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CHAPLEAU EXPRESS

Vol. 9, Issue 7, October 17, 2004

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Eco-tourism project underway

Part of master plan for Game Preserve

By Jim Prince

When the Chapleau Regional Development Corporation officially opened the Chapleau Crown Game Preserve last week, it was capitalizing on the leading tourism trend in the world today.

According to many recognized authorities and organizations including the International Eco-Tourism Organization, wildlife viewing is an activity that is growing faster than hunting or fishing.

The Chapleau Crown game Preserve, the largest of its kind in the world, already offers

eco-friendly vacation packages and as the chairman of the development corporation and township Councillor Richard Bignucolo noted at last week's official opening ceremonies, Chapleau is already a tourist destination with more than 25 tourist outfitters offering hunting, fishing and eco-tourism packages.

"The development of the Chapleau Crown Game Preserve into a marketable product will only bring more tourists to Chapleau and allow us to grow," stated Councillor Bignucolo.

The remarks were

made as the CRDC unveiled its plans for developing the Game Preserve for tourists and the design of a structure to be erected in town which will serve as the physical entrance to the Preserve.

The unveiling and official opening came after a lengthy lead up of planning by local officials and discussions with government and community stakeholders.

Recognizing the values of the new tourism, the CRDC Board of Directors commissioned a study in the mid 1990's to help develop a concept for the

preserve.

"We were lucky to have the Town of Chapleau, Industry Canada FedNor and the Northern Ontario Heritage Fund Corporation come forward with the funds necessary to develop our project," Bignucolo told the crowd gathered for the official opening.

For its part, the municipality applied pressure to the then minister of Northern Development and Mines Tim Hudak, to support funding by the province. In his remarks at the official opening ceremonies, Mayor Earle J. Freeborn reflected on a meeting with Hudak. "I recall Councillor Swanson making the statement to Minister Hudak (you realize that this Game



Above, Camille Robitaille, of Four Seasons Guiding, signs an agreement with the CRDC to begin development of a test wildlife viewing station, before the establishment of a series of stations throughout the Crown Game Preserve in 2005.

Preserve is one of the province of Ontario's crown jewels don't you? This statement got the minister's attention and set the stage for more serious discussions," said Mayor Freeborn. While the township and senior levels of government were ready to put more than a half

million dollars the project, there were other commitments from local companies including Domtar, Tembec and the local Ministry of Natural Resources and the Living Legacy Fund along with the local Ministry of Northern Development and Mines officer, who donated

...Continued on page 6

School bus travel statistics indicate impressive safety record

By Jim Prince

Approximately 350 boys and girls travel twice a day on school buses in the Chapleau and yet the number of accidents involving school children is remarkably low.

There are many good reasons for this says Larry Lacroix, the owner of Lacroix Bus Lines whose fleet of 10 school buses, many of them new, are maintained in top running condition.

"We have a very, very precious cargo," stated Lacroix in an

interview during School Bus Safety Week October 18-22,

It's a time when motorists are asked to remind themselves of the need to be vigilant and careful on the roads, especially in the mornings and late afternoons when kids are on the way to and from school.

While Lacroix noted buses are equipped with more safety features than ever before, safety inside and outside the buses continues to be his number one priority.

In addition, the

company operates under the philosophy "leave no child behind." For instance with junior kindergarten and kindergarten children, if there is no parent or guardian to meet the child when its time for drop off, then that child is returned to the school.

"We must know ever the child is all all times," stated Lacroix. Transport Canada says that a child is 16 times safer riding in a school bus than riding in the family car.

"This is a phenomenal safety record," said Jim Switzer, Vice President of Laidlaw Education Services in Canada. "and it's a tribute to the training, dedication and professionalism of all of Ontario's school bus drivers."

But injuries do occur when kids get on and off their school bus. So it's still vitally important that all

...Continued on page 6

Anglers and Hunters and MNR cooperate to improve Walleye spawning beds



By Jim Prince

Continuing its long record of conservation and stewardship, the Chapleau Anglers and Hunters Club has completed another project with the Ministry of Natural Resources. The two organizations teamed up to complete a Spawning Bed Improvement Project to maintain the Walleye

population in Borden Lake. The lake is a popular fishing spot for local anglers and the many cottagers and permanent dwellers along the shores of the lake will benefit from the project. At least one tourist resort operator will also reap the benefits. The project was designed to lengthen an existing spawning ground and

was approved after extensive testing in previous years which indicated the Walleye fry hatch doubled on an improved gravel lake bottom. Anglers have found an improvement in the harvest following earlier spawning bed improvements. The work at Borden Lake continues a long time commitment by the Chapleau Anglers and



Hunters a volunteer group, which has maintained a strong relationship with the local office of the Ministry of Natural Resources.



LETTERS TO THE EDITOR

Bear Encounter Story

While vacationing at our family camp on Borden Lake in Chapleau on August 18, 2004 my wife went out for her usual morning run up the camp road. I stayed back to watch the kids. Upon her return I went out for my run with my dog Ranger at 9:20 a.m.

A few minutes into the run down a long stretch of road I noticed a black bear walk out of the bush. I stopped running and as soon as it saw us it ran towards us. I paced his run out at 95 yards afterwards. I just had time to put Ranger's lead on and stand our ground. He ran to within 2 feet of us. I got Ranger pumped up and he barked as hard as he could at the bear.

He was about 150 pounds but acted like he was much larger. I held Ranger's lead in my left hand and raised my right

hand in order to look larger and started yelling at the bear. The bear had his ears back, teeth showing and was swatting at us. I then started walking backwards with my hand still up all this while still yelling at the bear.

He then made another run at us charging while smacking his lips, swatting the ground and showing his teeth. He wasn't the least bit interested in Ranger and remained entirely focussed on me.

I was certain he was going to lunge at me so I made the 1st move by showing my teeth, standing on my toes with my hand up and I charged him. He stood his ground and growled at us as we started walking backwards again. Ranger was still barking hard at the bear and was certain

that if I let him loose the bear would have killed him so I kept him on lead. We continued walking backwards and managed to look to my right where I picked up a very large branch. I kept slowly walking backwards and it made another bluff charge.

We stood still and immediately afterwards I made a lunge at him swinging the branch towards him. He backed up a bit and I stood still looking at him in the eyes. He followed us for about 80 yards from 5 feet away. We managed to get about 20 feet from him but he still was following us. I fell into a puddle and quickly got up. We were getting further away from him while still following us and when we were about 80 feet away he stopped and slowly walked off into the bush.

As soon as I knew he was out of sight I ran back towards the camp as fast as I could all the while continually looking over my shoulder. I didn't see him after that. It took us about 3 minutes to run back to my camp. I have seen several bears while in the bush and they have always run off as soon as one saw me or shortly afterwards.

This encounter was different. I was lucky I knew what to do. If you ever encounter a bear make yourself look big and slowly back away, watching the bear. If the bear tries to approach you, stop. Be aggressive, yell,

throw rocks or sticks and use pepper spray if you have it. Never turn and run. If the bear continues to approach you, resume backing away slowly while continuing to be aggressive towards the bear. If a bear makes contact with you, never play dead, that applies to brown and grizzly bears. Fighting back is the best chance of persuading a black bear to stop its attack. Use a large stick, a rock or anything else that you have on hand to hurt the bear.

