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CHAPLEAU EXPRESS

Vol. 14, Issue 25, March 6, 2010

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Snowmobile drag races prove to be a popular Carnival event



Photo: Brian Edwards

The snowmobile drag races put on by the Chapleau Arctic Snowmobile Club once again proved to be a popular "Taste of the North" Carnival event.

The races which were held on Saturday, February 20,

2010 had a total of 24 entries, some local and some from out of town.

A total of 23 different race classes were held. A multitude of volunteers and donations by local businesses made the event a success in the eyes of both participants and onlookers.

In the 500 Stock Class, Michel Servant came in first, followed by Jean Castonguay and Brandon Pilote.

In the 600 stock single pipe, James Lasanté came in first followed by Marcus Picody and Denis Arsenault. The

700 single pipe stock was won by Mathieu Crooks, Steve Domingue and Denis Arsenault.

Paul Martysz, Jody Cloutier and Serge Synette took the 800 Single Pipe Stock. In the 500 studded, Michel Servant and Jean Castonguay took the honors. The 600 single pipe studded went to Rene Henderson and Danny Langelier.

In the 700 single pipe studded, Paul Lemire came in first followed by Rene Henderson and Danny Langelier.

Paul Lemire

took the honors in the 800 single pipe studded followed by Paul Martysz and Mike Girard. Dan Cauchon, Paul Lemire and Mike Girard took the 900 single pipe studded while Steve Domingue and Denis Arsenault topped the 600 Max pipe stock.

Paul Lemire and Paul Martysz took top honors in the 700 Max pipe stock while Jody Cloutier and Paul Lemire took the 800 Max pipe stock.

600 Max pipe studded: Rene Henderson, Steve Domingue. 700 Max pipe studded: Paul

Lemire, Rene Henderson, Paul Martysz. 800 Max pipe studded: Paul Lemire, Mike Girard, Dan Cauchon. 900 Max pipe studded: Dan Cauchon, Paul Lemire, Mike Girard. 600 improved: Lee Lavallee, Kelly McMillon. 700 improved: Kelly McMillon, Paul Lemire, Paul Lemire. 800 improve: Lee Lavallee, Paul Lemire, Paul Lemire. 900 improved: Lee Lavallee, Dan Cauchon, Mike Girard. 1000 improve: Kelly McMillon, Paul

Lemire, Paul Lemire. Open: Kelly McMillon, Dan Cauchon. 700 Single: Denis Arsenault, Mathieu Crooks, Steve Domingue.

Congratulations to all the winners.

The popularity of this event warrants a repeat performance at next year's Carnival and maybe an extra few races throughout the winter would certainly bring in racers from Northern Ontario to compete and show off their skills.

Aside from a little slush, the event was enjoyed by all.



Some of the volunteers take a moment for a group photo. The event would not have been possible without their help. Roger Perreault, Kathleen Bouchard, Lisa Gauthier, Josée Demers, Danny "Connely, Barry McCartney, Rhéo Ouellette, Eric Boucher, Tanya Keech, Melissa and Derek Bouchard, Melissa Vincent, Patti and Paul Martysz, Pit Gauthier, André Doyon, Sylvain Langelier, Paul Domingue, Serge Synett, René Bouchard, Stephanie Gauthier and Manon Lavoie.

Long Term Forecast

Friday
High 5
Low -15

Saturday
High 5
Low -7

Sunday
High 3
Low -5

Monday
High 1
Low -4

Tuesday
High -1
Low -9

Wednesday
High -2
Low -13



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Services de santé de Chapleau Health Services Pleins feux sur les professionnels de la santé locaux



Jennifer Joyal, monitrice du Programme de soins infirmiers auxiliaires autorisés (deuxième à droite), en compagnie d'étudiants de première année du programme et de M. Mannequin Jones.

Jennifer travaille aux SSCHS depuis 1995. Elle y est présentement infirmière autorisée, praticienne du contrôle des infections, infirmière autorisée en santé et sécurité au travail, et monitrice de notre Programme de soins infirmiers auxiliaires.

1) Qu'est-ce qui a motivé ta décision de t'inscrire en sciences infirmières? As-tu été en contact avec le domaine au secondaire?

J'aime m'occuper des gens. Je suis l'aînée d'une famille de trois enfants. C'est donc un peu une seconde nature pour moi.

2) Selon toi, quels cours doit-on suivre au secondaire pour faire carrière dans le domaine de la santé?

Il faut absolument mettre l'accent sur les sciences, les mathématiques, la biologie, la chimie. Bien des programmes exigent maintenant des connaissances en physique. Des

connaissances élémentaires des mathématiques sont aussi importantes pour calculer les doses et la posologie des médicaments.

3) Quels conseils donnerais-tu aux élèves qui hésitent à étudier dans les grands établissements postsecondaires de l'extérieur de la région en raison du nombre élevé d'étudiants par classe? Quels éléments pourraient les aider à réussir dans ce milieu?

Je leur dis d'y aller et de participer. Ils doivent tisser des liens avec leurs camarades de classe et créer leurs petits groupes d'appui et d'étude dans le cadre de leurs activités. Il existe un vaste monde au-delà de Chapleau. Il est important de vivre de nouvelles expériences et de relever d'autres défis. Même dans un grand centre, les groupes se reforment, alors il y a plus d'options offertes. Partir de chez soi,

parfois, ça fait peur, mais on apprécie davantage son milieu lorsqu'on y retourne.

4) Quels sont tes antécédents scolaires et les objectifs actuels auxquels tu travailles?

Je n'ai jamais cessé d'apprendre. Dans le domaine des soins infirmiers, c'est important de garder ses compétences à jour puisqu'il y a toujours de nouveaux éléments et des pratiques exemplaires à apprendre. Après l'obtention de mon diplôme en sciences infirmières, je me suis inscrite à l'université afin de suivre des cours de santé et sécurité au travail qui m'ont permis d'obtenir la certification en soins infirmiers en santé du travail de l'Association des infirmières et infirmiers du Canada. Par l'entremise du Certification Board of Infection Control and Epidemiology, j'ai ensuite fait des études supérieures sur le contrôle des infections. J'ai obtenu des connaissances professionnelles de base en santé et sécurité ainsi que propres à certains domaines, par l'entremise de fournisseurs de services reconnus par la Commission de la sécurité professionnelle et de l'assurance contre les accidents du travail. En ce moment, grâce à l'éducation à distance, j'ai terminé la moitié du programme professionnel du baccalauréat en sciences infirmières. Je ne sais trop ce que je

ferai par la suite, mais je sais que les soins infirmiers sont un domaine d'études diversifié qui offre bien des possibilités. L'important, c'est de garder ses compétences à jour.

