHILD AND FAMILY SERVICES

Has an immediate opening for (1) full time FAMILY SUPPORT WORKER IN Chapleau Cree, Ontario – Competition #12-02

Kunuwanimano Child and Family Services is a not-for-profit child and family services agency offering services in a holistic manner to strengthen children and families in their own communities in the context of their unique cultural heritage.

Requirements:

- Social Services diploma or equivalent qualifications;
- A minimum of two (2) years experience in social work and in working with/for a First Nation community and/or Aboriginal people;
- Knowledge of the Child and Family Services Act with an emphasis on Part X;
- Experience in counseling, case management, file maintenance and statistical reporting;
- Experience in deliver awareness and or prevention programs;
- Knowledge of and experience with word processors and/or database systems;
- Ability to work independently and a willingness to work flexible hours;
- Good organizational skills as well as excellent verbal and written communication skills;
- Willingness to travel and have access to a reliable vehicle;
- Must possess a class "G" driver's license;
- Ability to speak Cree/Ojibwe an asset.

A detailed job description is available upon request. Please quote the competition # in your application package (cover letter and resume) and submit it by **Friday July 27, 2012 at 4:30 p.m.** to maryjaneb@kunuwanimano.com , fax 705 268-9272 or by mail to:

Human Resources
 Kunuwanimano Child and Family Services
 38 Pine Street North, Unit 120
 Timmins, Ontario, P4N 6K6

Only those considered for an interview will be contacted.

Comment protéger votre demeure des intempéries



(EN)—Les tempêtes estivales peuvent apporter un soulagement bienvenu en périodes de canicule, mais leurs conséquences peuvent être désagréables. Voici les conseils qu'offre TD Assurance aux propriétaires de maisons pour les aider à protéger leur foyer et leurs biens des intempéries.

• Procédez régulièrement

à l'entretien extérieur de votre maison : Selon un récent sondage mené par TD Assurance auprès de plus de 1 000 Canadiens de 18 ans ou plus, moins de la moitié des Canadiens vérifient si des obstacles empêchent l'eau d'être drainée à distance de la maison, et seulement 36 % enlèvent les branches brisées et les arbres en

mauvaise santé sur leur terrain. Saviez-vous que les descentes de gouttière devraient se terminer à au moins 1,8 mètre de la fondation et être orientées à l'opposé de la maison? Pour entretenir correctement votre maison, inspectez - en l'extérieur et surveillez

ces éléments importants.

• Connaissez vos biens: Moins du quart des Canadiens tiennent un inventaire détaillé de leurs biens. Pour faciliter vos demandes de règlement éventuelles, prenez note des numéros de série et des dates d'achat de vos biens. Et afin d'être encore mieux préparé à un sinistre, accompagnez votre inventaire de photographies de vos biens.

• Comprenez bien votre assurance : Le sondage de TD Assurance a également révélé que moins du tiers des Canadiens lisent leurs polices d'assurance ou connaissent exactement ce qu'elle couvre. Par exemple, on ignore souvent qu'en cas de fuite d'eau par

le toit, les dommages causés au toit lui-même ne sont habituellement pas couverts parce que cela est considéré comme un problème d'entretien, tandis que le contenu du foyer est assuré. Et cela n'est qu'une des raisons de prendre connaissance de votre police. Vous éviterez ainsi les mauvaises surprises.

• Faites preuve de

prudence : Bien se préparer est une excellente manière d'affronter bon nombre de situations, en particulier la température incertaine. D'après M. David Minor, vice-président de TD Assurance, « selon la gravité des alertes météorologiques, on devrait envisager de mettre sa voiture à l'abri et ses meubles de

CHAPLEAU EXPRESS

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Dress down day brings support to the Chapleau General Hospital Foundation

La voix du cœur : signes et symptômes de l'AVC

Cont'd from P.7

60 ans, le tiers des AVC sont causés par cette maladie. Dans l'ensemble, on estime que 15 % de tous les AVC sont provoqués par la FA.

Les professionnels de la santé prescrivent souvent des anticoagulants oraux pour la prévention de l'AVC et de l'embolie systémique chez les patients atteints de FA. Les anticoagulants sont utilisés pour empêcher des caillots de se former et de se déplacer jusqu'au cerveau, réduisant ainsi le risque d'AVC chez les patients atteints de FA.

