

Talk about good coffee!

Miss Muggins Coffee and Fresh Donuts



CHAPLEAU EXPRESS

Vol. 15, Issue 40, June 18, 2011

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



The Run for the Fight against Cancer was a Huge Success!



Participants Marianne Leach, Holli Canning and Krista Leach.

L'École secondaire catholique Trillium organized its first walk/run for cancer on May 29, 2011. This event proved to be a great success with forty participants of all ages who completed either a 2 km, 5 km or 10 km run. Four year-old Tony Morin was the youngest participant and he completed the 2 km run. Several people came out to the school to encourage our participants and to enjoy the delicious BBQ prepared by our grade 8 class. What a great afternoon!

Mr. Chris Grant was the winner of the \$200 participation prize. Upon receiving news of his winnings, Mr. Grant graciously donated the prize money back so that we may add it to our fundraising efforts. Thank you Mr. Grant! This generous act has allowed the students to raise a total of \$640.00, which will be presented to the local organizing committee of the Relay for Life during this year's celebration.

The students and the Health Professional Learning Community of

EscTrillium wish to thank all the volunteers for helping during the race as well as Mr. Jacques Tremblay and the grade 8 students for serving the delicious BBQ. Thank you to Gail Bignucolo and Isabelle Tremblay from the hospital for all their advice as well as for providing the running ID numbers and the give-away bags for the participants.

Lastly, a huge thank you to all the participants who took to the streets of Chapleau and rose to the challenge – WAY TO GO!

June 21st is Original Peoples' Celebration Day

National Aboriginal Day is celebrated in Canada on June 21st each year, the solar equinox's annual longest full day of daylight. This year Chapleau area First Nations are celebrating the day in their own way with a welcome to all.

There is a sunrise ceremony at 5:30 AM at the Turtle Lodge on the Fox lake

Reserve, followed by breakfast at the Isiah Saylor's Complex.

Brunswick House First Nation holds opening ceremonies with Chief Renee Ojeebah at 9:00 AM at the Joseph H. Saunders Community Centre. There will also be canoe team flag making during that hour.

Area schools are marking the day with a 'Mini Pow-Wow' being held this year in the gym at Chapleau High School starting at 11:00 AM. There will be a grand entrance, traditional drumming and traditional dance. Later lunch will be available from the Cafetorium and there is a piece of National Aboriginal Day

celebration cake for everyone before the giveaway and wrap-up by 2:00 PM!

The afternoon

and evening schedules at Brunswick House First Nation and Chapleau Cree First Nation, starting at 3:00 PM, are

quite busy and you are encouraged to look for and follow the schedules on the brochures and posters that respective

First Nations will have available in the community or at the mini pow-wow. Enjoy the celebrations!

90th Reunion Report

By George Evans

As we approach the annual July 1 celebrations for this year, the Organizing Committee of the CHS 90th Reunion Festival keeps its eyes on next year's July 1 weekend.

At its latest meeting, the Committee spent most of its time reviewing a draft 4-day programme of events for the occasion, running from advance registration on the Thursday evening

through closing ceremonies on Sunday. While it is far too soon to release details, it is safe to say that there will be many diverse opportunities for former students of CHS and ESCHS to mingle, reminisce, and catch up with each other's lives.

In order for word to get out to as many former students as possible, the Committee urges readers to invite through the electronic social media

all their out-of-town fellow-students to go to www.chs90threunionfestival.com to look at videos from the 75th Reunion and to register their interest in the 90th reunion. Many Chapleauites living in distant places have already done so and the list of names and current addresses is growing daily.

More local sociable types are needed to dispense drinks at several events during the Reunion.

As one may well imagine, hospitality is an essential service at a high school reunion.

Earle Freeborn wants to hear from volunteers willing to step up to defend Chapleau's reputation as the "Friendliest Town in the North". Please contact him. The more, the merrier, and fewer hours for all.

The next meeting of the Committee will take place at 6:30 p.m., June 22, 2011, at the Civic Centre.

Long Term Forecast

Friday	
High 25	
Low 12	
Saturday	
High 23	
Low 9	
Sunday	
High 24	
Low 8	
Monday	
High 25	
Low 11	
Tuesday	
High 26	
Low 13	
Wednesday	
High 24	
Low 12	



come in with a problem, come out with a smile :)

All vehicle repairs exceeding \$300.00 – free service - no redeemable cash value - sorry no rain checks

Give Rick a call at 705-864-1095



Visit our website at www.northernhaul.com for a list of our services!

Door to Door Cancer Campaign 2011

Once again the citizens of Chapleau have demonstrated their generosity despite these difficult economic times and this year the campaign raised \$ 7,860.65. Thank you to the numerous and dedicated volunteers who campaigned so successfully. Without them a campaign such as this would be impossible. The students from Chapleau Public

School, Our Lady of Fatima and Ecole Sacre Coeur provided the advertising with their beautiful and thoughtful posters which were displayed all around town. Many thanks to them for helping to "get our message out" and to the many others who assisted us in various ways. Kathryn Crichton Door to Door Campaign Chair Canadian Cancer Society

The Chapleau Express

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e-mail : chaexpress@sympatico.ca
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OBITUARY

Noella Cecile Hardy

Passed away suddenly at her home on Monday May 30, 2011 at the age of 69 years. Beloved wife of the late François Hardy (February 23, 2011). Loving and supportive mother of Mannon (Jeff Connell) and Martin Hardy. Cherished and proud grandmother of Josée, Cassandra, Ashley, Charlene and Harley David. Daughter of the late Blanche and Raoul Soriol. Dear sister of 12 brothers and sisters and pre-deceased by 2 siblings. Noella will be fondly remembered by her many nieces and nephews. Funeral services will take place at a later date in Québec. Memorial donations made to the Canadian Cancer Society would be appreciated by the family. (Funeral arrangements entrusted to the P.M. Gilmartin Funeral Home, Wawa, 1-800-439-4937).

