

Talk about good coffee!
Miss Muggins Coffee and Fresh Donuts



CHAPLEAU EXPRESS

Vol. 17, Issue 42, June 29, 2013

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



Another successful year for the Awareness Lights Committee



Committee organizer Line Fuchs, participants Lindsay Hawthorne, Calla Collings, participant & organizer Ludie O'Hearn, organizer Kathleen Bouchard. Missing organizer Adyh Duffney.

The Awareness Lights Committee for this year's Relay would like to thank all participants for decorating cans, and people who came and donated to our event. Again it was a great

success raising \$129.60 for cancer! We would like to congratulate the winners of the best dressed cans: 1st Ludie O'Hearn (Between Friends Gift Basket) donated by Line Fuchs, 2nd Lindsay Hawthorne (Gift Basket) donated by

Ludie O'Hearn, 3rd Calla Collings (Facial Gift Certificate) donated by Kathleen Bouchard. Calla Collings was also the winner of the Children's Gift Basket donated by Line & Ludie. We hope to see all again next year!

Bear bin or Bear bait?



This photo was taken on a Saturday morning. Someone left a bag of garbage on the ground besides the locked bear bin. Not a very responsible act one might say but then again is the township afraid to have their garbage stolen? Why would a garbage bin be locked? Would unlocking the bear bins on weekends topple our local economy? Are people more irresponsible on weekends? Aren't bears attracted by the smell of garbage? Some people are of the opinion that the bear bins actually attract the bears to the neighbourhoods. If that's the case maybe the bins should be placed away from residential areas. In this case this bear bin is adjacent to the Chapleau Child Care Centre! Who is responsible for these nonsensical decisions.

OPP investigate rash of break-ins in Chapleau

Over the past month the Ontario Provincial Police

(OPP) Superior East Chapleau Detachment officers have been investigating a series of thefts and break ins to private properties.

Beginning June 2, 2013 OPP received a report of a theft of an Evinrude boat motor from a residence on Aberdeen Street South in Chapleau.

On June 4th, a theft of a boat motor gas can with Mercury

outboard fittings was stolen from a second residence on Aberdeen Street South.

OPP were called to an apartment building on June 18th, to investigate a break and enter that had occurred overnight. A ladder was used to enter a second story window. Taken from the residence were a Yamaha Generator and various tools.

Damage was done inside the property. Total cost in this matter for both the stolen property and the damage is estimated at \$4,000.

As reported previously by OPP a second boat motor gas can was stolen from a residence on Lansdowne Street on June 21st.

On June 24th, 2013 OPP were advised of another

break and enter that had occurred the night previous at a residence on Lansdowne Street. The homeowners were home at the time and report that they found their back door open around 4:30 am. Nothing was taken from the home but the door and three basement windows were damaged.

OPP continue to investigate these matters. Anyone with

any information is asked to call the OPP at 1-888-310-1122 or Crime Stoppers.

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.saultcrimestoppers.com or send a text to keyword SSM to the short code number 274637.

Long Term Forecast

Friday	High 20 Low 15	
Saturday	High 19 Low 14	
Sunday	High 21 Low 11	
Monday	High 22 Low 11	
Tuesday	High 24 Low 12	
Wednesday	High 25 Low 12	

JUNE IS TRUCK MONTH at Mission Motors!



Mission Motors is offering free window tint and a tonneau cover at no charge. Purchase any 2013-1500 series truck off the lot & see savings of around \$15,000 all inclusive.

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COME AND SEE OUR SALES TEAM TODAY AND SEE WHAT WE CAN DO FOR YOU!

Canada Day-wrap Up

By Micheal Levesque

The days fly by and Canada Day fast approaches. Here's hoping for a warm, sunny day for all to enjoy.

This article is our wrap-up, outlining those activities which don't fit into any easy category.

Once again the Ministry Of Natural Resources will set up their wildlife display. Children seem to enjoy the many models and information.

Something

new this year - horse-back riding. Recently settled in the area, Born To Ride stables will be on the beach for children to enjoy. Hopefully this becomes a regular feature.

Something special is planned for July 1st. A famous clown has agreed to a guest appearance at our beachfront event. Mrs. Clown and her assistants will circulate through out the day distributing goodies to our young folk.

A reminder that we have 2 draw prizes for any adults wearing red and white costumes. Why should the kids have all the fun?

Don't miss the grand finale - The 2013 Fireworks Display sponsored by the township. An annual tradition, this is one of the few times when a good portion of the town gathers together for a common purpose, in this case, to view the rainbowish, pyrotechnical spectacular.

Bring fly dope!

Lastly, look to the skies. Should this beautiful weather deteriorate into a volley of rain all activities will move to the Arena. We have planned a full slate of activities at the arena if it rains.