Jusqu'à tout récemment, un seul anticoagulant oral était offert à la population canadienne atteinte de FA. Ce traitement

nécessite une surveillance régulière de l'INR (rapport international normalisé) par analyses sanguines et des ajustements de la dose.

Aujourd'hui, de nouveaux anticoagulants oraux à prendre une ou deux fois par jour sont offerts pour prévenir l'AVC et l'embolie systémique chez les patients atteints de FA. Ces traitements ne nécessitent ni surveillance régulière de l'INR (analyses sanguines) ni ajustement de la dose.

Les patients devraient parler à leur médecin pour en apprendre davantage sur la prévention de l'AVC en présence de FA et sur les plus récentes options de traitement.



Thank you to the staff of Pizza Hut/KFC Express who presented the Chapleau General Hospital Foundation with a donation of \$254. The money was raised during dress down Fridays. On hand to accept the donation is Gail Bignucolo, CEO, Chapleau Health Services.

Ontario Weather Review: June 2012



This year, summer arrived early – with the temperature dial set to “High Heat”!

Throughout the province, mean temperatures were higher than the normal values by as much as 4.3 degrees Celsius. The largest variations were observed in the Far North, north of Superior, northeastern and eastern Ontario sections. For most locations, it was the warmest June since 2005 – particularly in Geraldton, north of Lake Superior, which set a mean temperature record.

Though it was no surprise to have days with temperatures exceeding 30 degrees in southern Ontario, this June the number of those days increased exponentially. For example, Windsor saw nine days of maximum temperatures above 30 degrees; normally, the expectation would be four to five such days for that location. Sarnia had nine such days, compared to three or four days in a typical June. London (7 versus 2), Kitchener-Waterloo (6 versus 1 or 2), Hamil-

ton (7 versus 2), Toronto (6 versus 2) and Ottawa (5 versus 2 or 3) also saw significant increases. The same trend was observed in Petawawa, Muskoka and parts of northern Ontario, such as Earlton, Moosonee, Timmins and Kapuskasing.

Humidex advisories were issued for two heat episodes. The first was for southwestern Ontario, for an area extending from Windsor to Barrie-Orillia-Midland, for an event beginning June 19 and lasting through to June 21. Temperatures rose to the low to mid-thirties and, with the elevated humidity levels, combined to produce humidex values of 40 or higher. The area affected by the hot, humid and hazy conditions was extended to all of southern Ontario and the National Capital Region on June 20. A number of single-day temperature records were broken on June 20 and June 21 before the heat and humidity diminished on June 22 with the passage of a cold front.

The second heat episode that

triggered the issue of humidex advisories was for June 28, when a very hot air mass over midwestern U.S. states moved into extreme southwestern Ontario. Humidex values reached 45 in the Windsor area and were forecasted to reach 40-41 in the London and Sarnia areas. On June 29 values lowered slightly, just reaching the warning criteria of 40 near Windsor, while slipping to the mid- to upper thirties in the London and Sarnia areas. For the long holiday weekend, afternoon temperatures were in the mid- to upper thirties.

As for precipitation, for southern Ontario the month started off on a rainy note. Significant rainfall associated with a major low-pressure area moved northward across the Great Lakes. Many locations began receiving rainfall overnight on June 1 and June 2, with several hours of heavy rainfall through the afternoon of June 2 and into the evening. This was often associated with gusty winds. Some locations received half of their monthly precipitation amounts from this event.

Severe Weather
Southwestern and northwestern Ontario dominated the reports of severe weather during the month of June. Thun-

derstorms that produced significant rainfalls occurred in Dryden and Sioux Lookout on June 10. Two main bands of thunderstorm activity hit Dryden, one in the morning and one in the afternoon, resulting in 82.2 millimetres of rain. Sioux Lookout was hit with strong thunderstorms in the afternoon and evening hours of June 10, resulting in 62 millimetres of rain.

Northwestern Ontario was again in the headlines on June 17 as one of a number of strong thunderstorms produced a damaging gust of wind just to the east of Dryden. This powerful wind gust destroyed a shed in which a man was seeking shelter. Fortunately, he was uninjured.