5) Selon toi, que faut-il pour exceller dans ce domaine?

Il faut faire preuve de bienveillance, être attentionné, inspirer confiance et être compétent.

6) Qu'aimes-tu le plus de la profession d'infirmière autorisée?

J'aime surtout la diversité inhérente au domaine et pouvoir stimuler le changement tous les jours. Travailler dans un petit hôpital comporte bien des avantages puisqu'il est possible de demeurer compétent dans plus d'un domaine, par exemple en cardiologie, en oncologie, en néphrologie, en hépatologie ou qui ont des problèmes respiratoires.

7) Peux-tu nous donner des exemples de « carrières » en soins infirmiers autorisés?

Il existe divers postes de soins directs ainsi qu'en soins spécialisés (unités de soins intensifs, etc.), en soins infirmiers en santé publique, en santé du travail, en contrôle des infections, à titre de consultant auprès de fournisseurs de fournitures médicales, en gestion des limitations fonctionnelles, comme éducateur en matière de santé ou en soin des plaies.

Jennifer travaille aux SSCHS depuis 15 ans. Elle y est présentement infirmière autorisée, praticienne du contrôle des infections, infirmière autorisée en santé et sécurité au travail, et monitrice de notre Programme de soins infirmiers auxiliaires.

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Merci-Meegweetch-Grazie-Thank You
We would like to express our deepest gratitude to Creator for protecting us and our possessions from disaster and sending His earthly angels in our time of need. To everyone including the 911 Dispatcher, the men of the Chapleau Volunteer Fire Department who were so professional and prompt, all of our wonderful family and friends, all of the people/businesses of Chapleau who demonstrated your support in one way or another.

**WE ARE SO VERY GRATEFUL FOR
YOUR PRESENCE IN OUR LIVES!**

Nous remercions de tout cœur le Créateur d'avoir préservé nos personnes et nos biens d'une catastrophe et d'avoir envoyé Ses anges terrestres pour nous secourir. À vous tous, y compris le stationnaire de la ligne d'urgence 911, les pompiers du Chapleau Volunteer Fire Department pour leur service ponctuel et professionnel, de même que nos familles et nos amis, tous les citoyens et les entrepreneurs de Chapleau qui nous ont aidés d'une façon ou d'une autre.

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Bud Swanson played in and broadcasted Chapleau road hockey games at the same time but no organ on Aberdeen Street to pump up the crowd

Chapleau Moments

by Michael J. Morris



Although Harry "Butch" Pellow won't know it until he reads this column, the idea came for it as I was reading his recollections of a "unique life experience" in the "special small town" over about 20 years when he was growing up in Chapleau. Butch was writing in Chapleau Trails, edited and published by his older brother Dr. William R. "Bill" Pellow.

Butch tells us that hockey was a "big part" of snow season lives in Chapleau in the 1940s and 50s whether it was on the back river pond, the river behind Chapleau Public School, or on George "Ice" Sanders "wonderfully manicured" rink in the public school yard. He adds that it was a weekend event in the old wooden rink on Lorne Street or the new Chapleau Memorial Community Arena that opened on the same site in 1951. (Ironically perhaps, Butch was the architect who designed for the Chapleau Recreation Centre, which includes the Mrs. A.W. Moore opened in 1978.)

He mentions that our heroes of those

days were Don Card and Garth "Tee" Chambers, adding there was a period of time "when without our sticks as support we would never have made it through the morning." Butch was playing Bantam hockey in 1954 and the photo of him with coach Tee Chambers and fellow player Aldée Martel brings back so many fond memories, among them a road trip to Sudbury in our own special "private" car on the CPR to play in the Sudbury Arena. My cousin Michael McMullen reminded me that we sang, "Heart of My Heart" over and over again during the trip.

But it was his comments on road hockey that really brought back memories. Butch remembered nightly games of road hockey on Aberdeen Street with Bill McLeod, Ken Schroeder, Jim Evans, Buddy Swanson, Charlie White, Timmy Goodwin, me and 'frequently some rabble rousers from lower town, across the track or the point."

"... Let's find an empty Carnation can, a roller, or a dropping from

Boucher's or Creighton's horse and let's do it quickly before it gets dark and Milton calls Ken for dinner, Zita calls Jim in to study or Borden calls Billy because it's too dark to play. It was never too dark to play." You can read more of Butch's story in Chapleau Trails.

I decided to send out an email to see if others from those days had similar memories to share.

Bill McLeod, who has new book coming out this year about Chapleau shared an excerpt from it: "... some very good memories and some great people come to mind. Harry Pellow, Jim Evans, Bill Cachagee, Michael Morris, Charlie White, Joe Steen, Ken Schroeder, Dawn Goldstein, myself and Bud Swanson were the regulars. As I remember, we were often joined by Jack Morris, Ron Morita, Gilles Morin and Mansel Riley.

Bill also recalled that Bud Swanson was the only person he knew who could play and broadcast the action at the same time.

He (Bud) invented imaginary scenarios where the Toronto Maple Leafs would be playing one of the other teams in the Original Six. We would be the stars. To name a few, Max Bentley, Teeder Kennedy, Rocket Richard, Elmer Lach,



Garth "Tee" Chambers, the coach of the 1953-54 Chapleau Bantams discusses strategy with Harry "Butch" Pellow and Aldée Martel. Photo provided by Dr. William R. "Bill" Pellow, who is Harry's older brother.

Gordie Howe and Terry Sawchuk were all represented in Bud's breathless descriptions. Most of the time the Maple Leafs would win." The title of Bill's latest book is CHAPLEAU: A Retrospective on Life in a Small Isolated Northern Community".

And Bud Swanson was in touch to share some of his memories.

"Yes I recall a lot of road hockey in my young years. The "pond" off the back river was a favourite place on the weekends because there was no artificial ice back then and the old arena wasn't open much on Sundays. We often needed to shovel off a second rink when the "big boys" from Lowertown would arrive. In the spring there were short-lived natural frozen ponds from the melting snow

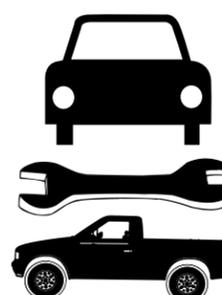
in the Railway yards.

