

ISLAND Clippings

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"Doc" ... An honoured physician and a friend to all.

By the St. Joseph Island Historical Society

QUESTION: Where does Dr. Trefry fit into the story of medical care on the Island?

ANSWER: Dr. Harold Scott Trefry came to St. Joseph Island in late 1936 to fill the vacancy left by the resignation of Dr. A. N. Morphy, who had been the Island doctor since 1930.

Dr. Trefry was born in Yarmouth, Nova Scotia on Oct 7, 1893. He was attending McGill Hospital's School of Medicine as a medical student when he joined the Canadian Overseas Expeditionary Forces on March 8, 1915 and served in both the Canadian Army and the British Navy during World War I, returning to Canada from London, England in the fall of 1918. He continued his studies at McGill and Dalhousie Schools of Medicine, Mount Allison and at the Guelph Agricultural Collage. Following graduation, he opened a practice at Cape Island, Nova Scotia. He later left for the West Coast, and worked as doctor for a mining camp in Anioz, British Columbia,

after which he opened a private practice at Prince George, B.C. and then Pembroke, Ontario where he remained until 1936 before coming to St. Joseph Island.

As he practiced, Dr. Trefry came to discover an unusually high incidence of goiter ailments (enlargement of the thyroid gland) on the Island, and he began to specialize in goiter operations. During his research on the subject, he worked in cooperation with the Women's Institute and introduced Dulse, a high iodine-content sea plant, into the school system and virtually eliminated goiter problems on the Island.

It had long been Dr. Trefry's personal and professional philosophy that no one should be without medical care because of cost. Dr. Trefry would not deny anyone care and was often not paid, but instead offered garden vegetables, pork or whatever the patient had to exchange. When he arrived here, some

Continued on page 2

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“Doc” ... continued from page 1

people were losing their farms to pay off medical bills, and he would not stand for this.

He approached the township councils with a plan by which, for the annual sum of \$2.50 per person, full medical care, including surgery, would be available. This was done initially on a voluntary basis, until W. Lynn Miller, Liberal member of the district in 1937, put pressure on the Ontario Government to pass special legislation permitting the local councils of St. Joseph Island to levy taxes and ultimately provide a regular salary to Dr. Trefry. This innovative form of early health care was studied by groups from all over North America and is credited as being one of the first Medicare programs.

“Doc,” as he was affectionately known, was interested in dairy farming as well and introduced Guernsey cattle to the Island in an attempt to raise the standard of the local dairy herds. He was also a race horse enthusiast and owned many horses of national repute. His horticulturist talents were evident on the grounds around his home which offered up a profusion of blooms. And many remember all the years Doc played Santa Claus and took baskets of food, clothing and toys to the less fortunate in the outlying areas of the Island, often fighting his way through mountainous snowdrifts by horse and cutter.

He developed a close and lasting friendship with Reverend Donald Dixon, who would often accompany him when he made house calls. Reverend Dixon liked to recall one occasion when the pair were kept overnight at a house call. The next morning another call was received before heading for home, and on the way to the patient, Dr. Trefry’s horse stopped and lay down on the roadway. Dr. Trefry got down

and inspected his horse and said to the Reverend, “Do you think he’s dying, Donald?” Reverend Dixon looked down at the famous physician and surgeon and said, “You’re the doctor!”

In 1943 the Red Cross sent a new charge nurse to look after Matthews Memorial Hospital. This new recruit, Beth Broadfoot, had graduated as a Registered Nurse from Hamilton General Hospital in 1938 and subsequently had joined the Red Cross, working as a charge nurse in various outpost hospitals. Much like Dr. Trefry this new nurse has been described as an extraordinary nurse. She was renowned for her capabilities and sheer devotion to duty and caring concern for all who came under her charge.

Just three years later, Dr. Harold Scott Trefry and Mary Elizabeth Broadfoot were married on April 30, 1946.