AVIS DE DÉCÈS Noella Cecile Hardy

Est décédée subitement, lundi 30 de mai, chez-elle à l'âge de 69 ans, Mme. Noella Cecile Hardy. Prédécedée par son époux François Hardy (23 février, 2011). Mère bien-aimée de Mannon (Jeff Connell) et Martin Hardy. Grand-mère de Josée, Cassandra, Ashley, Charlene et Harley David. Fille de feu Blanche et Raoul Soriol. Chère soeur de 12 frères et soeurs. Noella sera dans la pensée de ses nièces et neveux. Les funérailles prendront place au Québec. Des dons commémoratifs à la Société Canadienne du cancer serait grandement apprécié par la famille. Pour plus d'information: P.M. Gilmartin Funeral Home, Wawa, 1-800-439-4937.

GOING TO CHURCH

Catholic Church
SACRED-HEART OF JESUS
PARISH
PAROISSE SACRÉ-COEUR
DE JÉSUS

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

ST. JEAN DE BRÉBEUF
(Sultan)

Liturgy of the Word
Liturgie de la parole
Mass 3rd Sunday
Messe 3e dim 12:00 Noon (B)
Permanent Deacon
Diacre Permanent
Ted Castilloux

Diocese of Moosonee
Anglican Church of Canada

ST. JOHN'S CHURCH
4 Pine Street West
705-235-5556
Sunday Service
10:30 a.m.

The Rev. Iris Montague

ST. MARY'S ANGLICAN
CATHOLIC CHURCH

78 Devonshire Street
864-0909
Sunday Service 10 a.m.

CHAPLEAU PENTECOSTAL
CHURCH

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

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

www.angelfire.com/on/trinityuc

OUR LADY OF SEVEN
SORROWS PARISH
PAROISSE NOTRE-DAME-
DES-SEPT-DOULEURS
(Foleyet)

Liturgy of the Word
Liturgie de la Parole
Mass 2nd-4th Sunday/
Messe 2e-4e dim 12:00
Noon (B)

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

AVIS DE DÉCÈS

Leona Bruneau-Deschenes,
(Née Serrurier)



C'est avec regret que la famille annonce le décès de leur précieuse mère au Manoir Doré, le dimanche 12 juin, 2011 à l'âge de 91 ans. Prédécedée par son premier époux Hector Joseph Bruneau (2003) et son deuxième époux Roger Deschenes (2005), les deux de Chapleau, ON. Elle laisse dans le deuil ses enfants Ronald (Ellen) Bruneau de Timmins, Gary (Marie-Claire) Bruneau de Chapleau, Donald André (Claudette) Bruneau de Timmins et John (Flavia) Bruneau de Chapleau. Elle laisse aussi dans le deuil ses petits-enfants Crystal, Christiane, Paul, Renée, Michael, Tammy-Lynn, Danah, Tanya et Krista, ainsi que 20 arrière-petits-enfants et 6 arrière-arrière-petits-enfants. Survécue par sa sœur Cheryl MacDonald de Elliot Lake. Elle sera grandement manqué par sa grande et fidèle amie, Lucille Lamarche d'Ottawa. Nous nous souviendrons toujours d'elle comme maman, grand-maman, arrière-grand-maman, arrière-arrière-grand-maman et belle-mère qui aimait et respectait toujours la dignité de chaque personne qu'elle connaissait et rencontrait, peu importe leur position dans leur vie. Elle avait toujours une place spéciale dans son cœur pour les gens dans le besoins. Elle fût membre actif dans l'organisation des Femmes Catholiques. La messe des funérailles aura lieu le jeudi à 11h00 en l'Église Sacré Cœur. Les dons commémoratifs à la fondation du Cœur, Timmins Food Bank ou des messes à la paroisse Sacré Cœur seront grandement appréciés. La famille accueillera parents et amis le mercredi de 19h00 à 21h00 et le jeudi de 9h00 à 11h00 au SALON FUNÉRAIRE MIRON-WILSON, 150 sud, rue Balsam, Timmins, ON, (705) 264-4444. Pour laisser des condoléances ou pour faire un don, s'il-vous-plaît visiter le www.mironwilson.com

OBITUARY

Leona Bruneau-Deschenes,
(Née Serrurier)

The family announces with great sorrow her passing at the Golden Manor Nursing Home on Sunday June 12, 2011 at the age of 91 years. Predeceased by her first husband Hector Joseph Bruneau (2003) and her second husband Roger Deschenes (2005), both of Chapleau, ON. She is survived by her children, Ronald (Ellen) Bruneau of Timmins, Gary (Marie-Claire) Bruneau of Chapleau, Donald André (Claudette) Bruneau of Timmins and John (Flavia) Bruneau of Chapleau. Also left to mourn are her grandchildren, Crystal, Christiane, Paul, Renée, Michael, Tammy-Lynn, Danah, Tanya and Krista, her 20 great grandchildren and her 6 great great grandchildren. She will be sadly missed by her sister Cheryl MacDonald of Elliot Lake and her lifelong best friend Lucille Lamarche of Ottawa. Forever she will remain in our memories as a mother, grandmother, great grandmother and mother-in-law who loved and respected the dignity of every person she knew and met regardless of their status in life. She had a special place in her heart for those in need. She was a long time active member of the Catholic Women's League. Funeral Mass will be held at 11 a.m. on Thursday June 16, 2011 from the Sacred Heart Church (Fr. Ghislain Ndongy O.S.M. officiating). Remembrance donations to the Ontario Heart and Stroke Foundation, the Timmins Food Bank or Masses to the Sacred Heart Parish would be greatly appreciated. The family will receive friends from 7-9 p.m. on Wednesday and 9-11 a.m. on Thursday at the MIRON-WILSON FUNERAL HOME, 150 Balsam St. S. Timmins, ON, (705) 264-4444. To light a memorial candle or make online condolences or donations, please visit www.mironwilson.com.