"I played a lot of road hockey with my friend Gilles Morin and our puck was an empty Carnation milk can. I also have fond memories of the "Evans shed Gardens" where Jimmy Evans played goal and I was the shooter and called the play a la Foster Hewitt. I did the same with Billy McLeod. The rink in the priest's yard was always popular and I have two hockey scars as mementos of that both from the stick of "Babe" Chambers. This is one old Canadian tradition that is still alive as its popularity may have waned a bit but is still played a lot.

Bill Pellow provided the following from his brief career as a hockey player. "We had a choice in the 40s My allowance was 10 cents a week. I had choice to go to the

Regent Theatre or go to the rink and play hockey on Saturday mornings. Pop Depew was the coach. I tried hockey for a few Saturdays, with Eaton's catalogues for shin pads and my skates laced up as tight as any adult around the rink would or could perform the task for me. I remember my last game, The puck was in front of me and on wobbly skates I went for it. Reggie Sonogo was on the opposite team and boarded me like I was struck by lightning, my head ached, the stars came out, my body hurt and his comment, if you have the puck you will get hit. I quit.

"That didn't stop us from using horse droppings for a puck on the roads and no short supply of artificial pucks for road hockey at its best. Cont'd on P.4

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Bud Swanson played in and broadcasted Chapleau road hockey games at the same time but no organ on Aberdeen Street to pump up the crowd

Cont'd from P.3

No boarding there. Sometimes the puck just disintegrated."

From Charlie Purich who was called the "catalyst" of the hockey team in the Sixties by his classmates at Chapleau High School came this contribution: "I can recall Billy Fox and I playing on Lisgar street where we used to live. Endless hours. We would get those large rubber washers from Fink's Pop. They were about the size of a puck but with a hole in the middle. They

were softer than a puck. and we could "lift" them as we used to call raising the puck "lifting." We had to move for cars and ice hauling sleighs.

"Other players would be the Pilon clan, the Chrusoskie girls and others. We probably missed our historical opportunity to have lower town play us or even the kids from the other side of the bridge. However, with our developed skills we would have cleaned up on any opposition.

Can still see that rubber washer flying through the air toward the goal (which was made of two large pieces of snow about 5 feet apart.) If my memory serves me, I think I ended up with over 400 goals and Billy Fox was right behind with 399. A duo to be feared on the road!!! Them skills you don't get just anywhere!"

Charlie tells me that he still plays hockey three times a week and uses the breakaway pass that

Bud Swanson taught him. But sorry Charlie, your guys would never have beaten the Aberdeen street stars.

Ken Schroeder sums it all up for us: "WOW!!! GREAT... So many fond memories....Pond, back river, weeds etc..... Street, yes, not many cars on Aberdeen St., 4 stones for posts and you are all set. Back yard, yes, sometimes with skates, but not necessary. No lifting, unless Albert and Eddie had pads. No lines, just calls by Buddy, and finally "He Shoots He Scores".

"WOW there were some dandy RINKS, all very similar to "Maple Leaf Gardens", but no organ to pump up the crowd.

Remember Evans', McLeods', Bouillons', Braumbergers', Goldsteins' and ours. Yes, this was lower town.....Those were the days, no TVs, etc....."

My road hockey career actually resumed after I left Chapleau and had finished university. When I was a reporter at the Kingston Whig-Standard I was recruited to play on a newspaper team. It continued when I was at the Chatham Daily News. I ended my

career on Beech Street with David McAdam and his buddies in front of the McAdam home after I returned to Chapleau and was teaching at Chapleau High School. I owe my road hockey career to all those many games on Aberdeen Street and outdoor rinks with my friends from those days that Ken Schroeder describes as "WOW!! GREAT!!!" They sure were. Thanks guys.

MAIL

Eugene Bouillon sent along the following about my column on Rev. John Sanders: "Michael, wow, what a great history, great Canadiana. We have

such great people in our History, I can't imagine, the strength of these men, to travel those distances, the way they did. From the cold of the Winters and the heat and flies of the Summer. We should be proud, of our Heritage. Especially in these days, during the Olympics, where Canadians have found a voice to shout out, how proud they are to be Canadians." And Raoul Lemieux just back from a Mexican vacation commented about the same story, "Great history."

My email is mj.morris@live.ca. Michael J Morris. <http://michaeljmorrisreports.blogspot.com>

Chapleau High School




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March is nutrition month: Celebrate food from field to table

To whet your appetite...

Submitted by Robin Greer

Dietitians of Canada's National Nutrition Month Campaign 2010 invites Canadians to celebrate food – right from where it's grown and harvested all the way to delicious and healthy food on our tables. Here are some common questions and answers to whet your appetite.

Dietitians are your trusted source for nutrition and healthy eating advice.

1. Can I be a locavore in Canada?

Pretty cool word, eh? Locavore was the 2007 New Oxford American Dictionary word of the year. Locavores try to choose locally grown or produced food that is in season.

Depending on where you live in Canada, being a locavore year round can be a challenge for fresh fruits and vegetables as most of the country freezes through the winter months. In addition, some foods with key nutrients are not grown in Canada (e.g. oranges, grapefruit and kiwi as a source of vitamin C). In the warmer months, take advantage of the local

harvest to eat delicious, nutritious fruits and veggies every day. This is also the time to start freezing, home canning and preserving if you want to have a ready supply of local foods. Choosing locally produced meat, dairy and grain products may be easier to do yearround.

2. I love the look and fresh taste of locally grown produce at the farmer's market; is it also more nutritious? Great question! Fresh produce tastes great; however there are many factors that affect nutrition content. Crop variety, growing conditions, ripeness, storage, processing, handling and transport all affect the nutrition of fruits and vegetables.

Check out these facts:

- Some vegetables such as broccoli, green beans, kale, tomatoes and delicate fruits like peaches lose nutrients more quickly when they travel long distances.
- Heartier foods like apples, oranges, grapefruit and carrots can travel long distances and still keep their nutrients.

• Overall, there is very little evidence showing that locally grown and produced fruits and vegetables keep more nutrients than those that travel longer distances.

• Be sure to store food properly to keep nutrients at their peak. Check if fruits and vegetables should be stored in the fridge or at room temperature. For example, green beans should be refrigerated as they can lose up to a quarter of their vitamin C content when stored at room temperature for 24 hours.