**COME OUT
JULY 1ST AND
ENJOY!**



Assault Charges Laid

On June 23, 2013 the Ontario Provincial Police (OPP) Superior East Wawa Detachment were advised of an assault that had taken place in Kaplan Township, Sultan, Ontario. The assault included the use of a golf club; the victim did seek medical treatment. Investigation resulted in the arrest of 52-year-old Daniel GRAVEL of

Sultan, Ontario.

The accused stands charged with the following criminal offences;

- 1) Assault
- 2) Assault with a weapon
- 3) Utter Threat to Cause Death or Bodily Harm

He was held in police custody and will be attending Bail Court in Timmins, Ontario on June 24, 2013.

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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/on/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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 SUNDAY June 30th and
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**Happy Canada
 Day!**

Happy Canada Day
Bonne fête du Canada



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864-4376

INSPECTION

Inspection of Approved Aerial Herbicide Spraying Gordon Cosens Forest

The Ontario **Ministry of Natural Resources (MNR)** invites you to inspect the MNR-approved aerial herbicide spray project. As part of our ongoing efforts to regenerate and protect Ontario's forests, selected stands on the **Gordon Cosens Forest** will be sprayed with herbicide to control competing vegetation, starting on or about **July 25, 2013**. The herbicide Forza, registration #26401 will be used.

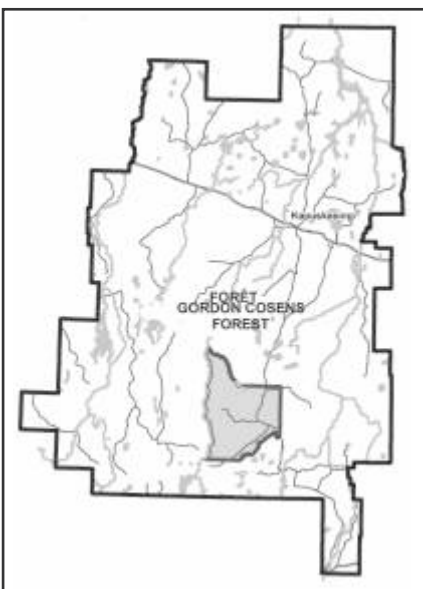

The approved project description and project plan for the aerial herbicide project is available for public inspection at the Tembec office in Kapuskasing and on the MNR public website at ontario.ca/forestplans beginning **April 1, 2013** until **March 31, 2014**, when the annual work schedule expires. Ontario Government Information Centres at 122 Government Road West, Kapuskasing; 5520 Highway 101 East, South Porcupine; 143 Fourth Avenue, Cochrane and 190 Cherry Street, Chapleau provide access to the Internet.

Interested and affected persons and organizations can arrange an appointment with MNR staff at the MNR Kapuskasing Area office to discuss the aerial herbicide project.

For more information, please contact:

<p>Mark Hall Tembec 1 Government Road Kapuskasing, ON P5N 2Y2 tel: 705-337-9885 e-mail: mark.hall@tembec.com</p>	<p>Joshua Breau, RPF Ontario Ministry of Natural Resources 122 Government Road West Kapuskasing, ON P5N 2X8 tel: 705-337-9314 e-mail: joshua.breau@ontario.ca</p>
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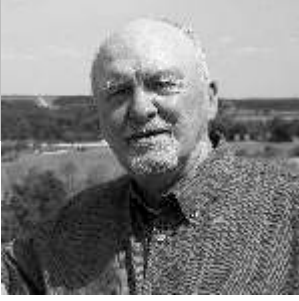
Or, call toll-free: 1-800-667-1940 and ask to be forwarded to the MNR contact above.
 Pour des renseignements en français, communiqué avec Joshua Breau.

Ross Hryhorchuk retirement from Chapleau High School marks end of an era in school's history

Chapleau Moments

by
Michael J. Morris



The retirement of Ross Hryhorchuk from Chapleau High School after 45 years as a teacher and then principal really marks the end of an era in the

history of secondary education in the community.

Arriving two years after the "new", to all those who attended the "old" Chapleau High

School on Pine Street, opened on the hill in 1966, Ross has witnessed the stages of expansion both in terms of the student body and physical space, program changes and in more recent years declining enrolment. Most recently Ross has been part of the merger of Chapleau Public School students into the high school building.

Ross is also responsible for the very successful extra-curricular sports program in which students have been able to participate during his years at CHS.

For the moment at least, Ross is also the last principal of Chapleau High School as a distinct entity as his successor will be the high school and public school principal.

When the new school opened in 1966, it consisted of a gymnasium, library, two shops, two science labs, five classrooms, one typing room, an office and staff lounge. Today, with expansions, it is capable of housing the students from public and high schools. The old school opened in 1922.

As changes come as they inevitably



Gym class on field behind old CHS circa 1964 before Ross arrived. On right leaving field is Principal Dr. Karl A. Hackstetter.