IN LOVING MEMORY OF

Jeannine Rioux
1942-2010

If tears could build a stairway and thoughts a memory lane
We'd walk right up to heaven and bring you home again.
No farewell words were spoken, no time to say good-bye
You were gone before we knew it and only God knows why.
Our hearts still active in sadness and secret tears still flow
What it meant to lose you no one can ever know.
But now we know you want us to mourn for you no more
To remember all the happy times life still has much in store.
Since you'll never be forgotten we pledge to you today
A hollowed place within our hearts is where you always stay.

Love always

Andre, Gerald, Jocelyne, Gérard
Brandon and Andrea

Cannon being fired launched celebration while Memegos family dominated canoe races and Rita Desson won Summer Queen Contest on 1951 Dominion Day in Chapleau

Chapleau Moments

by Michael J. Morris



When I was a kid growing up in Chapleau, I always made sure I was up to hear the sound of the cannon being fired at seven a.m to mark the beginning of the Dominion Day celebration, organized each year by Branch Number 5 (Ontario) of the Royal Canadian Legion.

School was out, and summer vacation was launched with the July 1 activities all located at the beach area between Chapleau Public School and the field behind the old Chapleau High School, except for the giant parade that wound through the streets ending up at the beach.

Such was Dominion Day for a child who had to get his costume ready and

tricycle decorated for the annual July 1 parade that marked one of the highlights of the year for me so much in the years following World War II that I still recall the celebrations like they were only yesterday.

My mother, Muriel E. (Hunt) Morris, and my grandparents (Nanny and Grandpa... Edith and George Hunt) would help me get ready for the parade and off I would go for a day packed with activities for our entire community.

Leading the parade was the Legion Colour Party and the Chapleau Town Band.

J. M. Shoup, a veteran of both World Wars I and II, principal of Chapleau Public School and township councillor would get us all organized for the

parade and later the children's races at the beach.

Many will recall that each child in the parade would receive 10 cents which was quickly spent at the canteen or on the midway. More dimes could be earned by participating in the children's races.

I was also proud to see my grandfather Harry Morris, a veteran of World War I, and one of the first group of members of Branch 5 when it was founded helping out at the activities.

Shortly after World War II, Dr G.E. Young, using his own money, had created a truly wonderful beach area on the banks of the Kepsquasheshing River, and it was the scene of swimming and canoe races, as well as canoe tilting contests. The Memegos family dominated the canoe races and canoe tilting competitions for years and William Memegos, the back packing contest.

Before Willie, the

winner was often Bob Mercier.

For example, at the Dominion Day celebration in 1951, in the men's doubles canoe race, Adam Memegos and Julie Quakagesik won while Joe Memegos and Baptiste Memegos were second and A. McAuley and Ray Barty third.

In the mixed doubles, Joe Memegos and Agnes Minnewesqua were first and Baptiste Memegos and Mrs. Adam Memegos second.

Mrs. Ignace Memegos and Mrs. Adam Memegos won the women's doubles with Mrs. Julie Quakagesik and Mrs. Cryer second.

Dr Young's beach was complete with change rooms, wading pools, a nicely grassed area and each year he had truckloads of beach sand brought to refresh it.

Rita Desson was named the 1951 Summer Queen with Florence Encil and Carol "Babe" Chambers as runnersup.



J.M. Shoup organized July 1 events for Chapleau kids. (Ian Macdonald collection)

In the afternoon of July 1, games of chance would be underway while the Town Band would give a concert in the bandstand at the beach area, while over at the ball field there was always an exciting ball tournament. Sometimes there would even be teams from out of town but to me the only team was the Legion on which Garth "Tee" Chambers played shortstop. Tee was my hero in both ball and hockey.

In the 1951 logsawing event the winners were Pierre Martel, W. Donivan and Paul Seguin.

The celebration ended with a dance and fireworks display at the beach

area. The fireworks were really spectacular, at least they were to me as a kid, but everyone agreed and "Wow" was heard as they were set off from the golf course side of the river.

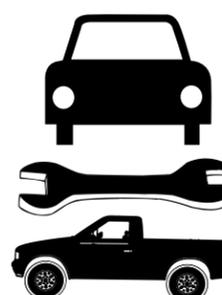
By the end of the day I would head home tired but happy looking forward to my summer vacation, cruising around Chapleau on my tricycle.

There aren't too many of those World War II vets left now, and none from World War I, who gave us the July 1 celebration, but I remember all of them fondly, for in war and peace, they made our town a better place for everyone. As I think back some 60 years to life in Chapleau at the beginning of the 1950s, it was truly a wonderful place to be growing up.

Thanks to Doug Greig, Ian Macdonald and Dr. Vince Crichton for their research assistance. My email is mj.morris@live.ca and Facebook is <http://facebook.com/michaeljmorris2>



The beach was the place to be for Dominion Day in the Fifties (Ian Macdonald collection)

 <p>Ontario Licenced Motor Vehicle Inspection Station</p>		<p>Chapleau Cree Auto/Truck Monday - Friday 8:30 a.m - 4:30 p.m. "Preventive Maintenance keeps you on the road" FOX LAKE RESERVE</p>	<p>CALL 864-9090 for an appointment</p>
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Best in Canada: Cambrian Wins Gold at National Skills Competition

Chapleau native Dillan Cooke takes top honour



By Lynn Bulloch

June 2 and 3, 2011.

Cambrian College is continuing its legacy of success at the Provincial and National Skills Canada competitions with a gold medal win at the Nationals, held in Quebec City on

Systems Technology student Dillan Cooke earned a gold medal in IT Network Support. "He's now part of an elite group of Computer Systems Technology students that

has made Cambrian proud at these competitions," said professor Bob Vachon, who accompanied Cooke to the Nationals.