Just a day later, on June 18, more severe thunderstorms popped up across the northwest, resulting in tornado warnings being issued for some areas. Aerial photos of tree damage in the Bread Lake area, about 30 kilometres to the east of Sioux Lookout, confirmed that one of these thunderstorms cells had produced the third tornado of Ontario’s season. The damage track was approximately 1.5 kilometres long and some 300 metres wide at its widest point. Other thunderstorm cells that day looked as strong as the one that produced the tornado near Bread Lake, and so investigations continue to see if any other tornadoes were spawned on June 18.

O n t a r i o

normally averages 13 tornadoes each year in a season that runs from late April until early October.

A series of strong thunderstorms rumbled through southwestern Ontario on June 21, resulting in a number of reports of possible cloud rotation, small hail and damaging winds that caused some trees to be uprooted. The most noteworthy damage occurred in the small community of Greenway, to the south of Grand Bend, where some of the fallen trees landed on a home in the area.

Another band of storms moved through the southwest on the evening of June 28, resulting in a report of ping pong ball-sized hail in the Chatham-Kent area.

4th CHAPLEAU GENERAL HOSPITAL FOUNDATION ANNUAL GOLF CLASSIC 2012



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Chapleau General Hospital Foundation
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Saturday, August 25th, 2012
Kebsequasheshing Golf Club, Chapleau

Registration forms available at: Royal Bank of Canada, Collins Home Hardware, Kebsequasheshing Golf Club, and the Chapleau General Hospital. For more event information and sponsorship opportunities contact Maria Doyon at 705-864-3053.

4^{ème} FONDATION DE L'HOPITAL GÉNÉRAL DE CHAPLEAU TOURNOI DE GOLF ANNUEL 2012



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Chapleau General Hospital Foundation
Fondation de l'Hôpital Général de Chapleau

Le samedi 25 août, 2012
Club de golf Kebsequasheshing, Chapleau

Les formulaires d'inscription sont disponibles aux endroits suivants: Banque Royale du Canada, Collins Home Hardware, Club de golf Kebsequasheshing et l'Hôpital Général de Chapleau. Pour plus d'info sur cet événement et les possibilités de commandite, communiquer avec Maria Doyon au 705-864-3053.



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864-1870

THE LOCAL MARKET PLACE

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

ALCOHOLICS ANONYMOUS
Offers help to anyone who desires to stop drinking. Open discussion meeting on Sundays at 2:00 p.m. Trinity United Church basement. Telephone contacts: 864-2786

ALCOHOLICS ANONYMOUS
Offers help to anyone who has the desire to stop using drugs/alcohol. Open discussion meeting on Saturday at 7:00 p.m. Pentecostal Church. Call 705-860-9769 for support.

Alcoholics Anonymous (A.A.) Open discussion meeting every Monday evening. Brunswick House First Nation Band office lounge 7pm. Narcotics Anonymous (N.A) every Tuesday same place same time. NNADAP Worker @ 864-0174 info.

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

APARTMENTS

81 Monk- Two bedroom apartment. Fridge and stove included \$460/ month plus utilities. Available September 1, 2012. **334 Hwy 129-** Three bedroom house. Fridge stove and cable included. Wood electric head \$550/month plus utilities. Available September 1, 2012. **Furnished bachelor** apartments available immediately all inclusive \$460/month. Call Mike or Michele at 705-864-1401

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Chapleau Septic Services available. Call 864-1114 to arrange time. cont.

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What do I need to make preserves?



Buying produce local, not global, delivers direct benefits to you, to the farmers, and to the environment, enthusiasts say. For example, the decision to purchase fruit and vegetables from a market, or

roadside stand, gives you and your family fresh-picked taste and quality; it gives local farmers financial support; and it gives the environment a break from the carbon footprints caused by lengthy food transpor-

tation. During the next three months or so there will be a bounty of local crops everywhere – and Canada's trend-setting foodies tell us they will be canning and preserving as many recipes as

possible to ensure such superior taste and nutrition all year.

“Home canning is not complicated, but it does require some guidance the first time,” says Chef Emerie Brine at Bernardin, a leading name in this field. “Our website gives you a full overview includ-

ing basic instructions, quick tips, equipment needed, recipes, plus a schedule of interactive workshops in your community.