3. What about canned and frozen fruits and vegetables?

Frozen or canned fruits and vegetables are usually harvested and packed when nutrients are at their peak. Frozen or canned produce that contains no added sugar, fat or salt are healthy and sometimes

more affordable choices; they're also practical choices for people living in remote areas and allow all Canadians to enjoy a variety of produce year round.

4. So, if I'm buying locally grown food, does this also mean that the food is grown organically?

No. "Locally grown" and "organic" have different meanings. Ask the grower or farmer about the growing method. Not all locally produced foods are organically

grown and not all organically grown foods are locally produced.

5. Are there growth hormones in the milk I drink in Canada?

No. The growth hormone: rBST – recombinant bovine somatotropine is not legal in Canada and therefore not allowed for use in dairy production.

6. It seems that locally grown fruits and vegetables can often be less expensive and I use them when I can. But other times, food

costs seem so high and I struggle to get a healthy meal on the table.

Cost is very important for many Canadians when choosing food. To get the biggest bang for your nutritional buck, choose foods that are big on nutrients and low on cost. For example, choose meat alternatives like eggs and legumes (such as beans and lentils) more often. Canned, frozen or dried fruits and vegetables can also be lower cost options. Dietitians are

your 'go to' source for ideas on affordable, healthy eating.

7. If I buy a food labelled 'Product of Canada', what does it mean?

Product of Canada means that all major ingredients and labour used to make the food product must come from Canada. It's ok for minor items like spices, food additives, vitamins and minerals that may be produced outside of Canada to be in the product and still labelled as Product of Canada.



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- Emotional steadiness, good judgment, a sense of humour, and poise in difficult situations.
- Ability to work and deal with people effectively.
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- The ability to work and function within a variety of environments.
- Ability to provide quality care to clients in both English and French.

HOURS:

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Interested applicants may submit résumés by March 15th, 2010 to:

Human Resources
 Services de santé de Chapleau Health Services
 6 Broomhead Road, P.O. Box 757
 Chapleau, Ontario
 P0M 1K0
 Tel: (705) 864-3061
 Email: chapleauhr@sschs.ca

We thank all applicants for their interest, but only those selected for an interview will be contacted. All applications received will be held strictly confidential.
 Cet avis est disponible en français.

Dr. L. R. Simpson
VETERINARIAN
 Will be at the Trinity United Church
Monday, March 8th, 2010
FOR APPOINTMENTS CALL
 Nadene McEachren at 864-1055

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An amazing northern experience!



By Kathleen Bouchard

Winter is here. It is not nearly as cold as normal, there is hardly any snow but winter activities are still in swing as much as they can be.

Recently on a

Saturday morning I was invited to take a ride on the local Snowmobile Trail Groomer.

Keep in mind I was raised in Southern Ontario so this was a totally new experience for me, as it may be for

many of you even if you were raised in Northern Ontario. How many can even say they have gone for a ride in this magnificent machine?

As a passenger I braced myself for the ride. The operator

explained how the hand gears worked. He was busy looking ahead at the plough-like apparatus on the front and turning to see behind - the drag. As we drove through town to get to the trails I was amazed at how this machine chugged along.

Next thing you know, we are on the trails. Wow it was exciting to look back and see the difference this machine was making in smoothing out the snow! We went near the hydro lines and the next thing you knew we were at the famous Broomhead hill. Now for those of you have not seen it, it is an extreme hill. What a slant! How were we going to get this grooming machine up that hill?

The operator seemed confident. He confided in me that he had a secret trick and we would have no problem! I held on for dear life as we slowly and smoothly ascended this gigantic hill. And the view - it was incredible! Ahead of us at the top of the hill were Chapleau houses in the distance, in the foreground beautiful trees covered in snow! This was quite an experience!

Due to the lack of snow the operator skillfully avoided fallen trees and rocks as we made our way along the trail. We proceeded

behind the trailer park, onto the road. The operator showed me how he broke a snow bank by the road, through the snow into a hole and smoothed the trail making it much easier for snowmobilers to access the trails! To me, this was all quite impressive!

As we neared Miss Muggins we carefully made our way across the old bridge. My stomach was rumbling so this 2 hour exertion was over for me! I jumped off into the deep snow and as I ran to find a good lunch I waved good bye to the groomer operator and watched in amazement as it continued on its way through the snow to continue grooming the local trails to the Timmins highway. I shook my head and felt pleased to have had the

opportunity for such an exciting ride. Only in Northern Ontario.

Next time you see the groomer out on the trails take a second look because this is one awesome machine!

The Chapleau Arctic Watershed Snowmobile Club wants to advise you that we are doing our absolute best with the amount of snow we have this year to open as many trails as we possibly and safely can. Please bare with us as we are at Mother Nature's mercy!

The local trails are now open to Devon. Thanks to all those spectators, racers, volunteers, and business owners who made our annual Drag Races a success! May Mother Nature continue to bless us with more snow!!

Children's Recreation in Chapleau

Last summer children were fortunate to have baseball make a come back to the community of Chapleau. Baseball will be back again this year! Baseball will be for children in the following age groups 4-5, 6-8, 9-12, 13-15. In addition to baseball we will be having a ball hockey league for children ages 9-12 and 13-15. Registration will be held some time in April. Look for an upcoming advertisement in the Chapleau

Express. We will try to schedule these sports at different times than soccer so that children have an opportunity to play all sports offered. Next year we hope to establish a Children's Recreation Committee, uniting summer activities to ensure that recreation for children is being provided in Chapleau. It is our vision that next year all sports will be organized under this committee, so that one registration fee can be established and any

scheduling conflicts may be avoided. Parents who did not receive last year's baseball deposit can contact Jenn Cyr at 864-1403 to make arrangements for pick up. Please remember that volunteers are needed to ensure the success of these activities. For more information or if you wish to volunteer please contact Trish Hamill at 864-2801 or Jenn Cyr at 864-1403. Thanks for your support.

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

Attention: Small Business Owners and Potential Business Owners
The staff of the Superior East Community Futures Development Corporation will be in Chapleau on March 11, 2010. Please call 1-800-387-5776, x21 to arrange for an appointment to discuss your **small business counselling or loan needs**.

Attention: Propriétaires de petites entreprises et propriétaires potentiels d'entreprises
Le personnel de la Société d'aide au développement des collectivités Supérieur Est sera à Chapleau le 11 mars, 2010. Appelez au 1-800-387-5776, x21 pour fixer un rendez-vous afin de discuter vos **besoins de prêts ou de conseils pour petites entreprises**.