Since 2005, Cambrian has brought home two gold medals at the national level, as well as one silver and one bronze. Over the same period, at the provincial level, the College earned five gold medals, three silver medals, and three bronze. Vachon said "the fact that we can compete and win at these competitions definitely says something about the value of the education we offer at a comparatively small northern college. Our track record proves that graduates of our program have the skills and talent demanded in the

industry."

To take home gold, Cooke endured two days of rigorous problem solving in tasks like setting up Windows 2008 and Linux servers, network design, cabling, infrastructure, configuration, and scripting. Cooke says he knew he was well prepared with help from Cambrian's expert faculty. "I've had lots of time to work on any weaknesses," he explained, "and having instructors like Bob Vachon coach you along doesn't hurt either."

A native of Chapleau, Cooke is in his third year at Cambrian. He's currently finishing up his placement in Computer Systems Technology and is planning to pursue a dual diploma in Computer Systems

Technology and Computer Programmer Analyst. He hopes to pursue a career as a network administrator.

Cambrian College President Sylvia Barnard says she's very "proud of Cooke's success," adding that "there is

tremendous demand for those talented in computer and network technology. With some of the top technicians in the province graduating from Cambrian, it's obvious that our college can meet the demands of business and industry."

HSCDSB

Our Lady of Fatima
School Council

PARENT WORKSHOP

MRS. FLAVIA BRUNEAU
& MR. DAVID TENORIO

Highlights:

- Two experts will offer practical advice
- Reading Strategies
- Homework support
- Effects of media, video games in children
- Nightmares, and bad dreams

MONDAY, June 20, 2011
7:00-8:00 p.m.

Our Lady of Fatima Smart Board Room
Light refreshments will be served



The Aboriginal Peoples' Alliance (Northern Ontario) - APANO is a regional organization servicing a number of communities in North Eastern Ontario. It is a not-for-profit organization that develops and implements social, cultural and recreational activities to meet the needs of our Aboriginal communities

EMPLOYMENT OPPORTUNITY
CHAPLEAU, ONTARIO
PART TIME LONG TERM CARE WORKER
21 Hours per Week
Salary: Based on Qualification and Experience

JOB SPECIFICATIONS

- To provide Elders with weekly friendly and security checks
- To provide a monthly Wheels to Meals Program
- To organize monthly health information session

JOB QUALIFICATIONS

- ★ Grade 12 or equivalent
- ★ Post secondary student in a related field preferred e.g. nursing personal support worker
- ★ Superior interpersonal skills
- ★ Experience working with the elderly and those on disability
- ★ Knowledge of Aboriginal culture will be considered an asset
- ★ Excellent organizational and time management skills are required
- ★ Must be highly self-motivated and have a demonstrated ability to work with minimal supervision
- ★ Must have a Valid Driver's License and must have a reliable vehicle
- ★ Must provide a clear C.P.I.C.
- ★ Require 2 references

CLOSING DATE: Thursday June 20th, 2011 at 4:30 p.m.
Interviews will be held in Chapleau, Ontario

FORWARD RESUME TO:
Aboriginal Peoples' Alliance (APANO)
P. O. BOX 1795
Cochrane Ontario
POL ICO
Fax: 705-272-2563
Email: apanomain@puc.net

Meegwetch to all applicants, however, only those selected for an interview will be contacted.



The Aboriginal Peoples' Alliance (Northern Ontario) - APANO is a regional organization servicing a number of communities in North Eastern Ontario. It is a not-for-profit organization that develops and implements social, cultural and recreational activities to meet the needs of our Aboriginal communities

EMPLOYMENT OPPORTUNITY
CHAPLEAU, ONTARIO
ASSISTANT TO THE ABORIGINAL FAMILY SUPPORT WORKER
PART TIME POSITION (20 HOURS PER WEEK)

JOB SPECIFICATIONS

- The Aboriginal Family Support Worker will be responsible for the delivery of a community-based program that supports the healthy birth and development of OFF reserve Aboriginal children ages 0-6 years.
- Develop parenting classes that emphasize traditional and western practices

JOB QUALIFICATIONS

- Working knowledge of basic computer skills, proficient in word processing and ability to learn spreadsheet program
- Knowledge of Aboriginal culture and tradition values is essential
- Commitment of improving the health conditions of the Aboriginal Community
- Should possess strong organizational and interpersonal skills
- Able to work as part of a team or on own with minimal supervision
- Excellent oral and written skills
- The ability to speak the Cree Language is an asset

CLOSING DATE: Thursday June 20th, 2011 at 4:30 P.M.

FORWARD RESUME TO:
Aboriginal Peoples' Alliance (APANO)
P. O. BOX 1795
Cochrane Ontario
POL ICO
Fax: 705-272-2563
Email: apanomain@puc.net

Meegwetch to all applicants, however, only those selected for an interview will be contacted.

La course pour la lutte contre le cancer fut un succès !

L'école secondaire catholique Trillium a organisé la première course pour le cancer le dimanche 29 mai, 2011. Cet événement fut un grand succès avec quarante personnes de tous les âges qui ont terminé une course et/ou une marche de 2 km, 5 km ou 10

km. Tony Morin, âgé de 4 ans, fut le plus jeune participant qui a parcouru le trajet de 2 km. Plusieurs personnes se sont présentées à l'école pour encourager nos participantes et participants et pour déguster la bouffe préparée par les élèves de la 8e année lors du

BBQ. Quel bel après-midi !

Le gagnant du prix de participation de 200 \$ fut M. Chris Grant, qui à son tour, a remis son prix à l'école afin de l'ajouter à la somme d'argent ramassée pour le cancer. Merci M. Grant ! Grâce à la générosité de M.