The whole encounter lasted about 4 minutes but felt like an eternity. As soon as I saw him running at us I was scared but felt confident that Ranger would scare him off. His presence may have helped but I feel it was my actions that kept him from getting the best of me. When he got within a few feet of us and remained focussed on me, I knew I had to make some decisions on how to handle the situation.

I then became much more scared. He followed us for a few hundred yards. If any unsuspecting person had been in my shoes and decided to run I would hate to have seen the outcome.

I called the Chapleau MNR, who sent out the two bear technicians to bring a trap out. He never did return. We won't be running at camp anymore and will have to be more cognizant of bears while in the bush.

Kyle Cachagee, Timmins

OBITUARY

Pellow: Leitha Albertine

Peacefully at London Health Sciences Centre - University Campus on Wednesday, October 6th, 2004 Leitha A. (Robinson) Pellow of London in her 74th year. Former wife and still best friend of Dr. William "Bill" Pellow. Dear mother of Kimberly Anne Cimetta and her husband Sebastian of Toronto and Arden Pellow of London. Predeceased by her son W. Robin Pellow. Loving sister of Garnet Robinson and his wife Alice of Little Current; Verlie Umpherson of Little Current and Audrey Bolduc of Chapleau. Also loved by her 2 grandchildren Mark and Christine.



Friends were received by the family on Sunday at the A. Millard George Funeral Home 60 Ridout Street South London where the complete funeral service were conducted in the chapel on Monday October 11th, 2004 at 11:00am with Reverend Jon Korkidakis officiating. Cremation. As an expression of sympathy, memorial donations may be made to the Dr. William R. Pellow Masonic Chapleau Bursary 232 Wharncliffe Road North, London ON N6H 2B7.

THANK YOU

The family of the late Billy Edwards would like to express sincere thanks to the wonderful caring staff who took care of our brother Bill and especially in the last week who made Billy as comfortable as could be. The special ladies (nurses) will always have a special place in our hearts. Thanks to Dr. Broomhead and Dr. Shapiro. A special thanks to the kitchen staff who went out of their way to please Bill: the maintenance who helped with the T.V.; the cleaning staff who always greeted Bill. It meant a lot to him. To Lorna who always was there for Bill. To Gil Martin who does everything with dignity. Thank you for all the food donations, and the women at the church who put lunch on. To Father Gilles who gave Bill so much comfort. Thanks to the people who came to pay their final respects to Bill.

Ray, Vivian, Lorna, Aldee, Bill, Judy, Katherine, Patricia, Tom, Dan, Marilyn, Ron and Rachelle

The Chapleau Express is published every Sunday.
Box 457
Chapleau (Ont.)
P0M 1K0

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Deadline for receiving ads is Wednesday at 4 p.m.

The Chapleau Express is delivered free of charge to every household each Sunday. If you have any comments, please feel free to contact us.

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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 October 21, 2004. Please call 1-800-387-5776 to arrange for an appointment to discuss your **small business counselling or loan needs.**

**Attention: Propriétaires de petites
 entreprises et propriétaires d'entreprises
 potentielles**

Le personnel de la Société d'Aide au Développement des Collectives Supérieur Est sera à Chapleau le 21 octobre, 2004. Appelé au 1-800-387-5776 pour arranger un rendez-vous pour discutez **vos besoins de prêts ou de conseils pour petites entreprises.**



New column : for the green thumb

Gardening from the ground up

The Plants Who Came in From the Cold

Just because we live in Northern Canada does not mean we can't have lush exotic plants in our gardens. In fact, many plants that are grown here as annuals (plants that last for only one growing season) are actually perennials from warm climates. Wax Begonias, for example, are tender perennials. The cold kills the whole plant in winter, so it does not grow back again the following spring. If they did not freeze, Wax Begonias would continue to grow again each year with only a short period of dormancy.

Other tender perennials commonly found in gardens include Gladiolus, Dahlia, Agapanthus, and Calla Lily (*Zantedeschia*). Peruvian Lily (*Alstroemia*), Canna Lily, and Crocosmia are also very striking additions to any collection of tender perennials.

All of these plants have either bulbous

or tuberous roots, which allow them to store energy for long periods of time, and then begin to grow again when conditions are right. They can be stored over winter in the following way: After the first frost, cut the plant right back to ground level. Use a garden fork to lift the plant out of the soil, and gently shake the loose soil from the roots. Place them in mesh bags or in boxes and label them. The roots should be kept in a cool, dark place, free from moisture. They should not be kept in any place where the temperature will fall below the freezing mark. Some older houses have a cold room or root cellar just for this purpose.

Milk crates are ideal containers for storing roots, as the holes allow air to flow all around the roots, even on the bottom. The crates can also be stacked so as to take up less space while protecting the roots from being crushed. Another

storage option is to hang the roots in mesh bags. You can make bags from old pantyhose, or reuse bags that onions and oranges are sold in. The roots can also be stored in boxes of dry packing material such as peat moss or vermiculite. Packing them is a bit more work, but does protect them from damage while keeping them dry and in the dark. Cannas should be cut back to one leaf, then stored in pots of slightly moist soil or peat moss.

If you like to keep a bit of greenery around for the winter, small plants can be potted up from the garden and kept indoors until spring. Coleus, a bedding plant known for its colourful leaves, is yet another tender perennial that is grown as an annual. It does quite well as a house plant if potted up before the first hard frost. Herbs, such as Mint, Lemon Balm, and Thyme, are also nice to have around in winter. Keep



them on a kitchen windowsill and snip bits of fresh herbs to cook with all winter long.

Even when kept as house plants, most garden plants will still go dormant for a short period of time. This usually happens in late winter. The plant will seem to be dying, and might appear to be completely dead for a couple of weeks. You will probably think you have killed it and wonder what you did wrong, but keep tending it as you normally would, and it will soon begin to sprout new leaves once again.

Hint: In spring, replant your overwintered plants still in the pots. Simply bury the pot up to the rim in the garden bed, and it can be lifted out pot and all in the fall.

Mary Lynne Ivey

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Sudbury & District Health Unit offers free flu shots to residents

The Sudbury & District Health Unit is launching its fifth annual, free flu immunization campaign to make sure that people can protect themselves and those around them during the upcoming influenza season. The first clinic takes place Monday, October 18.

"The Sudbury & District Health Unit has scheduled a number of free community clinics throughout the districts of Sudbury and Manitoulin," says Lisa Mills, manager of Clinical Services. "Check your local newspaper or the health unit's website at www.sdhu.com for dates, times and locations of clinics in your area."

People may also get a flu shot, free of charge, at walk-in clinics, community health

centres, and from their physician.

The normal flu season in North America runs from November to April. Slightly different vaccines are made each year to match the viruses that scientists predict will be circulating.

"Just because you got a flu shot last year doesn't mean you'll be protected again this year," says Mills. "You need a new shot every year because the flu virus and the vaccine change every year. If you get your flu shot in October or November, it will protect you for the entire flu season," she adds.

People of all ages can become ill with influenza infection. While most people who become infected suffer only mild symptoms, influenza can cause more severe complications including ear infections, pneumonia, and even death. The elderly and

those with chronic medical conditions are at a higher risk for developing complications.