TAKE A CLOSER LOOK AT
**ONTARIO'S NEW
TAX PACKAGE**

*Personal
income tax cuts
came into effect
January 1st*

Visit ontario.ca/taxchange to see how the personal income tax changes affect you. And find out more about all of the tax changes including the harmonized sales tax (HST).

Chapleau Ski Club 2010 Skiing and Snowboarding Race Results



Mackenzie Portelance posing for a photo at the end of her run. (Photo:Shelley Bernier)

Skiing - Slalom 8 AND UNDER - MIXED

1 - Breanna Gervais 22:11; 2 - Grayson Cranney 22:62; 3 - Wyatt Hawthorne 23:60
9-12-BOYS

1 - Adam Gauthier 18:00; 2 - Spencer Smith 19:03; 3 - Shawn Gauthier 19:10

9-12-GIRLS
1 - Mariah Gauthier 20:80; 2 - Kaylea Lemire 21:47; 3 - Maggie St. Amand
13-17-MIXED

1 - Denton Marsh 17:30; 2 - Shawn Hann 20:42; 3 - Erica Bouchard 20:61

ADULTS
1 - Ray Portelance - 17:78; 2 - Chantale Fortin - 19:83; 3 - Lina DiPasquale - 19:92

Skiing - Downhill 8 AND UNDER - MIXED

1 - Wyatt Hawthorne - 20:72; 2 - Grayson Cranney - 21:37; 3 - Breanna Gervais - 21:38
9-12-BOYS

1- Shawn Gauthier - 19:16; 2 - Adam Gauthier - 19:82; 3 - Spencer Smith - 20:36

9-12-GIRLS
1 - Mariah Gauthier 19:67; 2 - Sydney Bignucolo 20:60; 3 - Maggie St. Amand 20:85

13-17-MIXED
1 - Denton Marsh 24:28; 2 - Shawn Hann 30:12; 3 - Erica Bouchard 32: 85

ADULTS
1 - Lina DiPasquale - 16:97; 2 - Ray Portelance - 17:17; 3 -

Chantale Fortin 20:38
Snowboarding - Slalom

9-12-MIXED
1 - Garren Marsh 18:90; 2 - Brandon Cockburn 20:60; 3 - Mariah Gauthier 22:32

13-17-MIXED
1 - Natalie Smith 20:36; 2 - Alex Nichol 20:55; 3 - Marcus Picody 20:77

Snowboarding - Downhill

9-12-MIXED
1 - Garren Marsh 27:12; 2 - Mariah Gauthier 36:25; 3 - Brandon Cockburn 37:84

13-17-MIXED
1 - Natalie Smith 32:10; 2 - Alex Nichol 32:12; 3 - Marcus Picody 34:00

Congratulation s to all participants!

The award ceremony will be held at our annual general meeting/banquet in april!

See you on the podium!

Cross Country Results

Here are the official results for the cross country races held Sunday. Thanks to Julie and Peter Glabb for running them!

Blue - 1.25 km
8 AND UNDER - MIXED

1 - Lindsey Hawthorne - 10:53; 2 - Emma Portelance - 11:07; 3 - Wyatt Hawthorne -

14:36
9-12-MIXED

1 - Mackenzie Portelance 8:01; 2 - Molly McKee 9:35; 3 - Sydney Bignucolo - 9:52

ADULTS - MIXED
1 - Peter Glabb - 6:19; 2 - Ray Portelance - 7:27; 3 - Robin Greer 7:62

Green - 3.5 km
8 AND UNDER - MIXED

1 - Emma Portelance 31:50; 9-12-MIXED
1 - Mackenzie Portelance 25:27

ADULTS - MIXED
1 - Peter Glabb 18:51; 2 - Debra Portelance 24:29; 3 - Robin Greer 25:19

Orange/Yellow/Red Combo - 6 km
1 - Peter Glabb - 28:09

Ski-A-Thon

There was over 60 skiers and snowboarders participating . The total raised was \$3492.31. A group of 20 cross-country skiers skied the Green Trail (3.5) km which was lit by ice candles and the full moon.

Winner for the draw for the iPod was Sarah Dipasquale donated by the Chapleau Ski Club.



Molly McKee racing down the hill on her snowboard.(Photo:Shelley Bernier)

Most Mature Participant Ross Broomhead: Fleece Broomhead: Fleece Zip-Up & Mug donated by RBC & Canada Brokerlink. Youngest Participant was Wyatt Hawthorne Bargain Shop Gift Certificate donated by the Independent Order of Oddfellows. Best Dressed was Shawn Gauthier: MP3 donated by Home Hardware. Highest Pledge Earner Kathleen Bouchard: Home Hardware Gift Certificate donated by Independent Order of Oddfellows. Pop, Chip & Movie - Donated by Aux Trois Moulins

Confectionery & Chapleau News Depot: Tammy Lefebvre, Emma Portelance, Tawnya Parry, Erica Bouchard. Mugs & Stainless Steel Water Bottles - Services de Santé Chapleau Health Services: Natalie Smith, Elaine Smith, Keiko Larocque, Makayla Parry, Shawn Hann, Sarah Cooke. Other donations given but not listed above: Larry Boucher, Chapleau Arctic Watershed, Northern Credit Union, many parents for the desserts and help around the chalet.



The racers being led down the course by Ross Broomhead - Race Coordinator. (Photo:Shelley Bernier)



The Chapleau Ski Club celebrated Family Day on February 15. The Hill was open from 1 - 5 and every child who brought a parent with them was entered into a draw. Olivia Hamill won the draw and received a voucher for \$40.00 to be used at Chapleau Village Shops on Winterwear. The Voucher was presented by Cailin Jones - canteen worker. (Photo:Shelley Bernier)

Ontario Weather Review *February 2010*

Northern locations experienced warmer temperatures than normal. In two cases, the variations were more than 5°C above normal values, with Moosonee and Petawawa recording their warmest temperatures since the late 1990s.

Northern and



Central Ontario locations received less snowfall and total precipitation than normal. Wawa broke its record for least snowfall established in 1942. Most southern locations also received lesser amounts. However, with low pressure systems affecting the area at the end of the month, monthly averages were close to normal values. Windsor, on the other hand, received more snowfall than usual in February. The monthly snowfall recorded in Windsor (59.7 centimetres) was comparable to what Muskoka received (56 centimetres, slightly above its normal of 52.8

centimetres).