Mansel Robinson officially opening CHS 60th anniversary reunion in 1982. On left are George Evans and Margaret Rose (Payette) Fortin



Margaret Rose (Payette) Fortin and Alex Babin co-chairs of 60th and 75th CHS reunions. On left Frances Corston and Marguerite Levesque, right Kathleen Broomhead.

do in this life, while reflecting on the history of CHS, some words the late George Evans wrote in marking the school's 75th anniversary came to mind.

George wrote: "Over the years, this unique school has changed its location, its colours and its name. It has been there for generations of students and teachers passing through on their way to destinies all over the world..."

"What will draw us to Chapleau is not a building with classrooms. The great magnet pulling us home is the hope of seeing the people who, at a pivotal time in our lives, made up our small intense world. In our lucid moments, we will be aware that we are paying homage to the fate that placed us in Chapleau so that we could be part of that world..."

"When Chapleau's high school celebrates, the whole community celebrates. The high school is the place where the community comes together."

It is the possession of everyone, regardless of mother

tongue, religion or ethnic origin. It is, in its best moments, the expression of Chapleau at its best. This is the truth that sets Chapleau's high school apart from all the others."

To me, as a person who attended the old CHS, and actually taught in both the old when it was being used as a senior public school, and the new school, George summed it all up. There have been reunions in 1982, 1987 and 2012, marking the 60th, 75th and 90th anniversaries, and I hope in 2022, all will return again again to the place where the community comes together for the 100th anniversary.

Although I was working as a newspaper reporter at the Saskatoon Star-Phoenix in November 1966 when the new school was officially opened, I think it must have been a bit of a mini-reunion in itself. The gymnasium was packed for the occasion, and my grandmother, Lil (Mulligan) Morris, attended. I still have notes she made and pinned to a program she sent to her daughter, my aunt Marion, a CHS

grad, with comments about it. My father Jim Morris and mother Muriel E. (Hunt) Morris also both graduated from CHS.

D.J. 'Jim' Broomhead, a former Chapleau reeve, who was master of ceremonies and member of the school board commented "We think we have done something good for Chapleau." Len Harris was school board chair.

Imagine, a year ago now we were converging on Chapleau for the 90th anniversary reunion festival, so I will close with another vote of thanks to the organizers, and co-chairs Graham Bertrand and Nadia Fortin, and give recognition to Margaret Rose (Payette) Fortin and the late Alex Babin, who co-chaired the two previous reunions.

To Ross, who is now the Principal Emeritus of CHS, congratulations on taking "early" retirement at 70 instead of 75, and my very best wishes.

To everyone, Happy Canada Day, and have a great but safe summer. My email is mj.morris@live.ca



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Create A Logo & Market Your Thoughts

Créez Un Logo & Vendez Vos Idées



In February 2013 the Superior East CFDC in partnership with the Regional Youth Entrepreneurship Initiative, have once again delivered two entrepreneurship programs called "Create a Logo" & "Market Your Thoughts" for all elementary schools within the region. The program aimed to target grades three through eight students, by providing the opportunity to learn about entrepreneurship and to compete for prizes. All schools within the region were invited to participate and had the

opportunity to compete for a total of \$25 per grade, per school, a t-shirt and a chance to win \$100 at the Northeast regional level. Now that the competition has ended, the Superior East CFDC staff awarded certificates to the 161 students who participated in the two programs and a total of 32 winners within our region.

En février 2013 la SADC Supérieur Est et l'Initiative Régionale-Entrepreneuriat Jeunesse ont à nouveau présenté deux programmes d'entrepreneuriat nommés « Créez un

Logo » et « Vendez vos Idées » à toutes les écoles élémentaires de la région. Les programmes invitaient les étudiants de la troisième année jusqu'à la huitième année à faire un lien à l'entrepreneuriat tout en faisant la concurrence pour des prix en argent. Toutes les écoles de la région avaient l'opportunité à participer pour des prix de 25\$ par classe, par écoles en plus de recevoir un certificat pour chaque participant. Les gagnants de chaque école auront la chance de participer au niveau régional Nord Est pour des prix en argent allant jusqu'à 100\$. Maintenant terminé, le personnel de la SADC Supérieur Est c'est vu présenté 161 certificats de participation et un total de 32 gagnants ce sont mérités des prix en argent.

The Superior East CFDC would like to thank all the sponsors that supported these two great programs:

La SADC Supérieur Est aimerait remercier tous nos commanditaires qui ont supportés nos deux programmes d'excellence : Brookfield Renewable Power, Algom a Workforce Investment Committee, Confederation College, Michael Allemano, Wilderness Helicopters LTD., Northern Credit Union, True North Timber, Municipality of Wawa, Township of Dubreuilville, Township of White River, EDC of Wawa,

Spadoni's Home Hardware Building Center, Lloyds of Wawa Ltd., Rotary Club of Wawa and Wesdome Gold Mines Ltd.