Ontario is the only jurisdiction in North America that provides free flu shots to all people. The National Advisory Committee on Immunization (NACI) recommends that all healthy adults and children should be encouraged to receive the vaccine. For the first time this year, NACI is also recommending that healthy children aged six to 23 months be vaccinated because they are at increased risk of influenza-associated hospitalization compared with healthy older children and young adults.

For more information about this year's free flu immunization campaign, call the Sudbury & District Health Unit Flu Facts Hotline at (1-866) 522-9200, ext. 301, or visit www.sdhu.com.

Public Inspection Approved 2004/05 Annual Work Schedule Magpie Forest

The Ontario Ministry of Natural Resources (MNR) has approved the 2004/05 annual work schedule for the Magpie Forest. It is available for public viewing at the ministry's Wawa District Office (see address below) until March 31, 2005.

The annual work schedule describes the forest management activities that are planned for this area. There has been a delay in the approval and implementation of the Magpie Forest 2004-2024 Forest Management Plan. The plan was approved on September 20, 2004 and the annual work schedule will be implemented on **November 1, 2004** pending any requests for individual environmental assessments to specific proposed forest management activities within the plan.

Fuelwood

Information on the location of public fuelwood areas is available at the ministry offices or at forest company offices in Dubreuilville.

The annual work schedule, and any subsequent revisions, is available for inspection through March 31, 2005 at:

**Ministry of Natural Resources
Wawa District Office
160 Mission Road
Wawa, Ontario**

and
**Dubreuil Forest Products Limited
21 rue des Pins
Dubreuilville, Ontario**

For further information on the annual work schedule, please contact Mary Lynn McKenna at 705-856-2396, ext. 213 (MNR Wawa) or Glenn MacGillivray 705-884-2525, ext. 261 (DFPL Dubreuilville).

Summary maps are available upon request.

Renseignements en français : (705) 856-2396 ou (807) 826-3225.



Masked invader steals a meal



A family of racoons has been helping themselves to our offerings in the back yard feeder. Following a meal of corn and other delights from our garden, the intruders wiped the entire stock of apples and topped it off with a dessert of sunflower seeds, and posed for this photo before stealing off into the darkness, likely in the Chapleau Crown Game Preserve.



NOTICE

The Ministry of Training, Colleges and Universities (Apprenticeship Branch) will have a Consultant in Chapleau on October 21 & 22, 2004.

The Consultant, Chantal Rousseau, is available to provide information and answer questions regarding apprenticeship training and certification. You can meet with Chantal between 1:30 p.m. and 4:30 p.m. on October 21, 2004 at the Ministry of Northern Development and Mines office located in the MNR building, 190 Cherry Street.

For more information or to schedule an appointment, please call 1-877-275-5139 or the direct line at (705) 235-1951.



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PREPARE FOR A SAFE HALLOWE'EN

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Jack-O-Lantern Techniques: Tips to ensure safe and fun pumpkin carving this Halloween season

(NC) — One of the biggest nights of the year for children, Halloween also initiates a beloved family pastime — pumpkin carving. "While it is important to be creative and have lots of fun together, good pumpkin carving techniques can keep you and the kids safe from unwanted cuts and unforeseen accidents," says Ryan Wilkie, one of Home Depot Canada's seasonal experts. Leave the blood and gore to the costumes and practice the following:

Know the tools of the trade — Before allowing your children to carve, teach them the safe use of sharp tools and guide them through the entire process. "Special pumpkin carving tools such as scoops, saws, pickers and drills are specially designed for jack-o'-lantern carving, allowing for greater control and safety," says Wilkie.

Sketch out your plan of attack — Start by drawing a six-sided lid (hexagon) on top of your pumpkin before cutting and use a pattern for your carving — you can find lots of great patterns on the Internet for free. Attach the pattern to the pumpkin with tape or straight pins before carving.

Getting and carving — Clean out the seeds and string. The inner wall of the pumpkin should be no more than one inch thick. Once your pumpkin is



Photo: Photo: The Kitchener Record

cleaned out, use a picker tool to poke holes about 1/16" to 1/8" apart along design lines. Use just the tip to poke through the paper and outer pumpkin skin. Next, cut the design with a pumpkin carving saw, connecting dots you made with the picker tool. Be sure to work from the centre of the design outward to avoid putting pressure on areas that have already been carved.

Keep the candle burning — Before placing a candle inside, cut a hole in the

bottom, the same diameter as the candle and place the candle on a plate to keep it from tipping. "You don't want your candle to cook your pumpkin into mush so use a pumpkin drill to create a vent hole in the lid of the pumpkin to allow for heat to escape," says Wilkie. This last tip will help keep your jack-o'-lantern glowing throughout the night.

For more do-it-yourself tips, visit www.homedepot.ca or The Home Depot store in your community.

News Canada

Halloween Safety Tips:

How to keep trick-or-treaters out of harm's way

(NC) — As families put together their scary costumes for a night of trick-or-treating, parents and homeowners alike should make safety a priority, ensuring that Halloween remains a night to remember for all the right reasons. To help reduce "bumps in the night," consider the following:

Stay lit — Clip-on battery-operated blinking lights or reflective tape can be easily added to costumes, and glow sticks or mini flashlights help increase a child's visibility to passing cars. "Parents and chaperones should also wear reflective clothing and carry flashlights with new batteries to see and be seen," says Ryan Wilkie, seasonal merchant for The Home Depot Canada.

Light the way — For those left behind to answer the doorbell, help guide the young ghouls and goblins by turning on porch lights and making sure driveways and paths are well

lit and clear. "Homeowners should also take a walk around their yards, walkways and steps in the days and nights leading up to Halloween to make sure that their properties are as safe as they can be," says Wilkie. Follow the following homeowner checklist this hallowe'en:

- Pick up and stow garden hoses, tools and other objects in your yard or driveway.
- Fill holes in the yard and cracks in pavement.
- Trim limbs or bushes away from areas leading to your home.
- Make sure stair railings are secure and free of slippery décor.
- Use only electrical cords and decorations approved for outdoor use.

For more do-it-yourself tips, visit www.homedepot.ca or The Home Depot store in your community.

News Canada

Have a scream trick or treating this Hallowe'en

(NC) — Hallowe'en is a fun time for children and adults. It's the one night of the year that anyone can be anything they want to be — a cowboy, rockstar or nurse. The possibilities are limited only by your imagination. Anticipating trick or treating on Hallowe'en night, carving pumpkins and making Hallowe'en decorations are all part of the fun.

This year, help generate excitement for Hallowe'en by using GLAD Press'n Seal wrap to create Hallowe'en Loot Bags. Press'n Seal, a revolutionary, spill-proof, versatile wrap, seals to itself enabling the creation of a customized size of pouch that can be used to package

snacks and candy. Simply tear off a sheet of wrap and lay design side down, place treats on one half of the wrap cover and press fingers along all sides to form a tight seal. Personalize each Hallowe'en Loot Bag by having children draw their own Hallowe'en ghouls and goblins onto the Press'n Seal pouch or decorate with stickers. Place all of the Hallowe'en Loot Bags together in a basket and have children distribute their loot bag creations to trick or treaters or to their classmates!