In terms of seasonal values, the December-to-February totals confirm the reduced amounts of snowfall in a number of locations, with totals ranging from 80 to more than 125 centimetres below normal values for that period. Locations such as Chapleau, Wiarton, Elliot Lake, Kingston, Sault Ste. Marie and Wawa received significantly less snow than normal for those three months.

Severe Weather

The somewhat abnormal winter of 2009-2010 continues. This past month, Windsor, a part of Ontario not known for big snowfalls, was the

location that received the most snow from two of the three noteworthy systems which occurred during the month. While large storm systems coming up from the American southwest have been rather scarce this winter, the two that did left the most snow in and around the border city.

The first event occurred on February 9 and 10, when steady snowfall resulted in approximately 20 centimetres of new snow for Windsor – more than anywhere else in Southern Ontario. The second system dropped 14 centimetres of snow and a little freezing rain in the Windsor

area on February 22 – again, more snow than experienced elsewhere in the province.

Ontario weather usually moves from west to east. Occasionally, east coast weather systems will push cloud and precipitation back from east to west and affect Eastern Ontario. However, the end of February brought a powerful east coast storm that pushed westward, bringing with it a large area of snow and rain that covered all of Southern Ontario. The snow from this system began in earnest on the afternoon of February 25, with the worst of the accumulating snow tapering off by

the early morning hours of February 27. Periods of wet snow, which occasionally turned over to rain, fell during February 27 and 28, but little additional accumulations resulted. Total snow accumulations for the whole event varied widely across Southern Ontario, but were generally between 5 and 15 centimetres. The falling snow was augmented, in some areas, by blustery winds from the northwest late on February 25 and into the next day. This caused significant local reductions in visibility due to blowing snow.

Local 10-digit dialing: Coming soon to regions served by the 705 area code

Businesses and residents encouraged to begin preparing early for new dialing rules

OTTAWA, March 3 /CNW Telbec/ - Starting January 15, 2011, residents of Ontario in the 705 area code will be required to dial 10 digits - the area code followed by the seven-digit phone number - for all local calls. The introduction of 10-digit dialing is the result of a decision by the Canadian Radio-Television and Telecommunications Commission (CRTC) and will pave the way for the addition of a new area code, 249, in March 2011, as the 705 area code reaches capacity.

The 705 geographic area covers a broad territory, including Barrie, Sudbury, Peterborough, Sault Ste. Marie, North Bay,

Lindsay, Huntsville, Mattawa, Timmins and Midland. The Telecommunications Alliance, which represents major telecommunications companies, is spearheading a public awareness campaign about local 10-digit dialing to inform business and residential customers in this area.

"Having already successfully transitioned to local 10-digit dialing in many regions in Canada, we are confident these changes will be seamless for residents and businesses," said Glenn Pilley, spokesperson for the Canadian Numbering Administrator. "In order to ensure a

successful transition, we recommend that people start reprogramming their equipment to comply with 10-digit local dialing as soon as possible. Most telecommunications companies operating in the 705 area have already prepared their networks for this new local dialing method."

Residents should add the 705 area code to programmed numbers in all of their telecommunications devices (e.g., autodialers, fax machines, computers) and verify that their alarm systems are compatible with local 10-digit dialing. Companies that use numerous telecommunications

systems and devices should also take the necessary steps to update their equipment. All adjustments should be made before January 15, 2011.

Starting in March 2011, a new area code, 249, will be

added in the 705 region using the overlay method. This new area code will coexist with the current 705 area code and will cover the same geographic area. Customers with area code 705 numbers will retain their

numbers. Numbers in the new 249 area code will only be assigned to customers for additional services on an as needed basis. Introducing a new area code does not affect local calling areas in any way.

IF YOU WANT YOUR

PIANO TUNED



Piano Tuner/ Technician
Bob Persall is coming to Chapleau at the end of March.
Please call Krista at
864-2427
to book an appointment

Young Entrepreneur Opens Gym In Chapleau

McGuinty Government Supports Economic Development, Northern Communities

A young entrepreneur in Chapleau has opened a new business aimed at improving the health and fitness of residents.

With support from the Ontario's Young Entrepreneur Program, Full of Fitness gym is now offering group fitness

classes, personal training programs, nutrition plans, weight loss programs and community presentations about the importance of fitness at all ages.

The new business has created one full-time position, with three part-time jobs expected within

the next two years.

"We know that an active lifestyle is an essential component of healthy living. Congratulations to Full of Fitness for making it a little easier for Chapleau residents to stay active year round," said Mike Brown, MPP for Algoma-Manitoulin

"Our government clearly recognizes the importance of supporting young businesspeople who are creating jobs and helping build the northern economy," added Michael Gravelle, Minister of Northern Development, Mines

and Forestry and Chair of the Northern Ontario Heritage Fund Corporation (NOHFC)

The NOHFC is investing \$25,000 in Full of Fitness through its Young Entrepreneur Program. The program helps northern residents aged 18 to 29

start their own for-profit business in the North.

Full of Fitness gym is using the funding to purchase exercise equipment.

Forty per cent of new Ontario businesses are started by young people aged 25-34, and 16 per cent by youth under 25.

Une jeune entrepreneure ouvre un centre de conditionnement physique à Chapleau

Le gouvernement McGuinty appuie le développement économique et les collectivités du Nord

Une jeune entrepreneure à Chapleau a mis sur pied une nouvelle entreprise qui vise à améliorer la santé générale et physique des résidents.

Grâce au soutien du Programme des jeunes entrepreneurs établi par l'Ontario, le centre de conditionnement physique Full of Fitness offre maintenant des cours de conditionnement physique de groupe, des programmes d'entraînement personnel, de saine

alimentation et de perte de poids ainsi que des présentations communautaires sur l'importance de la santé physique à tous les âges.

La nouvelle entreprise a créé un poste à temps plein et s'attend à créer trois emplois à temps partiel au cours des deux prochaines années.

« Nous savons que la vie active est une composante essentielle d'une vie saine. Félicitations au centre Full of Fitness pour ses efforts visant

à faire en sorte que les résidents de Chapleau aient plus de facilité à poursuivre une vie active à longueur d'année. » dit M. Mike Brown, député d'Algoma-Manitoulin « Il est évident que notre gouvernement reconnaît l'importance d'appuyer les jeunes gens d'affaires qui créent des emplois et qui aident à bâtir l'économie du Nord. » ajoute M. Michael Gravelle, ministre du Développement du Nord, des Mines et des Forêts et président de la Société de gestion

du Fonds du patrimoine du Nord de l'Ontario (SGFPNO)

La SGFPNO investit 25 000 \$ dans le centre de conditionnement physique Full of Fitness dans le cadre du Programme des

jeunes entrepreneurs. Ce programme aide les résidents du Nord âgés de 18 à 29 ans à démarrer leur propre entreprise à but lucratif dans le Nord.