Winners: GRADE 3/3ième année. \$25 Wesley Stewart, École Catholique Saint-Joseph, Wawa. Raelyn Scott, École Publique l'Escalade, Wawa. Leah Ray, St. Joseph French Immersion School, Wawa. Tristan Dufour, École Catholique Saint-Joseph, Dubreuilville. GRADE 4/4ième année: \$25 - Caleb Boylan, St. Joseph French Immersion School, Wawa. William Lévesque, École Catholique Saint-Joseph, Dubreuilville. Cassey Mattaini, Sir James Dunn School, Wawa. Nicholas Tremblay, École Catholique Sacré-Cœur, Chapleau. Curtis Orton, École Catholique Sacré-Cœur, Chapleau.

GRADE 5/5ième année: \$25 - Nicolas Morin, École Catholique Sacré-Cœur, Chapleau. Abigail Barbeiro, École Catholique Sacré-Cœur, Chapleau. Aria Voth, St. Joseph French Immersion School, Wawa. Ethan Jones, Sir James Dunn School, Wawa. Foster Hoffmann, École Catholique Saint-Joseph, Dubreuilville. Tuija Berthelot, Chapleau Public School, Chapleau. Cejay Larocque, Chapleau Public School, Chapleau. Cora Nelson, École Catholique Saint-Joseph, Wawa. Kelsey Scott, École Publique l'Escalade, Wawa. Ainsley Spreng, École Publique l'Escalade, Wawa. GRADE 6/6ième année: \$25 - Logan Toffner, Sir James Dunn School, Wawa. Raimo Ekoluoma, Chapleau

Public School, Chapleau. Spencer Terris, École Catholique Saint-Joseph, Wawa. Emma Orton, École Catholique Sacré-Cœur, Chapleau. GRADE 7/7ième année: \$25 - Brandon Lofstrom, Sir James Dunn School, Wawa. Brent Robinson, École Catholique Saint-Joseph, Wawa. Damon Boylan, St. Joseph French Immersion School, Wawa. Guillaume Poudrier Valiquette, École Catholique Saint-Joseph, Dubreuilville. Charles Brisebois, École Catholique Trillium, Chapleau. GRADE 8/8ième année: \$25 - Alex Gamache, École Catholique Saint-Joseph, Dubreuilville. Tyler Fahrer, Sir James Dunn School, Wawa. Makenah Dumont, St. Joseph French Immersion School, Wawa.



WOW!!

Scheduled Users

"New" refundable enrollment fee = \$37.50 per child - infant group; \$32.50 per child - toddler, preschool and school age groups

Drop-in Users

"New" 24 hour cancellation policy due to illness and schedule changes

Special Activities for 2013

- monthly draws for a free day of care for scheduled users
- we cover the enrollment fee for the first 10 new users in 2013
- days of use bonus - \$500.00 cash prize
- make a referral that becomes a scheduled user - earn a \$\$\$ bonus

For more information please call
The Chapleau Child Care Centre
 at 705-864-1886
 or stop by the Centre at 28 Golf Road

Let's Celebrate our Heritage/ Célébrons notre héritage

Horaire des activités Activity Schedule

Du 5 au 8 juillet 2013 From the 5th to the 8th of July 2013

Vendredi 5 juillet - Friday July 5, 2013

5 - 7 pm	Wine and Cheese Vin et fromage	Council Chambers By invitation only Sur invitation seulement
7 - 8 pm	Official Opening Ouverture Officiel	Legion Ouvert au public
8 pm - 1 am	Meet and Greet Rassemblement Festif	Legion Ouvert au public

Samedi 6 juillet - Saturday July 6, 2013

1 - 4 pm	Kid's Activities Activité pour enfant	Curling Ice surface and outside arena Ouvert au public
1 - 4 pm	Art Fair Foire d'Art	Curling Lounge Ouvert au public
4 - 5 pm	Commemorative Mass Messe Commémorative	Sacred Heart Church Église Sacré Cœur Ouvert au public
6 - 7 pm	Unveiling of monument and visit at grave site Dévoilement du Monument et visite au cimetière	Peace Park Old catholic Cemetery Ouvert au Public
7 - 9 pm	Official Dinner Dinner officiel	Conference Room Aux Trois Moulins Sur invitation seulement
8 pm - 1 am	Live Show (dance) Tallboy	Community Centre Entrée 10\$

Dimanche 7 juillet - July 7, 2013

10 am - 2 pm -	Brunch Tour of the site of the demise and floral tribute Visite au lieu de décès et tribut florale	Aux Trois Moulins Lafrenière Road
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Lundi 8 juillet - July 8, 2013

11 am	Collective visit to the cemetery Visite collective au cimetière	Old Catholic Cemetery
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**REPORT from
OTTAWA**
Rapport d'Ottawa
by/par
Carol Hughes
Federal member of Parliament
Algoma-Manitoulin-Kapuskasing



Canadians have an interesting way of looking at ourselves that often has more to do with what we are not than what we are. Certainly our proximity to the United States and its huge cultural influence on the English speaking world lies at the heart of this. Lost in that exercise can be a focus on what we are – which is quite a lot.