With all of the excitement of Hallowe'en, it's easy to overlook safety rules, particularly when trick or treating. Follow the tips below for safe and fun

trick or treating:

1. Always carry a flashlight
2. Wear a bright costume that is easy to see at night
3. Avoid masks, they may impair vision. Use make up instead. Stay in well lit areas and only visit houses with a light on
4. Do not enter someone's home when trick or treating
5. Designate a route, do not visit houses that are not on that route
6. Stay with an adult, or stay in a group
7. Walk facing the oncoming traffic if there is no sidewalk
8. Look both ways, obey all traffic laws, and use cross walks and crossing lights if available

- News Canada

Do-It-Yourself Halloween:

How to transform your trick-or-treater with everyday home improvement supplies

(NC) — Dingy white sheets and discoloured linens are no longer your only option for "bram-made" costumes this Halloween. Instead, inspire your child's imagination by creating costumes with everyday home improvement supplies. Consider the following creative ideas from The Home Depot Canada, and make Hallowe'en fun for the whole family:

Tin Man, King and Queen costumes — Transform your trick-or-treater into a tin man using adjustable 90-degree elbows from duct work. Or for the little king or queen, wrap a cardboard crown with duct tape or fashion an adjustable crown, then decorate with paint or spackles. "Glow sticks in vibrant colours like green, red and orange make for the perfect wand for a wizard or fairy princess," says Ryan Wilkie, seasonal merchant for The Home Depot Canada. "These

items will also help increase your child's visibility to passing cars."

Creepy-crawly costumes — Black rubber pipe insulators, found at The Home Depot, make great spider legs or bat wing frames for decorations or costumes. Just hand stitch or glue on black fabric to complete the scary look. Water supply lines can be transformed into antennae for creepy-crawly alien or bug costumes. "You can find endless uses for clear vinyl tubing and foam pipe insulators," says Wilkie. "These items can be used as a flexible frame for fabric wings, capes and much more."

Even small items like drawer pulls, bolts and screws offer parents infinite costume possibilities at just pennies per piece.

For more do it yourself tips, visit www.homedepot.ca or The Home Depot store in your community.

News Canada

...Continued from page 1

Ontario motorists respect the rules of the road and know what to do when they're near a school bus. That is, stop

when they see the flashing red lights on a school bus, and wait until the children are safely across the street or walking on the sidewalk. Then, proceed only when

the bus's lights have stopped flashing, and the stop sign on the bus has been retracted.

"In their preoccupation with friends and their own

routines, children sometimes aren't as careful as adults when catching or leaving a bus," says Switzer, "In fact, the greatest danger to school kids is not

when they're on the bus, it's when they're arriving or leaving - that's why bus drivers must keep the flashing lights on until they're sure that the kids are safely off the road.

"So it's up to car and truck drivers to modify their own driving habits in school and residential areas. No one should ever be in such a hurry that they feel compelled to ignore the school bus signals."

Motorists also need to be aware that fines of up to \$2,000 may be levied for drivers who are caught ignoring or disobeying the flashing red lights of a school bus, as a first offense.

Ontario School Bus Safety Week is also a time when motorists are urged to pay their own small tribute to school bus drivers by briefly making a friendly wave

...Continued from page 1
Chapleau Crown Game Preserve

time, material and equipment to help build parts of the project.

While eco-tourism is coming into its own, the demand currently outstrips supply and Canada does not have sufficient products to meet the demand of its own citizens let alone meet the demand of an international market.

Councillor Bignucolo noted Chapleau is coming into an excellent marketing opportunity and indicated it is already venturing more boldly into the segment. This will include working with partners like local businessman and tourist outfitter Camille Robitaille. His company, Four Seasons Guiding, will be taking tourists into wildlife viewing platform which will offer real opportunities for eco-tourists including wildlife photographers.

More wildlife viewing platforms in the Preserve are planned for next year. "By this time next year, Chapleau will venture further into the eco-tourism market and let the world know that it is one of the best locations for adventure tourism," Councillor Bignucolo told the audience, adding, "I am very proud to be a part of this vision and I know that our community can become internationally known as a first class destination for wildlife viewing and nature

Pimii Kamik Gas Bar & Gift Shop

Located on the Chapleau Cree First Nation

Beginning Monday September 12, our WINTER HOURS will be from 7a.m. - 9p.m., 7 days a week

Drop by and check out our line of Authentic Native Crafts, Unique Gift Ideas, Jewellery, and Gift Certificates TOO!

We also carry road trip snacks, which includes Subs, Chips, Pop, plus a whole lot more.

JOB OPPORTUNITIES

101 Gas Station & Convenience Store

(situated at Brunswick House First Nation)

is hiring for the following positions:

***Cashier**

***Gas Station Attendant**

Please bring your resume, or call 864-0330.



De meilleurs soins de santé pour les Canadiens : plan d'action sur 10 ans

Le premier ministre du Canada et les premiers ministres provinciaux et territoriaux ont de concert adopté un plan d'action décennal qui, grâce notamment à un nouvel investissement fédéral de 41 milliards de dollars, consolidera les soins de santé pour tous les Canadiens.

De meilleurs soins de santé :

☑ réduction des temps d'attente

- améliorer l'accès pour que les Canadiens obtiennent plus vite les tests cruciaux, les traitements et les chirurgies essentiels

☑ davantage de médecins, d'infirmières et d'autres professionnels de la santé

- élaborer des plans plus formels et recruter davantage de professionnels de la santé, et accréditer plus rapidement ceux formés à l'étranger

☑ élargissement des soins à domicile

- améliorer le soutien aux personnes soignées ou en convalescence à domicile

☑ meilleur accès aux services de santé à la famille et communautaires

- augmenter l'accès en tout temps à des médecins, infirmières et autres professionnels de la santé

☑ meilleur accès aux médicaments essentiels

- gérer les coûts des médicaments afin qu'aucune famille n'ait à choisir entre les médicaments et la déchéance financière

☑ amélioration de la santé des Autochtones

- investir de nouveaux fonds et mieux planifier pour combler l'écart entre les soins de santé offerts aux Autochtones et aux autres Canadiens

Réduction des temps d'attente :

Les gouvernements fédéral, provinciaux et territoriaux ont convenu de rendre compte des progrès accomplis dans le domaine de la santé et, pour la première fois, dans la réduction des temps d'attente.

☑ des indicateurs comparables... pour mesurer les progrès

- les gouvernements fédéral, provinciaux et territoriaux utiliseront des indicateurs comparables pour rendre compte de l'amélioration de l'accès aux médecins, aux services de diagnostic et aux traitements

☑ des jalons... pour préciser le but visé

- les gouvernements fédéral, provinciaux et territoriaux établiront des temps d'attente médicalement acceptables - fondés sur l'avis d'experts - d'abord dans les domaines du cancer, des maladies du cœur, de l'imagerie diagnostique, des remplacements articulaires et de la restauration de la vue

☑ des objectifs... pour susciter le changement

- chaque gouvernement provincial et territorial établira ses propres objectifs pour les temps d'attente et rendra compte annuellement aux citoyens des progrès réalisés

Les Canadiens pourront constater à quoi sert leur argent affecté aux soins de santé et les résultats déterminants qu'il produit.

Pour obtenir un exemplaire du document « Aperçu du plan d'action décennal sur les soins de santé 2004 », composez le **1 800 O-Canada** (1 800 622-6232). Vous pouvez aussi le consulter sur Internet à www.canada.gc.ca/plansante.