Grant, la somme totale de notre prélèvement de fonds s'est élevée à 640 \$ et ce montant sera remis au comité organisateur local du Relay for Life lors de leur célébration annuelle.

Les élèves et la communauté d'apprentissage pro-

fessionnel de santé de l'ÉscTrillium tiennent à remercier tous les bénévoles qui ont aidé lors de la course ainsi que M. Jacques Tremblay et les élèves de la 8e année pour le BBQ délicieux. Merci à Gail Bignucolo et Isabelle Tremblay de l'hôpital, qui nous ont

conseillés à plusieurs reprises et qui ont fourni les numéros de course ainsi que les sacs remis aux coureurs.

Enfin, un gros merci à tous les participants et toutes les participantes qui ont bravé les chemins de Chapleau et qui ont réalisé ce défi. BRAVO!

Diabetes – What you need to know

Staying healthy this summer



By Krista Frederiksen and Robin Greer
Chapleau Diabetes Education Program

As we head into the summer season, it seems appropriate to share some healthy living habits. If adopted, these habits can help you to feel rested and rejuvenated before returning to regular routine in the fall. Feeling well is often the direct result of eating healthy foods, getting regular exercise and adequate sleep. Keep these three in mind as you plan out your summer schedule. Caring for yourself over the summer can be easier as life tends to be moving at a less hectic pace. The hardest part is deciding whether or not you choose to make health

a priority.

You may find that you are eating away from home more than usual due to social activities or travel. Do your best to choose wisely and stick to proper portions. When it is your turn to host, embrace the season and serve a variety of fresh vegetables and fruit.

The benefits of regular exercise go well beyond weight management, and can help your body cope with everything from depression to insomnia. Here are some tips for ways to add activity into your day.

Go for a 10 minute run three times a week.

Get up 10 minutes early and do a set of 30 sit-ups, push-ups, and squats.

Plan a bike ride three times a week or save gas by using a bicycle as part of your commute to work.

Find a dance demo on the internet and practice your "moves" for 15

minutes three times a week.

Get into the habit of taking a walk after dinner.

When you are on holidays, take the opportunity to plan your day around exercise. Examples can include biking to a scenic location, having a picnic lunch and biking back. At the cottage, you can get a great workout swimming. For longer distances, it is advisable to have a friend or family member paddle a canoe alongside you as you swim.

Throughout the year, our trend as a society is to burn the candle at both ends and in order to get all our tasks done, we short change ourselves on sleep. However, emerging evidence tells us this unhealthy habit is causing our bodies significant harm. Sleep plays an important role in regulating hormones, blood glucose and cardiovascular function. It is associated

with decreased heart rate and blood pressure. The trend toward shorter sleep duration over the last 50 years coincides with dramatic increases in the prevalence of Type 2 diabetes and obesity.

Although we cannot catch up on missed sleep, we can try to ensure that we start getting our 7-9 hours/night. If you need more information on improving your sleep, see your doctor or diabetes educator.

The following summer tips are for everyone, but especially important for those with diabetes.

* Exposure to UV rays is linked to the formation of cataracts and macular degeneration.

Remember to wear 100% UV block sun glasses for eye protection and comfort.

* Comfortable, well fitting shoes are a great investment. Your feet need the protection and the support that good shoes offer.

People with diabetes should not go barefoot in the house and especially not on a beach or in any public area. Examine your feet everyday, looking for cuts and lesions or any malformations.

* Drinking water offers a variety of health benefits especially for those with diabetes. When people are properly hydrated they report feeling more alert and energetic. For people with diabetes, mild dehydration can have a significant impact on blood glucose readings. Be wise to replenish the water lost through perspiration from the heat or from exercise.

We will resume the Cedar Grove drop-in clinic in September. The Diabetes Education Program is still open at the Medical Clinic throughout July and August, come and see us! Part of caring for your health is checking in with your diabetes educator. Perhaps it has been a while since you have had routine labwork done, reviewed your diet or had your feet and eyes checked. Or maybe you would like encouragement and support to initiate some of the healthy habits discussed in this article. We wish you a healthy and happy summer!

**HELP
KEEP OUR
COMMUNITY
CLEAN** 
EASY AS
1-2-3



What Have You Learned Today?

FREE
Adult Learning
864-2323

Funded by the Government of Ontario

Chapleau
LEARNING CENTRE

Reading Business Math
Word Chemistry **Excel**
Goal Setting Keyboarding
Health Math **Writing**
Biology GED Preparation
PowerPoint Email

Several charges laid against ATV operator



On June 5, 2011 Superior East OPP in Chapleau received a report of a male subject operating a three-wheeler ATV on Cedar Street. Information received indicated he had no

helmet and possibly intoxicated. It was also reported that he had almost struck a group of people walking in the area. At 4:05 a/m police located the driver and ATV near the Airport and stopped the accused. The subject was noted not to be wearing a helmet and showed signs of impairment. A roadside sobriety test was conducted which registered a "fail". Breath tests conducted at the Chapleau OPP

Detachment produced well over the legal limit. Further investigation confirmed that the male was also on conditions as a result of a Probation Order as well as two

Undertakings. During a search of the accused, a quantity of cannabis was located.

T r e n t AGAWA, 20 years old of Gallagher Township near

Chapleau stands charged with the following criminal code and drug infractions;

- (1) Impaired Operation of a motor vehicle
- (2) Exceed 80 milligrams blood alcohol content
- (3) Possess Schedule II Cannabis Marihuana under 30 grams
- (4) Breach of Probation Order
- (5) Dangerous Operation of a Motor Vehicle
- (6) Fail to

Comply with an Undertaking – two counts.

The accused was held for a bail hearing and remains in custody.

"If you have any information regarding any criminal activity, call 705-942-7867 or 1-800-222-8477 (TIPS); submit an e-tip from The Crime Stopper's web-site at www.sault crime stoppers.com or send a text to keyword SSM to the short code number 274637.