It can be seen in the little things such as someone holding a door for a stranger at a coffee

shop which ensures that person is ahead of them in line at the same time. This small act of kindness is an example of the kind of consideration we display on a consistent basis. Visitors to Canada often call this politeness, but it is an acknowledgement of our commitment to community as well.

Perhaps the phenomenon grows out of the hard work and group efforts that were necessary to carve our

Celebrating Canada's unassuming qualities

country out of rugged terrain. It could also speak to the way a small population has to hang together to be able to maintain itself against a larger and more economically powerful neighbor – again the United States. Whatever the reason it is true that Canadians are generally polite and helpful which are qualities that are not appropriately celebrated in an era that seems to reward outrageous attention seeking behavior and is too focused on celebrity and scandal.

Consider the popularity of hockey as well. It is a team sport that values sacrifice for

the greater good over individual accomplishments. Is this a reflection of our character, or has it defined it? I would argue the former. Our history is full of stories with a central theme of working together to meet adversity headlong. It has shaped our image internationally with the heroics of our soldiers who punched well above their weight in World Wars or domestically where events like the Winnipeg General Strike set the tone for our commitment to ensuring that a just society is more than a platitude.

Hand in hand with a strong sense of

community is the ability to value fair play and honesty. This could be why we will not tolerate political shell games that line pockets with precious public dollars. Witness the public outrage at the Senate living expense scandal and the calls for an inquiry into the affair. This is based in past public investigations – or the ongoing one in Quebec to expose the links between politicians, the building industry, and organized crime – that have tackled these problems headlong rather than coming to accept them. Remember, there are countries where bribery is matter of fact and

seen as unchangeable.

Certainly placing a premium on kindness, group effort, and a strong sense of fair play aren't unique to Canada, but have helped shape us into a country that can brag about national accomplishments like publicly funded medicare. Politically we aspire to peace, order, and good government as opposed to the American axiom of life, liberty and the pursuit of happiness. The difference in those statements highlights our deep sense of community, whether it is national or local, and deserves to be celebrated.

Happy Canada Day!

Les qualités discrètes du Canada

Nous, les Canadiens, avons la curieuse habitude de nous définir non par ce que nous sommes, mais par ce que nous ne sommes pas. Évidemment, cette tendance s'explique par la proximité des États-Unis et son immense influence culturelle sur le monde anglophone. Nous arrivons souvent à oublier ce que nous sommes – pourtant, nous sommes quelque chose de très bien.

Je parle par exemple de ces petites gentillesse que nous faisons constamment, comme ouvrir la porte à la personne qui nous suit pour qu'elle passe devant nous dans la file. Pour les touristes, ces gestes sont souvent vus comme de la politesse, mais ils sont aussi une manifestation de notre engagement communautaire.

Ce phénomène a peut-être sa source dans le dur travail que nos ancêtres ont dû accomplir, les uns comptant sur les autres, afin de bâtir un pays dans des conditions difficiles. Ou serait-il d'un témoignage dont doit faire preuve une population peu nombreuse lorsqu'elle a un voisin beaucoup plus

puissant qu'elle – en l'occurrence les États-Unis. Quoi qu'il en soit, il est vrai que les Canadiens sont généralement polis et aimables, deux qualités trop peu prisées en cette époque où rien ne semble compter que l'outrance, la célébrité et le scandale.

Prenons encore le cas du hockey. C'est un sport d'équipe qui prône l'abnégation de chaque joueur au profit de l'ensemble du groupe. Sa popularité reflète-t-elle notre caractère national, ou l'a-t-elle façonné? Je me penche envers la première hypothèse. Un thème central se dégage en effet de notre histoire : c'est par l'union de nos forces que nous avons fait face à l'adversité. Notre image internationale en porte la marque : pensons à l'héroïsme et aux exploits formidables de nos soldats lors des deux Guerres mondiales, ou à des événements comme la grève générale de Winnipeg, prémices d'un engagement envers la justice sociale qui ne serait pas chez nous une simple platitude.

Cette conscience sociale s'accompagne de

valeurs comme le franc-jeu et l'honnêteté. C'est peut-être pourquoi nous ne tolérons pas les manigances politiques qui enrichissent certains à même les deniers publics. Il suffit de voir la colère qu'a suscitée le scandale des dépenses des sénateurs, et les appels du grand public à lancer une enquête sur cette affaire. Au cours de notre histoire, nous avons préféré les enquêtes publiques à l'acceptation passive, ce dont témoigne actuellement la commission qui, au Québec, dévoile les liens entre les politiciens, le secteur de la construction et le crime organisé. N'oublions pas que, dans certains pays, la corruption est vue comme une réalité de la vie contre laquelle on lutterait en vain.