Insight from our local Occupational Therapist

I hope everyone had a wonderful Thanksgiving. My family and I spent the weekend in Espanola with family. It is nice to be back in Canada and be able to spend the holidays with loved ones.

We now look forward to Christmas. It can be difficult to buy a present for your favourite older person. They often say they don't need anything or they now live in an apartment and don't want to accumulate extra things.

Here are some gift ideas suggested by occupational therapists that may help your family member in their day to day activities:

A motion detector night light. Great for preventing falls when walking at night, especially when the person does not like to

sleep with any type of light source.

Safe hip Hip Protectors are new to the market and can reduce the risk of breaking a hip when falling. Made out of cotton and lycra with built-in padded shells, these "undergarments or shorts" are very discreet to wear under one's clothes.

Telephones adaptations: The **Ameriphone** photophone has room for nine photographs of family and friends to be placed on the phone. **Numbers** are programmed in and the user presses the photo of the person he or she wishes to call. A great solution for those with memory, visual or fine motor problems. Call Hall Telecommunications at 1(800) 265-2667.

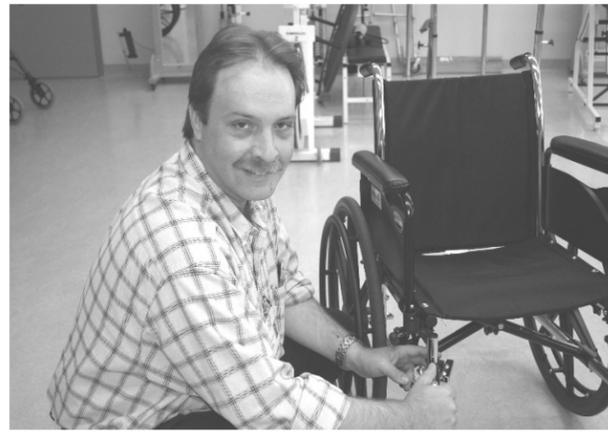
A portable

telephone amplifier, which is very easy to put on or off and is small enough to travel with, can help the user to hear the other person on the phone.

Bed rails. These side rails can attach to almost any bed, with the lever sliding under the mattress. These are very handy for people who have difficulty getting in or out of bed.

Bathing aids. Long handled bath sponges are great for bathing and showering, cost as little as \$15 and help with those hard to reach places such as one's back and feet. Properly installed grab rails on the shower wall will make it easier to get in and out of the bath safely and prevent falls.

Ice picks for canes. Great when it becomes icy and slippery outside. The ice picks attach simply to the cane and



can be found at most drugstores where canes are sold.

Walker accessories. For a few dollars, you can purchase a cup holder that clips to the walker and allows the person to carry a drink while using their walker. Look for ones that secure tightly to the walker. A carry bag or pouch works well for other items, such as books, eye glasses, etc.

Stove reminder. This requires an

electrician but may be worth it for someone whose memory is failing. This gadget will automatically sound once the stove had been turned on, and will continue to sound every few minutes until the stove is finally shut off. A microwave with easy-to-read dials can also be safer, especially for reheating foods.

Recipe books with one-dish meals that can be prepared in a microwave. Look for those in large print and

plain language.

Good-grip kitchen utensils are available in department stores. They can make peeling vegetables, slicing cheese or even squeezing lemons much easier due to their built up, flexible handles.

A fanny pack or back pack allows both arms to be free when shopping.

A molded neck pillow helps someone to sleep in a position that will prevent neck pain. For people with arthritis this can mean a good night sleep and less neck pain the day after.

I appreciate the opportunity to work with the people here in Chapleau. Should you have any questions about Occupational Therapy, feel free to call me at 864-3078. My next topic will focus on home modifications for safety.



Better Health Care for Canadians: A 10-year plan

Working together, the Prime Minister, Premiers and Territorial leaders have signed a 10-year plan, supported by \$41 billion in new federal funding, that will lead to better health care for Canadians.

Better Health Care

- Reduce waiting times**
 - Improve access so that Canadians don't wait as long for key tests, treatments and surgeries
- More Doctors, Nurses and other Health Professionals**
 - Plans to train and hire more health professionals while also developing faster accreditation for foreign-trained health professionals
- Expand home care**
 - Provide better support for people being cared for or recovering at home
- Improve access to family and community care**
 - Increase 24/7 access to doctors, nurses and other health professionals
- Better Access to Needed Medicines**
 - A commitment to manage drug costs and ensure that no family is forced to choose between needed medicines and financial ruin
- Improved Aboriginal Health**
 - New investments and better planning to close the gap between Aboriginals and other Canadians in terms of health

Shorter Waiting Times

The federal, provincial and territorial governments have committed to report clearly on the progress we are making in health care and, for the first time will report on progress in reducing waiting times.

- Comparable indicators ... so we can measure**
 - Federal, provincial and territorial governments will use comparable information to report their progress in improving access to doctors, and to diagnostic and treatment procedures
- Benchmarks ... so we know what we are striving for**
 - Federal, provincial and territorial governments will set medically acceptable waiting times – based on advice from medical experts – starting with cancer, heart disease, diagnostic imaging, joint replacement, and sight restoration
- Targets ... to drive change**
 - Provincial and territorial governments will set their own targets and report annually to citizens on progress in reducing waiting times

Canadians will see for themselves where their health care money is going and how it is making a difference.

To obtain a copy of "The 2004 Health Care 10-Year Action Plan at a Glance", call **1 800 O-Canada** (1 800 622-6232) or, to see it on the web, click www.canada.gc.ca/healthplan.



**Your handout
could get you a fine.
It could get a kid a life sentence.**

9 OUT OF 10 SMOKERS GET HOOKED AS TEENS.

NOT TO KIDS!

**Supplying tobacco to anyone
under 19 is against the law**

www.nottokids.ca

Brought to you by the NOT TO KIDS Coalition. For more information, call your local public health agency.

Funding provided by Health Canada, Tobacco Control Programme ©HER MAJESTY THE QUEEN IN RIGHT OF CANADA (2002) as represented by the Minister of Health.

Sponsored by the Council for a
Tobacco Free Chapleau.


**Make it a
Healthy
Day!**

Sudbury & District Health Unit
Service de santé publique de Sudbury et du district

October 22: celebrating community futures development corporations

October 22nd, 2004 marks the day Ontario celebrates the valuable contribution Community Futures Development Corporations (CFDCs) made to our rural and northern communities. **CFDC Day** is also used to highlight the important role that small and medium-sized businesses play in the economic well-being of our communities.

The theme this year is "*Shaping the future of our communities*", a reference to the important role small and medium-sized businesses (SMEs) play in the local and provincial economy.

In Ontario, there

are more than 322,000 small businesses with fewer than 50 employees. These account for nearly 95 per cent of all Ontario businesses. That's 52 per cent of the total employment number in Ontario. According to Statistics Canada, the small business sector is responsible for the creation of about half of all new jobs in Ontario.

The Superior East CFDC is one of 61 Community Futures Development Corporations in Ontario. CFDCs are funded by Industry Canada's Community Futures Program through FedNor to deliver a wide variety of services in support

of community economic development and small business growth. They employ local staff and are governed by a volunteer Board of Directors made up of local residents representative of the community at large.