Full of Fitness utilise les fonds pour acheter de l'équipe-

ment de conditionnement physique.

Quarante pour cent des nouvelles entreprises en Ontario sont lancées par des jeunes gens de 25 à 34 ans, et 16 pour cent par des jeunes gens de moins de 25 ans.

Moments from the Past: 1989



PARADE MARSHALL - A very brave Parade Marshall, Adam Andrews, leads the Chapleau Winter Carnival Parade through the blinding snow and extremely cold weather conditions. You can see in the photo about 2 inches of snow on Mr. Andrew's shoulders but, in spite of the weather, a good crowd lined the main street to see the parade.

WINGS ARE COMING BACK



STARTING

MARCH 18TH

ENJOY YOUR FAVORITE

WINGS

AND

WATCH YOUR FAVORITE

SPORTS

IN THE LEGION BISCO ROOM.

**WE HAVE
MILD, MEDIUM, HOT
OR HONEY GARLIC
TAKEOUT AVAILABLE**

6:00 P.M.

TO

11:00 P.M.



Area Enforcement Blitz Aimed at Protecting Lake Trout

The Ministry of Natural Resources will be targeting natural lake trout fisheries in addition to regular fisheries patrols during an upcoming enforcement blitz in the northeast between March 4 and 15, 2010. Conservation officers from Sault Ste. Marie, Wawa, Kirkland Lake, Timmins, Chapleau,

North Bay and Sudbury will be out checking anglers to make sure they are following the regulations. In Fishery Management Zone 10 in particular, opportunities for angling natural lake trout have been restricted.

While only one per cent of Ontario's lakes contain lake trout, the province is

home to one quarter of all such lakes in the world. Lake trout are slow to reach reproductive maturity and are very susceptible to winter angling. To protect the stock, the lake trout open season for winter fishing is shorter. The season runs annually from February 15 to March 15 or the 3rd Sunday in March, unless noted

otherwise.

Conservation officers may also enforce the Off Road Vehicle Act, Motorized Snow Vehicles Act and sections of the Liquor Licence Act.

Anglers are reminded to have all valid licences, and to follow all catch, possession and size restrictions. They

should also be aware of ice conditions and take precautions to ensure their safety.

For more information on fishing regulations, please consult the 2010 Recreational Fishing Regulations Summary before heading out to fish. The summary is also available at ServiceOntario/Government Information

Centres, licence issuers and on the ministry's website.

To report a natural resources violation, call 1-877-TIPS-MNR (847-7667) any time or contact your local ministry office during regular business hours. You can also call Crime Stoppers anonymously at 1-800-222-TIPS (8477).

EMPLOYMENT OPPORTUNITY

Crisis Team Coordinator
Temporary Part - Time Position
(20 hrs/week)

The Brunswick House First Nation Administration is now accepting applications for the position of **Crisis Team Coordinator**.

Duties:

- To oversee the community crisis team activities including;
- Recruiting team members, organizing and planning all team activities, i.e meetings, training etc.
- Developing protocols and policies for all aspects of team operations
- Organizing the team to be prepared to respond to crisis situations, develop on call schedules, keep community informed of crisis response processes.
- Liaise with the Regional Crisis Coordinator (Wabun Tribal Council)
- Meet all funding reporting requirements
- Work cooperatively with other community and area services

Qualifications:

- Previous project coordination experience
- First Aid/CPR
- Peer helping skills
- Excellent organizational skills
- Excellent verbal and written communications skills
- Efficiency with Microsoft Word, Excel
- Ability to plan and implement community events and training events

Applications will be accepted until 3:00 pm, Friday March 12, 2010

Please submit resume with covering letter to
Stanley Sabourin, Band Administrator
Brunswick House First Nation
Fax: 705-864-1652

Un contrôle éclair des pêcheurs vise à protéger le touladi

Le ministère des Richesses naturelles inspectera les pêcheurs de touladi ainsi que d'autres poissons du 4 au 15 mars pour voir s'ils se conforment aux règlements.

Des agents de protection de la nature de Sault Ste. Marie, Wawa, Kirkland Lake, Timmins, Chapleau, North Bay et Sudbury inspecteront les pêcheurs pour voir

s'ils respectent les règlements. Dans la zone de gestion des pêches 10 en particulier, on a réduit les possibilités de pêcher le touladi dans les lacs où on trouve naturellement ce poisson.

Seulement un pour cent des lacs de l'Ontario contiennent du touladi, mais la province recèle un quart de ces lacs à l'échelle mondiale. Le touladi prend du temps pour arriver à maturité et commencer à se reproduire. Cette population de poissons est très fragilisée par la pêche en hiver. Pour protéger le touladi, la saison de pêche d'hiver de ce poisson est plus courte. La saison de pêche dure du 15 février au 15 mars ou au 3e samedi de mars, sauf indication contraire.

Les agents de protection de la nature pourraient aussi contrôler l'application de la Loi sur les véhicules tout terrain, de la Loi sur les motoneiges et de certaines dispositions

de la Loi sur les permis d'alcool.

Les pêcheurs sont tenus d'avoir leur permis de pêche et de suivre les règlements en matière de prise, de possession et de taille. De plus, ils doivent connaître l'état de la glace et prendre les précautions nécessaires pour assurer leur sécurité.

Pour plus de renseignements sur les règlements de la pêche, consulter le Résumé des règlements de la pêche récréative de 2010 avant d'aller pêcher. On peut se le procurer dans les centres du gouvernement Service Ontario, les bureaux de délivrance de permis et le site web du ministère.

Pour signaler une infraction liée aux ressources naturelles, appeler le ministère sans frais et en tout temps au 1 877 847-7667 ou contacter le bureau du ministère de sa localité durant les heures normales de bureau. On peut aussi appeler, sous l'anonymat, Échec au crime, au 1 800 222-8477.

CRIME STOPPERS

1-800-222-TIPS

Des manteaux pour les mêmes



Nous avons reçu du Suprême des Chevaliers de Colomb une vingtaine de manteaux d'hiver pour garçons et filles que nous distribuerons gratuitement aux familles de Chapleau qui sont dans le besoin.