Entertainment Night Every Wednesday Waterfront Pavilion

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The **RECYCLEYOURELECTRONICS.ca** tour is coming to you.

Chapleau

16 Birch Street
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1:00 'til 8:00

Drop off your unwanted electronics for free.
We'll take it from there.

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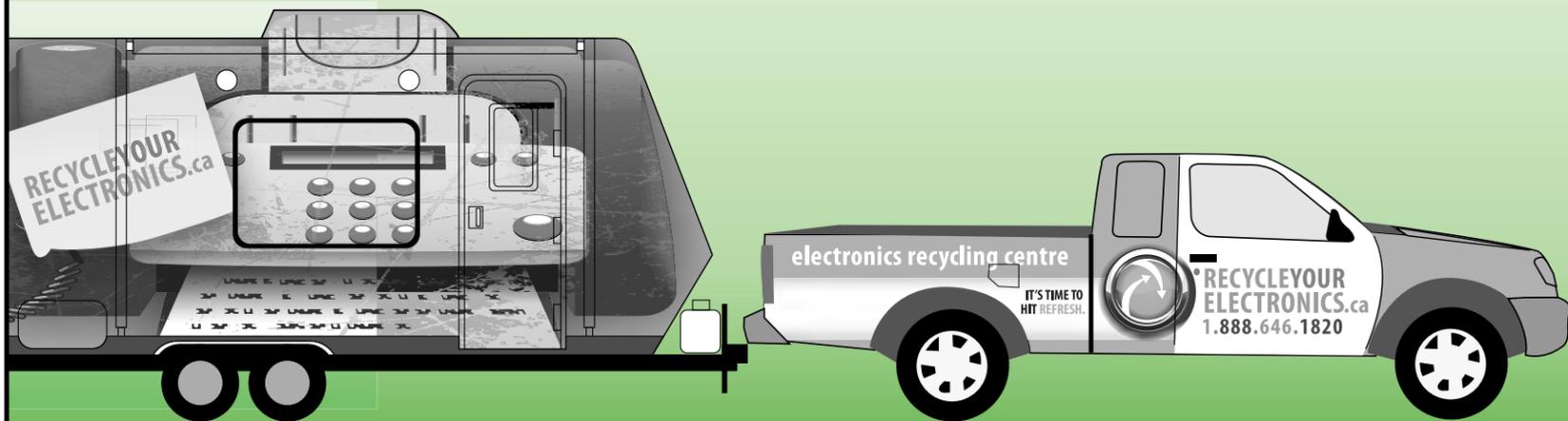
La tournée **RECYCLEYOURELECTRONICS.ca** arrive chez vous.

Chapleau

16, rue Birch
(terrain vague à côté de Canada Brokerlink)
Mercredi 22 juin
de 13 à 20 heures

Déposez gratuitement vos vieux électroniques.
On s'en occupe.

UN P'TIT COUP D'ŒUR SUFFIT!
Pour une liste complète des articles acceptés et des endroits, passez à recycleyourelectronics.ca



Kebsquasheshing Golf Club holds successful first tournament



1st Place with a 57 Julien Boucher Eric Langelier Robert Noel Robert (Boom) Moreau.



Placing 2nd with a 61 after a 3 way tie, the winners were Doug Prusky, and Billy Scheer. Missing from photo J.C. Cyr and Moran Bernier.



3rd place winners with a 64 after a 3 way tie the winners were Mitch Plourde, Curtis Brunette. Missing from photo Robert Scott and Stéphane Doyon.



4th place winners with a 67 were Lionel Gionet, Joanne Plourde, Levis Bouchard and Sharon Morgan.



The luck of the draw winners George Larocque and Odette St Pierre. Missing from photo Marcel Morin and Dave Laughland.



Closest to the hole # 8 Robert Noel and missing from photo and closest to hole #9 Robert Scott.



Chip closest to the flag Ted Gionet

Kebsquasheshing Golf held a very successful first tournament of the year. Great fun was had by all. A total of 52 members participated. The next tournament is slated for July 10th, 2011. It will be a 3 person best ball and each team must have a least one Lady golfer. Place this one on your calendar and plan ahead for another great weekend.

Safe Kids Day



Tyson Kydd poses with his new friend Smokey the Bear.

Families came out to enjoy a day of safety at this year's annual Safe Kids Day.

The Chapleau Fire Department, MNR Fire, MNR Bear, Sudbury and District

Health Unit, OPP and Chapleau Best Start Hub gathered at the Moore arena to teach families about the importance of staying safe. Children were delighted to see Sparky the dog and Smokey the bear. Children who brought their bikes had the opportunity to take part in the bike rodeo and have their helmet fitted to ensure their heads are being protected. Bike rodeo participants also had their names entered in a draw to win a new bike. There was a free barbecue and refreshments and everyone enjoyed a piece of Ethel's delicious Safe Kids Day cake. A big Thank you to everyone who participated in this event! See you next year!



Pictures: The new bike was donated by the Chapleau Best Start Hub and presented by Trish Hamill to the excited winner Maxine Beaulieu.

Province to invest \$1,544,000 in better water services in Chapleau and Wawa

Ontario government ensuring safe, reliable water and wastewater services

REPORT FROM Queen's Park BY Mike Brown,

Provincial Member of Parliament for Algoma-Manitoulin



Mike Brown, MPP, Algoma-Manitoulin, is pleased to announce that Chapleau and Wawa will get additional help in order for families to continue to have access to clean, safe, reliable water.

To modernize and improve these communities' aging infrastructure, the province is supporting the communities:

- Chapleau - \$930,537 for more efficient equipment and controls

- Wawa - \$613,644 for water metering

"Upgrades to our water services are not only essential to improving the quality of life for the residents, but it will also create jobs and economic development to our local economy," said Brown.