“We subject all of our recommendations to rigorous testing,” he continued. “From the Mason jar design and thermal shock resistance, to sealing compounds and pectin performance, every safety aspect is investigated and monitored. Educational materials and recipes are tailored to Canadian standards and tastes. Even dietetic and allergy-related issues are factored in.”

To get you started, here's a snapshot of Chef Emerie's equipment recommendations, all of which are available where home canning supplies are sold, or on the company website at www.bernardin.ca:

Essentials:

- Mason jars or freezer

jars

- Two-piece, specialized closures, called SNAP LIDS®, or freezer jar lids

- Large deep pot to prepare recipe

- A canner. For high acid foods like produce, a large deep pot for boiling water, fitted with rack and lid. For low acid foods like meat protein, a pressure canner is recommended.

- Accurate measuring spoons and cups

Useful Items:

- Long handled spoons and spatulas

- Ladle or handled cup to transfer recipe to jars

- Canning toolkit including a non-metallic funnel, tongs

- Jelly bags (if making jelly)

- Wide mouth funnel

- Jar lifter

- Magnetic wand to lift the metal SNAPLID®

- Weight scale

- Hand protection: oven gloves and rubber gloves

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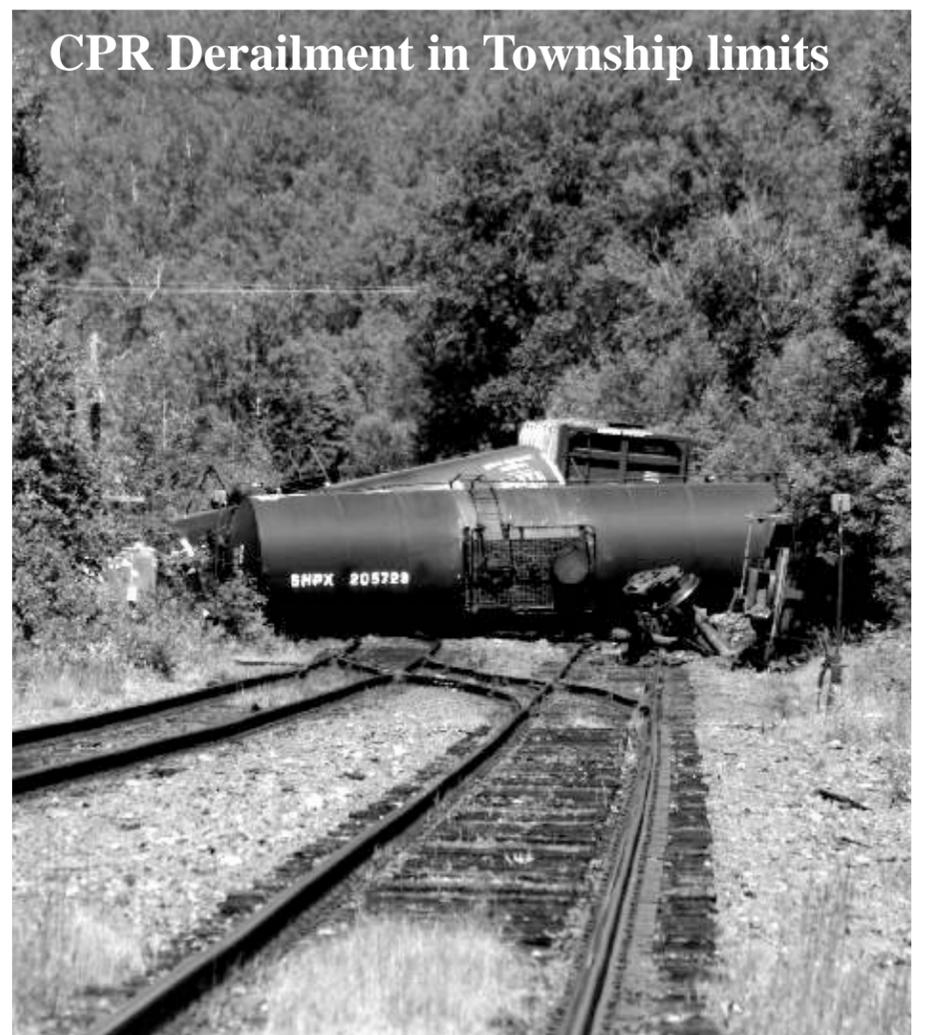
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