Évidemment, le Canada n'est pas le seul pays à valoriser la gentillesse, la coopération et le franc-jeu, mais ces aspirations ont fait de nous un pays qui peut être fier de ses réalisations nationales, comme notre système de santé public. Politiquement, nous voulons la paix, l'ordre et le bon gouvernement. Si on compare cette devise à celle des

États-Unis, « la vie, la liberté et la recherche du bonheur », on constate toute l'importance que

nous accordons à l'aspect communautaire, au niveau tant national que local. Voilà

qui mérite certainement d'être célébré!

Bonne fête du Canada!

CÉLÉBRONS NOTRE HÉRITAGE
LET'S CELEBRATE OUR HERITAGE

Samedi 6 juillet - Saturday July 6, 2013

Au centre communautaire
At the community hall

Art Fair
Foire des Arts
13h à 16h
1 p.m. to 4 p.m.

Barbe à papa
Cotton Candy

Promenade en cheval
Horseback riding

Coloriage
Coloring

Bricolage
Crafts

Course à minnow
Minnow Races

19+

TALL BOY

Saturday July 6, 2013

\$10 Tickets available at the door

Community Hall 9 p.m. - 1 p.m.

Special occasion license

Capsule santé – l'importance de bien comprendre les instructions de ses médicaments

Le Carrefour santé Chapleau-Foley-Sultan souhaite partager quelques renseignements tirés de la publication "De bons remèdes pour les aînés : lignes directrices sur la rédaction des documents et la conception des emballages des médicaments sur ordonnance" publiée par l'Association canadienne de santé publique.

Saviez-vous que ...

Les gens doivent bien comprendre et suivre les instructions de leurs médicaments pour en tirer le plus grand bien possible.

Les personnes qui ne comprennent pas les instructions de leurs médicaments sont plus vulnérables.

Selon plusieurs études, environ le quart des hospitalisations de personnes âgées seraient dues à l'utilisation inappropriée des médicaments. Ces hospitalisations entraînent des coûts énormes pour le système de soins de santé et le bien-être des

personnes âgées.

Pour démontrer l'importance des renseignements notés ci-dessus, le Carrefour santé tient à partager quelques exemples recueillis de gens de Chapleau, Foley, et Sultan où les instructions sur les étiquettes des médicaments n'étaient pas bien comprises de patients unilingues francophones :

- Take 1 tablet daily
- Take 1 comprimé daily
- Instill 1 goutte dans chaque œil once daily
- Prendre 1 comprimé at bedtime

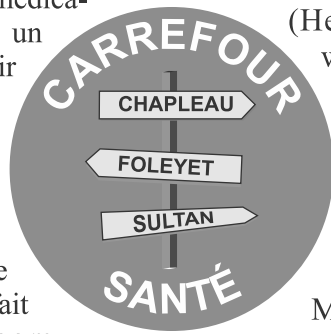
Afin de faciliter la compréhension des instructions, plusieurs pharmacies placent sur les flacons de pilules des étiquettes montrant l'action. En voici quelques exemples :

Lorsque vous recevez vos médicaments de la pharmacie, comprenez-vous bien les directives, le dosage, la façon de prendre vos médicaments ? Le Carrefour santé vous invite à demander toutes instructions et étiquettes

de médicaments sur vos flacons de médicaments dans un langage clair et simple, que ce soit en français ou en anglais. C'est votre santé! Le fait de bien comprendre la prescription du médecin contribuera non seulement à améliorer votre santé, mais aussi à économiser de l'argent pour vous et pour la société en diminuant les coûts au système de soins de santé.

Pour de plus amples renseignements sur ce sujet, vous pouvez consulter la publication au site Web suivant : www.cpha.ca/uploads/portals/h-l/goodmed_f.pdf

Visitez et aimez la page Facebook du Carrefour santé au lien suivant : www.facebook.com/Carrefour-Santé-Région-de-Chapleau. Vous pouvez communiquer avec le Carrefour par courriel au carrefour.sante.cfs@gmail.com



Instructions of one's medication

The Chapleau-Foley-Sultan Carrefour santé (Health Hub) wishes to share information taken from "Good Medicine for Seniors : Guidelines for Plain Language and Good Design in Prescription Drug" published by the Canadian Public Health Association.

Did you know ...

- People need to understand and follow the instructions of their medications in order to get the greatest benefit possible.
- People who do not understand the instructions of their medications are most vulnerable.
- According to several studies, about a quarter of elderly persons' hospitalizations are due to the inappropriate use of medications. These hospitalizations bring about huge costs to the health care system and

to the well-being of the elderly.

To show the importance of the information noted above, the Carrefour santé wants to share some examples from people of Chapleau, Foley, and Sultan where instructions on medication labels were not well understood by unilingual franco-phone patients. Imagine if you received your prescription with the following instructions:

- Prendre 1 comprimé par jour.
- Prendre 1 tablet par jour.
- Instiller 1 drop in each eye tous les jours.
- Take 1 tablet au coucher.