I.D. Photos
FAC - PAL

864-1870

THE LOCAL MARKET PLACE THE LOCAL MARKET PLACE

CHADWIC HOME, FAMILY RESOURCE CENTRE

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

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

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

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.

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.

APARTMENTS FOR RENT

Available 2 Bedroom, Secure Building, Laundry facilities on site. Call Lucy @ 864-1114

2-1 bedroom apartments for rent, 72 Birch (downtown). \$425 including utilities and \$475 including utilities. Laundry facilities available on site. Call 705-971-0820.

1 bedroom apartment with fridge, stove and parking. Close to downtown and available immediately at \$420.00 per month. Call Con Schmidt at 864-0617. Mar20

2 bedroom apartment for rent. Also available a 4 bedroom house. Both available April 1st. Call 864-2282 and leave name and phone number. Mar27

Spacious 1 bedroom apartment fully furnished. \$450 + hydro per month. Call 864-2080.

✓ Tax Returns
✓ Program services

864-1558
Garry Bruneau
✓ Rappports d'impôts
✓ Services de programmes
Mar12

SUBMIT YOUR FAVORITES RECIPES TO
recipes@chapleauexpress.com

Sacred Heart RC Parish
Chapleau, ON

Sacred Heart RC Parish is looking for a construction contractor for the following work on its church facility:

Work to be completed

- Repair/Replace cement window base
- Remove and dispose of present windows (47)
- Install new windows (47), including insulation and finished inside and outside

Timeline

- No work to be done during weekend Church Services
- No work to be done during Funeral services
- Work to be completed by September 30, 2010

Insurance

- Applicants must provide
- References from previous similar jobs
- Proof of WSIB Insurance and liability Insurance, among others

Site Inspection

March 10, 2010 at 1pm, Lome Street, Chapleau, Ontario.

For information please contact
Fr. Sebastien Groleau
705-864-0747
sacre_coeur@live.ca

CLASSIFIED ADS WORK

4 BEDROOM HOUSE FOR SALE

Located on corner lot 25 Queen St. Newly renovated throughout. New windows, siding, flooring, kitchen and large back deck including a 14'x12' Gazebo. Paved driveway. Fenced in yard and a 8x20 shed Efficient woodstove and electric heat. Very clean, well maintained and pride of ownership.

Selling due to relocating and priced to sell.
SERIOUS INQUIRIES ONLY
Call Richard at 864-0135

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JOHN BRUNEAU
864-0404
101 LANSDOWNE ST. S.



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- REMBOURSEMENT INSTANTANÉ
- RAPPORT D'IMPÔT ÉLECTRONIQUE
- RABAIIS FAMILIAL ET POUR PERSONNES ÂGÉES
- LIVRAISON GRATUITE POUR PERSONNES ÂGÉES
- SERVICE À L'ANNÉE

TAX PREP & EFILE

GUS' II Family Restaurant
2 Daily Specials

Special Price for School Kids


NEW AT THE CHAPLEAU PUBLIC LIBRARY

Come join us every afternoon for **MARCH BREAK MANIA**
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Someone like you - It had to be you
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Drop off at **Between Friends (Cedar Grove)**
Mon. Fri. 8.30 to 4.30

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1-705-264-4334

ALL ADS ARE ACCEPTED AT THE CHAPLEAU INNOVATION CENTRE
DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.
CLASSIFIED ADVERTISING RATES
Regular Classified Ads
First 25 words or less \$6.25
Each additional word \$0.16+GST
No refunds on cancelled classified ads.

Mature Ski
will continue until end of season!

Every Monday Night from 7 - 10
\$5.00 for non-members!
The Chapleau Ski Club
Ski tips from Ross Broomhead

Travis Gendron
Sales Manager
61 Mission Road
Wawa, Ontario, P0S 1K0
Tel: 705-856-2394
Cell: 705-856-5595
Fax: 705-856-4290
travisgendron@missionmotors.com

MISSION MOTORS of WAWA
NEW & PRE OWNED VEHICLE SALES
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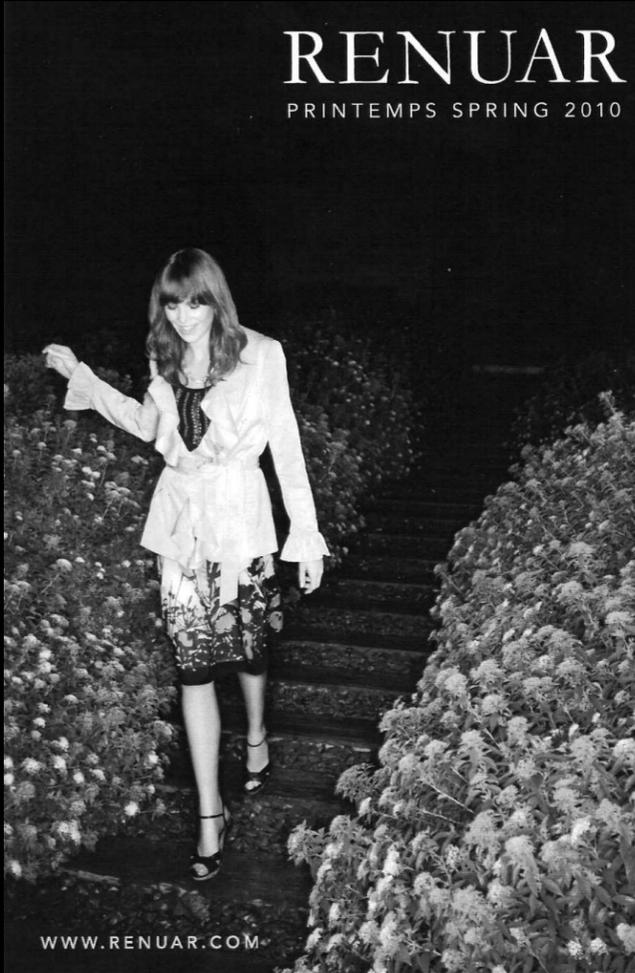
Moments from the past: 1989



NEW VEHICLE PURCHASE — The new line truck, recently purchased by the Hydro-Electric Commission of the Township of Chapleau, cuts a sharp figure in front of the Hydro garage on Lorne Street. Posing with the new truck from left are: Commission member Graham Bertrand, employee Don St. Amand, employee Robert Moreau and Commission Chairman Larry Ribout.

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Inverter circuitry provides clean electrical power, ideal for sensitive electronic equipment



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Inverter circuitry provides clean electrical power, ideal for sensitive electronic equipment
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