In the last five years, Ontario CFDCs, through their investment and business counselling activities, invested more than \$185 million to help the small business sector create or maintain 22,401 jobs. Over the past 15 years the Superior East CFDC has invested \$11,919,860 in loans impacting a total of 1,614 jobs to enhance

our business community.

"We are proud of the role CFDCs play in assisting entrepreneurs and rural communities in the region and across Ontario," says Doug McCrank, Chairman of the Superior East CFDC. "As locally-run, not-for-profit organizations, CFDCs are in tune with the economic development needs and priorities of our communities."

This event marks the third year Ontario Community Futures Development Corporations play in *Shaping the future ... of our communities*.

Nouvelle campagne est lancée: Fierté du Nord

La Commission de formation du nord-est (CFNE) se prépare à lancer officiellement dans la région de Chapleau la campagne «Fierté du Nord». Le lancement officiel aura lieu le 14 janvier prochain.

«Fierté du Nord» est une campagne de sensibilisation publique qui a pour but de démontrer qu'il existe des opportunités de carrières intéressantes dans les communautés nord-ontariennes et d'encourager un plus grand nombre de personnes (plus spécifiquement des jeunes) à s'établir dans le nord.

Ce projet aborde deux sujets d'importance pour notre région, l'exode des jeunes et la population vieillissante et à la baisse. À chaque deux semaines, pendant un an, des témoignages de jeunes gens qui sont demeurés ou qui sont revenus dans le nord seront présentés dans le journal *Chapleau Express*. Après tout le travail effectué par la

CFNE pour sensibiliser la population au phénomène de l'exode des jeunes, il s'agit maintenant d'une initiative qui vise à présenter des jeunes qui ont trouvé, ou qui se sont créés des opportunités ici-même dans le nord.

Dans la région de Chapleau la campagne «Fierté du Nord» est menée par la CFNE en partenariat avec la Coalition pour l'éducation et la formation de Chapleau et le journal *Chapleau Express*. De plus, la campagne bénéficiera de commandites d'entreprises et d'organismes de la région. La CFNE est subventionnée par Ressources Humaines et développement des compétences Canada et le ministère de la Formation et des Collèges et Universités de l'Ontario.

Pour obtenir davantage de renseignements, veuillez communiquer avec Julie Joncas : 800-530-9176 ou 705-362-5788.

“Northern Pride” campaign to be launched in Chapleau

A Far Northeast Training Board initiative

The Far Northeast Training Board (FNETB) is preparing to launch the “Northern Pride” campaign in the Chapleau area. The official launch will be held on January 14, 2005.

“Northern Pride” is a public awareness campaign with a goal to demonstrate that there are interesting career opportunities in Northeastern Ontario communities and to encourage more

people (more specifically youth) to consider living in the North.

This project addresses two issues that are important for our region, youth out-migration and an aging and decreasing population. Every two weeks, during one year, testimonials of young people who stayed or returned to the North will be presented in the *Chapleau Express*. After all the work done

by the FNETB to increase the public's awareness of the youth out-migration phenomenon, this is an initiative to present youth who have found, or created opportunities for themselves right here in the North.

In the Chapleau area “Northern Pride” will be led by the FNETB in partnership with the Chapleau Education and Training Coalition and The Chapleau Express. The campaign will further benefit from sponsorships by local businesses and organizations. The FNETB is funded by Human Resources and Skill Development Canada and the Ontario Ministry of Training, Colleges and Universities.

For more information, call Julie Joncas at 1-800-530-9176 or 362-5788.

**You can count on
the Chapleau
Express.
Call us for coverage
of your event.
864-2579**

Column: healthy community

EMPOWERMENT THROUGH AWARENESS

Thanksgiving all year-round

October is definitely here. We are surrounded by beautiful colours and the crisp air reminds us that we must dress warmer. I hope everyone had a great Thanksgiving or successful hunting weekend depending on what your preference was.

In this column I thought I would choose to look at Chapleau- Our Clean & Caring community- through eyes that are thankful. I would like to list five things I am thankful for.

First, I will tell you that I am so thankful to have moved here. Second, I am thankful to have worked at Aux Trois Moulins restaurant as a waitress where I met so many of you. Third, I am thankful that when I started my business I had a silent supporter that paid my rent for months and kept reminding me that I would succeed. Fourth, I am thankful that people actually came and booked sessions! Fifth, I am thankful that Chapleau is located on the most beautiful waterway, that float planes take off from, ducks swim in, and that driving on our main bridge permits us to enjoy this breathtaking scenery every day.

Now my question to you is if you chose to look at Chapleau through eyes that are thankful what five things are you thankful for?

Something to think about and potentially share with others.

Take care,

Kathleen Johnston



GARAGE SALE

THIS IS THE LAST BIG ONE!

Clothes, toys, books, outdoor items, appliances, and so much more.

Something for everyone.

Saturday, October 23/04

9 am til 1 pm

Rain or Shine

11 Rate Street

It has sometimes been the custom for a newspaper or a magazine to present a story in serial form, similar to television mini-series. Therefore we are introducing this story, the work of a Northern Ontario author, whose pen-name is L. Martin. The story relates to our area. Enjoy.

NO, NO, NOT THE BUSH!

Chapter Two

Our first instalment introduced Marc and Julie, young cousins, who have been tricked by a couple posing as television reporters. They have been snatched from a press conference at a Sudbury hotel!

Tires squealed as the van roared from the hotel's rear exit and its driver braked to turn onto a street. Bound and helpless, Marc and Julie rolled across the van floor, among a dozen cardboard boxes that slid with them. The driver slowed, merging with Sudbury's evening traffic. "I'll bet he doesn't want to attract police attention by driving fast," thought Marc. He wiggled on the van's hard, dirty floor so he could get a look at Julie. They stared into each other's eyes. Each thought the other looked scared. Each wished desperately that mental telepathy really worked.

The van threaded its way among unseen vehicles, stopped at unseen traffic lights. Even if Julie and Marc could reach a window, or kick at the van's sides to attract attention, the pounding of the stereo would have drowned out any sounds they could make. After a few moments the van slowed and turned, then stopped. The driver hopped out. As his door slammed, the man in the passenger seat turned toward the two young people. His shaved head was shiny with sweat, and a

kind of nasty excitement lit his face. "Keep still if you know what's good for you," he growled. He took a black object from the glove compartment, waved it in their direction, then swiftly put it away. "I've got a gun here, so no funny ideas!"

Julie wondered whether the thing he'd shown them was really a handgun. Could he be bluffing? There were several long minutes of waiting, feeling the vibrations from the booming stereo. Julie peered into the boxes closest to her. They were heaped with groceries. "Wherever they're taking us," she thought. "They're planning a long stay."

The driver's door opened and paper bags were handed in. The driver slid into his seat, buckled up and immediately got under way again. Julie looked into the rear-view mirror at him. "Skinny, spiky hair, sharp cheekbones," she observed. "Very blue eyes that never seem to blink. Like a snake!" She shuddered.