To help with the understanding of the instructions, several drug stores place images on pill bottles showing the action required. Here are some examples:

When you receive your medication from the drug store, do you understand the instructions,

the dosage, how and when to take your medication? The Carrefour santé invites you to ask that all drug labels and instructions on your medication bottles be in a clear and simple language, whether it be in English or in French. It's your health! Understanding the doctor's prescription will not only improve your health, but also save money for you, the patient, and for society by reducing the costs to the health care system.

For more information on this topic, you may consult the publication at the following Web site : http://www.cpha.ca/uploads/portals/h-l/goodmed_e.pdf

Visit and like the Carrefour santé Facebook page at the following link : www.facebook.com/Carrefour-Santé-Région-de-Chapleau. You may communicate with the Carrefour via email at carrefour.sante.cfs@gmail.com

warming to actually feel the passion people have to keep the Cancer Relay for Life going. . Greetings, Babsie McNelly from South Africa.

I just received pictures from Kathleen Bouchard of the beautiful decorated Cancer Awareness Lights fund raising project.. Congratulations to everybody involved with this campaign for three years now. It is heart

It is heart

Letters to the Editor

I am writing to commend and congratulate all the groups and individuals responsible for cleaning up and restoring the cemetery on the grounds of the second St. John's Residential School.

At this point we have no way of knowing how many children are buried there. But it would seem reasonable to infer that most of the students who died while attending the school from about 1923 to 1948 are resting on that location.

Ron Howard of the Hiawatha Reserve is a survivor of the second school. He told me that there is a second cemetery near Syd's gas station. Ron knows where it is and he is of the opinion that

it was closed because it was in full view of the playground and would draw unwanted attention from the children.

The location of the graves of the children who died between 1907 and about 1923 remains a mystery. One former Chapleau person suggested to me that those graves might be in the northeast corner of the Old Protestant Cemetery at the corner of Birch and Connaught Streets. I cannot find any evidence to confirm or dismiss this possibility.

The most reasonable assumption about where the children who died while attending the original St. John's School are buried is

that there must have been a cemetery on or near what was once called "Pellow's Field" - the location of that school. But I cannot remember such a cemetery when I played over there as a child. Nor can anyone with whom I have discussed the issue.

Perhaps when the Truth and Reconciliation Commission releases its report sometime next year some of these questions might be answered.

Kudos again to those responsible for the cemetery restoration. Perhaps their efforts will encourage others who know something about this important part of Chapleau's history to come forward.

Yours truly

William E. McLeod

Letters to the Editor

I just received pictures from Kathleen Bouchard of the beautiful decorated Cancer Awareness Lights fund raising project.. Congratulations to everybody involved with this campaign for three years now. It is heart

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ROSANNE TURCOTTE

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Le Centre culturel désire remercier tous ceux et celles qui ont contribué à notre activité du 21 juin soit par votre présence, par vos dons en cadeaux et en nourritures. Thank you to the United Church for the use of their hall et à Patrimoine Canadien.

Merci aussi à tous nos bénévoles.
Nous vous souhaitons une belle saison
estivale



Centre culturel Louis-Hémon
Canada

Adult Mental Health (18 yrs and up) and Addiction Services (all ages) offered at Turning Point. Located at 8 Lorne St. South. For professional, confidential services, please call 705-864-1919. Open Monday to Friday from 8:30am to noon and 1pm to 4:30pm.
Services de santé mentale pour adultes (18 ans et plus) et les services de toxicomanie (tous les âges) offerts à Point décisif. Situé au 8, rue Lorne Sud. Contactez-nous au 705-864-1919 pour des services professionnels et confidentiels. Les heures ouvrables sont de 8 h 30 à midi et de 13 h à 16 h 30.

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.

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.

HAPPY CANADA DAY

CHAPLEAU MINOR HOCKEY

will be having RHP Training Centres from Sudbury come back to Chapleau for a hockey school.

When: September 6th - 8th 2013

COST: 200\$
per player/ goaltender

Space is limited to 40 players and 6 goalies. First come first serve. \$100 due at registration.

Contact: Michel Sylvestre :
mikesyl@onlink.net

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Why older adults are at a greater risk of heat illnesses



(NC)—While everyone's risk of heat illnesses or even death is greater during periods of extreme heat, older adults are especially susceptible. This is due to a number of factors, such as reduced thirst sensation which can lead to chronic dehydration, a diminished ability to recover from dehydration, and complications from chronic illnesses that occur more frequently in hot weather.

Heat illnesses include heat stroke, heat exhaustion, fainting, heat edema (swelling of hands, feet and ankles), heat rash and heat cramps (muscle cramps). These illnesses can affect you quickly and are mainly caused by over-exposure to heat, or over-exertion in the heat.

At highest risk are older adults with the following conditions:

- breathing difficulties;
- heart problems;
- hypertension;
- kidney problems;
- a mental illness such as depression or dementia;
- Parkinson's disease; or
- if they take medication for any of these conditions.

Fortunately, heat illnesses are preventable. Keeping hydrated by drinking plenty of liquids is just one of the many things

you can do to minimize your risks. Here are some others.