In 2000, Ontario experienced a tragedy because of contaminated water in Walkerton. More than 120 recommendations were made and the government

implemented every single one of them. Ontario has the highest standards for drinking water in North

America and has gone on to develop water technologies that not only provide safe, reliable, clean drinking water to Ontarians but to the rest of the world. This has also benefitted Ontarians by creating clean jobs and protecting one of our most valuable resources for our children and our grandchildren.

Noël



Grand-papa Claude et Grand-maman Micheline sont très heureux d'annoncer la naissance de leur premier petit-fils Félix Claude Trudeau. Félix est né le 23 mai 2011 à l'Hôpital régional de Sudbury. Il est arrivé à 12h26 a.m. pesant 7 livres 5 onces et mesurant 20.5 pouces. Maman Nathalie et Papa Pierre sont très contents. Un petit frère pour Lina et Alex. Grands-parents paternel sont Lionel et Lorraine Trudeau. Arrière-grands-mères sont Yvonne Gallant et Annette Noël.



Superior North Mobile Veterinary Services

will be welcoming new patients on

Thursday, June 23rd

at the Aux Trois Moulins Motel.

Please call Alyssa (705) 987-6893

if you would like to make a medical/surgical appointment for your pet

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District Services Board

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705-864-0430
Tous sont bienvenus

PM's frivolous travel sets the wrong tone

**By Carol Hughes, MP
Algoma-Manitoulin-
Kapuskasing**

This past week in Parliament began with a budget that set in motion major cuts to federal departments and programs and was punctuated with a flippant trip to Boston by the Prime Minister to watch game 4 of the Stanley Cup finals. If this seems like mixed messaging to you, you are not alone.

Days after his Finance Minister delivered a rehashed

budget that failed to make life more affordable for Canadian families still struggling to recover from the effects of the recession, the Prime Minister soaked himself in privilege and took a Challenger Jet to Boston. It is worth noting that these Jets cost \$10,000 an hour to operate. That is taxpayer's money not well spent.

The budget set out cost-cutting goals that have firm targets

but is short on the details of how this will be achieved. What is known is that all departments will be asked to cut back and unidentified programs will be cut.

Additionally, the government set a third deficit reduction goal in three years after their own figures revealed they have fallen short of their previous targets.

In the House we had an example of how program cuts will

be characterized by the government when the Minister of Fisheries and Oceans referred to a Labrador Search and Rescue center being axed as merely a "call centre." This is the way that cuts to important programs will be rationalized; by changing the way they are described to downplay their importance.

Ultimately, this is not a job creation budget. It doesn't address the reasonable

and affordable proposals New Democrats presented to the Prime Minister in February and to Canadians during the federal election. There was nothing to strengthen CPP, nothing to provide relief for family budgets, nothing for the millions of Canadians without access to a family doctor and it failed to lift seniors out of poverty.

That this is happening while the

Prime Minister is taking full advantage of his position and flying around on the public dime, for completely unnecessary reasons, is grotesque. If Stephen Harper was truly serious about austerity, he would have watched the game on television like millions of hard-working, tax-paying Canadians. Sadly, we see that the government has embarked on the 'do as I say, not as I do' path only days into the new Parliament.

Le voyage frivole du premier ministre envoie le mauvais message

**Par Carol Hughes,
MP Algoma-Manitoulin-
Kapuskasing**

La dernière semaine parlementaire s'est ouverte par le dépôt d'un budget dans lequel on prévoit des réductions importantes dans les ministères et les programmes fédéraux. Elle a aussi été marquée par un voyage extravagant du premier ministre à Boston pour assister à la quatrième partie de la série finale de la Coupe Stanley. S'il vous semble que les messages sont contradictoires, vous n'êtes pas seuls.

Quelques jours après que son ministre des Finances eu présenté un budget remanié dans

lequel rien n'est fait pour améliorer la situation financière des familles canadiennes encore aux prises avec les effets de la récession, le premier ministre s'est offert le privilège d'un voyage à Boston à bord d'un Challenger. Il convient de souligner que l'utilisation de ces jets coûte 10 000 \$ de l'heure. Voilà des fonds publics mal dépensés.

Le budget établit des objectifs de réduction des coûts dont les cibles sont fixées mais dont les détails sur la façon de les atteindre sont rares. Ce que l'on sait, c'est que tous les ministères devront procéder à des réduc-

tions et que des programmes non identifiés seront éliminés. De plus, le gouvernement établit un troisième objectif de réduction du déficit en trois ans, après que ses propres données lui ont indiqué qu'il avait manqué ses cibles précédentes.

Le ministre des Pêches et des Océans a offert à la Chambre un exemple de la façon dont le gouvernement entend traiter les réductions de programme, lorsqu'il a qualifié de simple « centre d'appels » un centre de recherche et de sauvetage du Labrador qui sera supprimé. Voilà comment on expliquera les réductions à des

programmes importants : en changeant la façon de les décrire dans le but d'en diminuer l'importance.

En définitive, il ne s'agit pas d'un budget de création d'emplois. Il ne tient pas compte des propositions raisonnables et abordables que les néo-démocrates ont présentées au premier ministre en février et aux Canadiens au cours de la campagne électorale fédérale. Il ne prévoit rien pour bonifier le RPC, pour alléger le fardeau budgétaire des familles, pour aider les millions de Canadiens qui n'ont pas accès à un médecin de famille, ni pour sortir les aînés de la pauvreté.

Tout cela, alors que le premier ministre profite de tous les privilèges de sa fonction et qu'il voyage aux frais des contribuables, pour des motifs tout à fait futiles. Cette situation est choquante. Si Stephen Harper prenait ses mesures d'austérité vraiment au sérieux, il aurait regardé la partie à la télévision, comme l'on fait des millions d'honnêtes contribuables canadiens. On constate malheureusement que le gouvernement a adopté

la devise « faites ce que je dis, pas ce que je fais » quelques jours à peine

après l'ouverture de la nouvelle législature.