Marc began sniffing. Could that be---it was! Fried chicken! The bags were open and the two men were gobbling chicken and fries. This was insult added to injury, Marc decided, having to watch two criminals smacking their lips while his own mouth was sealed with duct tape. "But hunger's the least of our worries," he realized. "This was the day Rob's looked forward to for years, and I had to go screw it up by getting kidnapped. Does he even know we're gone? That reception could go on for hours and we

wouldn't be missed!"

The same thought seemed to have occurred to their captors. The bald man pulled out a cell phone and pushed buttons. "Hello, Louis? Wait" He punched the stereo down to a tolerable level and continued. "Anything yet? No? Good. What's that? Yeah. Yeah, right. Later."

"What's up?" asked the driver.

"Louis says there's not a peep on the police scanners. He's mingling with the crowd at the hotel and says nobody has noticed these two have *left the building!*" He laughed unpleasantly.

"That means no roadblocks," replied his partner. "We're free and clear. Next stop, the Edge of Nowhere!"

Julie and Marc listened intently but no further clues were given, either to their destination, or the reason they'd been snatched. Soon Marc sensed they were out of the city. "It's been over five minutes since we stopped at a light, and we're accelerating. Seems like, maybe, a hundred clicks. So we're on a highway, but which one?" He strained to see out the rear window... "Completely overcast. No clue to direction. It's getting dark fast! Is it that late, or is there a storm coming?" Shortly afterward, the roar of rain pelting on the roof and the clunk of windshield wipers confirmed bad weather.

The men up front ignored them, sometimes speaking to each other in tones too quiet to be

heard over the rain. Darkness fell. Headlights from oncoming vehicles flashed on the van ceiling from time to time. The swishy sound of tires on wet asphalt was soothing. Exhausted by emotion and the earlier struggle with their captors, Julie fell asleep. Marc strove to stay awake. "Must keep track of any clues," he thought, "any stops, any sounds..." He forgot what he was listening for and his thoughts scattered like falling leaves. He slept.

There came a bump. Another. Shrill screeches clawed their way down the van's metal sides. One wheel thumped down into a hole. With a gravelly, scraping sound the van lurched up and forward. Was this a road? How long had they been creeping along like this? Why was it so dark? The van slowed. It stopped. The two men got out and rolled open the side door. The little overhead light blinded Marc and Julie as they struggled awake. Rough hands cut their bonds. The tape was ripped from their faces. "I won't cry!" thought Julie. "I won't give them the satisfaction." She looked around. Pitch black. Only the van lights, rain falling like a silver shower into the beams, and blackness.

"Take this!" said the driver, shoving a grocery box into her arms. "Make yourself useful!"

...TO BE CONTINUED

FREE CURLING

Evenings of Nov 8 - 12

Monday and Wednesday
Mixed Leagues start
week of Nov 15

Membership Prices to Follow

Get Your Teams Together

NORTH WEST TRANSPORT INC.
TRANSPORT NORD-OUEST INC.

MINE SERVICE & TRANSPORTATION
TRANSPORT DE MINERAI



CHAUFFEUR(E) DE CAMION-REMORQUE

Transport Nord-Ouest est actuellement à la recherche de plusieurs chauffeurs(es) de camion-remorque pour sa succursale à Timmins, Ontario, afin de combler les besoins d'un contrat de transport d'une durée minimum de 7 ans.

Qualifications:

- Expérience minimum de 3 ans comme chauffeur avec permis Classe 1 Québec (ou Classe A, Ontario)
- Bon dossier de conduite (dossier de conduite à fournir)
- Prêt à s'établir à Timmins
- Connaissance de l'anglais parlé serait un atout, mais pas obligatoire.

Les positions sont ouvertes également aux femmes et aux hommes.

Les personnes intéressées doivent faire parvenir leur c.v. ou demande d'emploi (avec record de conduite) à :

North West Transport inc./Transport Nord-Ouest inc.
Télécopieur : 705-235-3327
Téléphone : 705-235-2828

**Get the Vaccine
Not The Flu**

Flu Shot Clinics for Chapleau

In support of efforts to "beat the flu", the Sudbury & District Health Unit has scheduled a series of FREE, convenient flu shot clinics. No appointment needed.

**Sudbury & District Health Unit
Cedar Grove Lodge
October 21 and November 4
3 to 7 p.m.**

Your best defense against influenza (the flu) is your yearly influenza vaccination. Influenza vaccinations may be obtained, free of charge, at a variety of sites including doctors' offices, walk-in clinics or community health centres. For more information, call the Sudbury & District Health Unit Flu Facts Hotline at 1-866-522-9200, ext. 301 or visit our Web site at www.sdhu.com.

THE LOCAL MARKET PLACE

THE LOCAL MARKET PLACE

ALL ADS ARE ACCEPTED AT Louis-Hémond Cultural Centre (69 Birch Street)

DEADLINE FOR RECEIVING ADS IS WEDNESDAY 4:00 p.m.

CLASSIFIED ADVERTISING RATES
Regular Classified Ads
 First 25 words or less \$6.00
 Each additional word \$0.15+GST

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.

APARTMENT FOR RENT
 2 bedroom, fridge & stove. Winter plugin c/o laundry. Call 864-0138^{AW}

FOR RENT
 (Reduced by \$50)
 Bachelor, 1 & 2 bedroom apartments. Clean, central location, with storage & laundry. Call 864-2410 or 2217^{O24}

APARTMENTS FOR RENT
 You need a decent apartment, with one or two bedrooms, semi-furnished or not, dryer and washer hook-up, outdoor balcony, storage shed, private parking. Central location. Call Quality Rental at 864-9075.^{O31-RA}

FOR SALE
 1995 Chev. S10, 5-speed. Good shape. Runs well. For more info, please call 864-1384^{O24}

SLOMA CLEANERS

Now in Chapleau on Tuesday & Thursday

BERRY'S FREIGHT SERVICES

TIMMINS - CHAPLEAU - TIMMINS

MONDAY TO FRIDAY
 1lb. to 10,000 lbs.

FOR QUALITY SERVICES AT INEXPENSIVE PRICES GIVE US A CALL AT

1-705-264-4334

ARTICLES FOR SALE
www.lovebugtimmins.co
 m flowers, decor, sensual products & wedding supplies. Shop Online 24 hours a day. Products shipped anywhere CDN & US 1-800-942-1333^{O31}

FOR RENT
 Recently renovated, one bedroom apt. At 22 Lansdowne Street. Fridge, stove & parking included. Available immediately at \$395.00 per month. Call Con Schmidt at 864-0617^{O31}

Beef and Lamb for Sale
 Locally-raised in Algoma. Corn fed. Government inspected. Pre-frozen, cut and wrapped to your specs.