Talk to your care provider. If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendations.

Avoid exposure to extreme heat outdoors. Plan outdoor activities during cooler parts of the day and avoid sun exposure by wearing a wide-brimmed, breathable hat. Use an umbrella or spend time in tree-shaded areas or air-conditioned buildings such as libraries and community centres.

Prepare for the heat. Make sure your air conditioning unit is working before the warmer season starts. Pay attention to local weather forecasts and heat alerts. If available, check the Air Quality Health Index (AQHI) regularly at www.airhealth.ca as air pollution levels tend to be higher on very hot days.

Arrange regular visits. Neighbours, friends and family should check on older adults regularly during extreme heat events to make sure they are staying hydrated and

cool. Be aware that heat stroke is a life-threatening condition. Call 911 or local emergency number immediately if someone has a high body temperature, and is either unconscious, confused or has stopped sweating. While waiting for help, cool the person by moving them to a cool place, applying cold water to the skin or



Employment Opportunity

ECONOMIC DEVELOPMENT RESEARCHER

Salary: \$16.79/hour
Term: One-year contract commencing August 5th, 2013 with the possibility of an extension.

The Township's economic development activities are the responsibility of the Council of the Township of Chapleau. Council has determined that the best avenue for the delivery of economic development activities in Chapleau is through an independent Economic Development Corporation made up of representatives from Council, business, industry and tourism. The Chapleau Economic Development Corporation (CEDC) was established in September 2012 with core funding from the Township to manage these responsibilities. The CEDC's mission is to facilitate, nurture and support economic opportunities in strategic sectors through relationship building, networking and collaboration.

Working under the direction and guidance of the Economic Development Officer, the Researcher will assist in the areas of market/sector research and partnership development. A hands-on team player, this position is required to develop an understanding of our visitors and their needs, our industry potential and our target markets relevant to our resources, products and services.

QUALIFICATIONS

- Post-Secondary Diploma or Degree in Business Administration, Marketing, Community or Economic Development
- Other backgrounds will be considered.

This opportunity is open to Northern Ontario secondary school graduates 29 years of age or under who recently graduated from an accredited college or university. Graduates from a high school outside of Northern Ontario who have resided in the North for at least one year are also eligible. Mature graduates may be considered.

- Excellent communication skills, both verbal and written.
- Proficient in use of computer applications and programs.
- Expert researcher and report writer.
- Highly motivated and able to work independently.
- Bilingualism an asset.
- Some tasks may require you to work flexible working hours.

RESPONSIBILITIES

The duties of the Economic Development Researcher will include, but are not limited to, the following:

- Meet with potential investors, partners and regional stakeholders
- Conduct primary and secondary research to support the marketing and promotional efforts of the CEDC
- Assist in Economic Development related projects
- Produce reports for the Economic Development team.

Closing Date: 4:00 p.m. – July 4th, 2013

Send application to: cdegaqne.chapleauedc@vianet.ca

Only applicants selected for interview will be contacted. Position availability is pending funding approval.

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clothing, and fanning them as much as possible.

Older adults can read It's Way too Hot, a

brochure offering tips on how they can protect themselves in the heat, at www.healthycanadians.gc.ca/sun, or

order a copy by emailing publications@hc-sc.gc.ca or calling 1-866-225-0709.

INSPECTION

Inspection of Approved Aerial Herbicide Spraying Spanish Forest

The Ontario **Ministry of Natural Resources (MNR)** invites you to inspect the MNR-approved aerial herbicide spray project. As part of our ongoing efforts to regenerate and protect Ontario's forests, selected stands on the **Spanish Forest** (see map) will be sprayed with herbicide to control competing vegetation, starting on or about **August 1, 2013**. The herbicide Vision Max PCP No. 27736 will be used.

The approved project description and project plan for the aerial herbicide project is available for public inspection at the EACOM Timmins office and on the MNR public website at ontario.ca/forestplans beginning **July 1, 2013** until **March 31, 2014** when the annual work schedule expires and throughout the one-year duration of the annual work schedule. Ontario Government Information Centres at Espanola, Chapleau, Sudbury and Timmins provide access to the Internet.

Interested and affected persons and organizations can arrange an appointment with MNR staff at the MNR Espanola, Chapleau or Gogama offices to discuss the aerial herbicide project.

For more information or to arrange an appointment with MNR staff, please contact:

Tom Schwan
 EACOM
 Ostrom Sawmill
 Shining Tree, ON P0M 2X0
 tel: 705-263-2844 ext. 223

Paul Leale, R.P.F., Management Forester
 Ministry of Natural Resources
 Espanola Office
 148 Fleming Street
 Espanola, ON P5E 1R8
 tel: 705-869-4946

Or call toll-free: 1-800-667-1940 and ask to be forwarded to one of the contacts above.

Renseignements en français : Bert Gauthier, 705 869-3147.