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Laissez nous faire parti de l'expérience d'apprentissage de votre enfant!**



Council Minutes: May 9th, 2011 Meeting

Present: Mayor: A. Byham, Councillors: L. Lacroix, D. Greig, R. Bertrand, CAO: A. Pellow, Treasurer: L. Jones, Excused Absence: L. Crichton-Bernier. **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 on the 2011 Draft Budget - **Airport, Salaries/Benefits** - Reason - Spouse of Airport Assistant, Fire Department. **Salaries/Benefits** - Reason - Spouse of Fire Chief and mother of fireman, Library **Salaries/Benefits** - Reason - Sister of Librarian. Councillor L. Lacroix disclosed a pecuniary interest on Council Minutes dated May 2, 2011. **Resolution #16-200** - Reason - Owner of Lacroix Bus Lines Inc. **NOTE:** Councillor Bertrand excused herself at 6:45 p.m. Mayor Byham requested a moment of silence in memory of former Council member Keith "Bud" Swanson who passed away on May 5th, 2011, having served on Council from December 8th, 1997 to March 28th, 2008. **Resolution 17-216:** L. Lacroix - D. Greig. That the minutes of the regular meeting of the Council held Monday, May 2nd, 2011 be

approved as prepared. Carried. **Resolution 17-217:** L. Lacroix - D. Greig, That the minutes of the regular meeting of the Leisure and Culture Services Committee held Tuesday, May 3rd, 2011 be approved as prepared and the following resolutions are hereby ratified by the Council; **LCSC Resolution 11-05-14:** Richard Beaudoin - Tawnya Parry. That the Leisure & Culture Services Committee recommends to Council that we accept the minutes of April 5, 2011 as presented. Carried. **LCSC Resolution 11-05-15:** Richard Beaudoin - Tawnya Parry. That the Leisure & Culture Services Committee

recommends to Council that the arena popcorn machine cord is fixed/replaced before Canada Day and that the Rebekah's be granted use of the popcorn machine for Canada Day. Carried. **LCSC Resolution 11-05-16:** Richard Beaudoin - Tawnya Parry. That we adjourn at 6:20pm. Carried. **Resolution 17-218:** L. Lacroix - D. Greig. That the following cheque register sheets be approved as prepared by the Treasurer. Cheque Register May 5, 2011 019273 - 019306 \$ 176,665.60. Total \$ 176,665.50. Carried. **Resolution 17-219:** L. Lacroix - D. Greig. That Council approve the request of the Rotary Club of Chapleau with the assistance of Branch #5 of the Royal Canadian Legion in holding a Downtown Day on Saturday, June 25th, 2011; And Be it further resolved that Council authorize the use of Birch Street from Lansdowne to Young Street for the Downtown Day from 7:30 a.m. to 8:00 p.m. And Be it further resolved that the Township provide the appropriate barricades to prevent traffic from entering this area during the event as well as the necessary display tables. Carried. **Resolution 17-220:** D. Greig - L. Lacroix. That

Council accept the draft letter to the Northern Ontario Heritage Fund Corporation as amended concerning a request for a loan payment deferral; And Be it further resolved that Mayor Byham be authorized to sign and release the letter. Carried. **Resolution 17-221:** L. Lacroix - D. Greig. That Council move into camera at 8:37 p.m. for personal matters about an identifiable individual, including municipal or local

board employees. Carried. **Resolution 17-222:** D. Greig - L. Lacroix. That Council move out of Camera at 9:08 p.m. Carried. Note: Upon Council rising from its' in camera session the CAO in open Council verbally reported that Council had reviewed a legal matter related to the Business Retention and Expansion Program. **Resolution 17-223:** L. Lacroix - D. Greig. That Council adjourn at 9:06 p.m. Carried.



THE CORPORATION OF THE TOWNSHIP OF CHAPLEAU
requires a
Public Works Superintendent

THE COMMUNITY

Chapleau is a community of 2,050 located on the CP Rail transcontinental route. Chapleau is the home to Tembec and CP Rail. Fishing, hunting, snowmobiling, skiing and other recreational opportunities make it an attractive northern community. We are the Friendliest Town in the North.

THE POSITION

Chapleau requires a skilled and experienced team member to assume the responsibility of several environmental and transportation services with a staff of seven and an annual operating budget of some \$ 800,000.00. This is a challenging position reporting to the Chief Administrative Officer

QUALIFICATIONS

The successful candidate will have at least five years experience in a similar capacity, proof of secondary school diploma from an accredited Canadian educational institution, heavy equipment experience and a valid D-Z Ontario driver's license. Computer proficiency required.

REMUNERATION

Subject to qualifications, a salary and benefit package in accordance with the existing salary grid and benefit package.

APPLICATIONS

Typed resumes with cover letter, proof of education and experience attached, will be received by the undersigned until **4:00 p.m., June 30th, 2011**. A detailed position description is available upon request. In accordance with the Municipal Freedom of Information and Protection of Privacy Act, the information gathered is collected pursuant to the Municipal Act, R.S.O. 1990, M.45, and will be used to select candidates for interviews. We are an equal opportunity employer. We thank all candidates in advance and advise that only those selected for interviews will be contacted.

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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

ALCOOLLIQUES ANONYMES Offre de l'aide à celui ou celle qui désire arrêter de boire. Les rencontres ont lieu tous les mercredis soirs à 19h (7:00 p.m.) Au sous-sol de l'église Sacré-Coeur. Téléphonez au 864-2786

Narcotics Anonymous offers help to anyone who desires to stop using drugs. Meeting every Thursday 7:30 p.m. basement Sacred Heart Church. Telephone contact 864-2786.

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.

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.

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