Beef = \$2.19/lb.
 Lamb = \$4.43/lb.
 Delivery and recipes available. Call Ryan Connolly at 705-785-9989^{O31}

FOR RENT
 2 bedroom apt., W/D hook-up fridge & stove, parking. Great location. Call 864-2485^{O17}

FOR SALE
 1997 Polaris 800 Storm Excellent condition, low mileage, like new. Serious inquiries only. \$3,500. Call 864-0257^{O24}

ALCOOLQUES ANONYMES

Offre de l'aide à celui ou celle qui désire arrêter de boire. Les rencontres ont lieu tous les mardi soirs à 19h (7:00 p.m.) Au sous-sol de l'église Sacré-Coeur. Téléphonez au 864-2786
 Les femmes 864-0138

FOR SALE
 98 Dodge 1500 RAM Truck, with 34,000 km. Call 864-0510^{O17}

APARTMENTS FOR RENT
 1, 2 & 3 bedroom & bachelor apartments, fridge and stove inc., centrally located. Call 1148 or 2454^{D26}

FOR RENT
 3 bedroom house. \$450/month + utilities. 1 bedroom apartment, furnished. \$400/month - utilities incl. Call 864-0966^{O24}

HOUSE FOR SALE
 Elegant very large split-level bungalow for sale on pie shaped lot situated 18 Sean Court Finished 900 sq ft rec. room with stone fireplace and bar. New windows throughout, cherry wood floors, 2 sets of French doors, crown moulding, perfect condition. For more information contact: 864-1014^{N7}

FOR RENT
 Large, one bedroom apt., centrally located, fridge & stove included. Available November 1st. Call 864-0677, leave a message^{O24}

ALCOHOLICS ANONYMOUS

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 Ladies call 864-0138

Dr. Allan MacIvor OPTOMETRIST

Chapleau Medical Clinic, Broomhead Rd.
Tuesday, October 26, 2004
10:00 a.m. To 8:15 p.m.
FOR APPOINTMENTS CALL
Toll Free 1-800-461-2883
CALL 864-2340

EMPLOYMENT OPPORTUNITY

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The ideal applicant enjoys working with the public, is flexible to work evenings and weekends.

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 864-0747
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 7 p.m. (Alternating French and English)
 Sunday/dimanche
 10 a.m. (Alternating French and English)
 Fr. Gilles Grandmont

ST. JEAN DE BRÉBEUF (Sultan)
 Liturgy of the Word
 Liturgie de la parole
 Sunday/dimanche 11 a.m.
 Bilingual Mass every 3rd
 Sunday of the month at Noon
PERMANENT DEACON
 Mr. Ted Castilloux
MANDATED
 Mrs. Marguerite Castilloux

Diocese of Moosonee
 Anglican Church of Canada
ST. JOHN'S CHURCH
 4 Pine Street West
 864-1604
 Sunday Service
 10:30 a.m.
 Rev. Bruce Roberts

ST. MARY'S ANGLICAN CATHOLIC CHURCH
 78 Devonshire Street
 864-0909
 Sunday Service 10 a.m.
 Rev. William P. Ivey

CHAPLEAU PENTECOSTAL CHURCH
 9 Elm Street (P.A.O.C.)
 864-0828
 Sunday School 9:45 a.m.
 Sunday Services 11 a.m. & 7 p.m.
 Family Night (ages 1-109)
 Wednesday 7 - 8:15 p.m.
 Pastor Dan Lee

TRINITY UNITED CHURCH
 Corner of Beech and Lorne - 864-1221
 Sunday Worship 11 a.m.
 Sunday School Kindergarten to Grade 8
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 Pastor Rolly MacLean

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 Mess le 4e Samedi 19h

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BRUNSWICK HOUSE RECREATION BINGO

EVERY THURSDAY
START TIME - 7:15 p.m.

Under New Management

L'immunisation contre la grippe est offerte gratuitement

Le Service de santé publique de Sudbury et du district lance sa cinquième campagne annuelle d'immunisation gratuite contre la grippe pour s'assurer que les gens puissent se protéger et prémunir les leurs pendant la saison grippale qui arrive. La première séance aura lieu le lundi 18 octobre entre 15h et 19h.

«Le Service de santé publique de Sudbury et du district a prévu un certain nombre de séances communautaires dans les districts de Sudbury et Manitoulin», déclare Lisa Mills, gestionnaire, Services cliniques. «Consultez votre journal local ou le site Web du Service de santé publique à l'adresse www.sdhu.com pour connaître les dates, les heures et les lieux des séances qui se tiendront dans votre secteur». Les gens pourront aussi

se faire vacciner contre la grippe, sans frais, aux cliniques sans rendez-vous, dans les centres de santé communautaire et chez leur médecin. En Amérique du Nord, la saison grippale va normalement de novembre à avril. Chaque année, des vaccins légèrement différents sont fabriqués en fonction des virus prévus par les scientifiques.

«Ce n'est pas parce que vous avez reçu un vaccin l'an dernier que la protection sera encore efficace cette année», affirme Mme Mills. «Il vous faudra une nouvelle dose chaque année, car le virus de la grippe évolue. Si vous recevez un vaccin antigrippal en octobre ou novembre, il vous protégera pendant toute la saison», ajoute-t-elle.

Des personnes de tous âges peuvent attraper la grippe. Même si la plupart des gens qui sont infectés souffrent seulement de symptômes

légers, la grippe peut causer des complications plus graves, y compris des infections aux oreilles, une pneumonie et même la mort. Les personnes âgées et celles qui sont atteintes d'une maladie chronique risquent davantage d'en développer.

Les enfants de six à 23 mois devraient être vaccinés parce que ces derniers sont plus à risque de se faire hospitaliser pour une maladie reliée à la grippe, comparative-ment aux enfants en santé plus âgés et aux jeunes adultes.

Pour plus d'information sur la campagne d'immunisation gratuite contre la grippe, appelez la ligne d'information du Service de santé publique de Sudbury et du district au (866)522-9200, poste 301, ou visitez le site Web du Service de santé publique à l'adresse www.sdhu.com.

Top Canadian entertainer to perform in Chapleau

**ALFIE ZAPPACOSTA
WEDNESDAY
OCTOBER 20**

Considered one of Canada's most original and eclectic entertainers, Alfie Zappacosta has two Juno Awards (Most Promising Male Vocalist, Album of the Year) and an American Music Award (Most Popular Album of the Year).

He has written for his own production company, performed in *Evita* and *Jesus Christ Superstar*, collaborated on the *Dirty Dancing* soundtrack, released 8 albums and appeared in movies.

Don't miss the opportunity to experience Alfie Zappacosta's smooth renditions of tasteful originals coupled with



timeless jazz standards. Wednesday, October 20, 7:30 p.m. Chapleau High School.

Un des artistes les plus polyvalents au Canada, Alfie Zappacosta est récipiendaire de deux prix Juno pour ses performances de chanteur et comme artiste de l'année. Il a aussi reçu le prix de l'album le plus populaire de l'année de l'"American Music Award".

Il a composé pour sa propre compagnie d'édition, s'est produit dans *Evita* et *Jesus Christ Superstar*. Il a collaboré à la création de la bande sonore de *Dirty Dancing*, lancé 8 albums et joué dans plusieurs films.

Ne manquez pas l'interprétation d'originaux choisis, de même que des classiques du jazz de Alfie Zappacosta, le mercredi 20 octobre prochain à 19h30 à l'École secondaire.

Chapleau Performing Arts

4 Shows Remaining!

2004/2005 Season

Barney Bentall

Monday, November 8th



Wednesday October 20th
Alfie Zappacosta

The Bills



Wednesday, March 16th

18th SEASON!

Pavlo

Friday, January 14th



**all performances: 7:30pm
at the Chapleau High School Cafetorium**
transportation available for those in need

**Don't miss out!
SEASON PASSPORTS still available!**

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IF THIS IS FOR YOU?? CALL US NOW!! 864-0138