Islanders gathered at Kentvale Hall to celebrate with the couple and to use the occasion for a tribute to Dr. Trefry. A quote from the event read, “To our Doctor, we express our unbounded and endearing gratitude for the sheer benevolence of the municipal medical plan, the total disregard for self-advancement, your contempt for personal gain, your consummate skill as a surgeon and your interest in our lives, our homes and our animals, all of which have brought such a measure of health, prosperity and happiness as we have never known before.”

Dr. and Mrs. Trefry continued to work together serving the residents of St. Joseph Island until Doc’s retirement in 1960. Dr. Trefry passed away in 1965 and Beth Trefry passed away in 2004. When the newest wing of Matthews Memorial Hospital was completed in 1963, it was dedicated in the memory of Dr. Harold S. Trefry with a plaque that reads “An honoured physician and a friend to all.”



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QUESTION: I have dial-up Internet and my email has been acting up recently. The same email messages appear in my Outlook Express Inbox every day. I delete these messages. Next day, there they are again. Any idea what is happening?

ANSWER: This is a common problem with dial-up Internet when using a computer-based email program such as Outlook Express, Outlook, Thunderbird, or Incredimail. One of your email contacts has sent you a very large attachment. If you do not allow this large email item sufficient time to be received completely, your email will be acting in precisely the manner you describe. Dial-up Internet email is received at a snail-like 3 kilobytes per second (kb/s). A hefty slide presentation with music weighing in at 6 megabytes (mb) will require over 30 minutes to download. (Calculation: 6,000 divided by 3 equals 2,000 seconds; and, 2,000 divided by 60 seconds equals 33.3 minutes). If you are even slightly impatient and disconnect from the Internet before this mammoth email item has finished downloading, you've got trouble. The email service has built-in protection to ensure that all email messages are received. Whenever you deliberately or inadvertently interrupt a computer-

based email program, expect to see these same email messages time and again. You must allow a computer-based email program to receive all outstanding email items. Staying connected via dial-up Internet for extended periods may not be the answer to this problem. Instead, consider using a web-based email program to check email. Sympatico users please go to sympatico.msn.ca. Click on Bell Mail in the top right-hand-corner. Enter your full email address and email password to access the email items that are awaiting you. Go to the Inbox, check the Size column, and delete any email messages that are extremely large. Look for the letters mb in the size column. These megabyte (mb) emails are the offenders. Show no mercy. Who sent this monster email? Ask your friends to refrain from sending you megabyte-sized emails. These individuals have high-speed Internet, whereas you still only have dial-up speed Internet. Today, all Internet service providers offer web-based email access as an alternative or work-around when computer-based email is unavailable or problematic. Practice accessing your email via your web-based login. Use web-based email to your advantage for clearing out offending emails. Carry on!



HOW TO REACH US:

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Or simply use one of the Island Clippings boxes conveniently located at Ambeault's, Kent's Corners or the Hilton Beach Post Office.
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Kathy Clark's Bean and Barley Soup

- 1 tbsp. olive oil
- 2 large carrots, sliced
- 2 stalks celery, sliced
- 1 large onion, chopped
- 3 cloves garlic, minced
- 3 1/2 - 4 C. beef broth
- 1 can (about 15 oz.) red kidney beans, drained & rinsed
- 1 (14 oz.) can diced tomatoes
- 1/4 C. uncooked pearl barley
- Salt and pepper to taste.

Heat oil in large saucepan. Add the carrots, celery, onion and garlic. Cook and stir until vegetables are tender. Stir in broth, beans, tomatoes and barley. Heat to boil. Reduce heat to low, cover and cook until the barley is done. Add salt and pepper to taste. Makes 6 servings.

From the response to the possibility that this feature would not be running anymore, it's obvious that the Recipe Corner is something our readers want. Thanks to all who have sent in a recipe recently. I'm a little afraid to say anything more as the recipes may stop coming. Thanks and keep it up, Island cooks!



Island Insight

Two weeks ago I phoned you regarding the placing of an ad for a dog walker as I am a senior amputee and am unable to do the job especially during the winter. The individual to whom I spoke was extremely polite and helpful and I was pleased when I spotted "my" ad the next week.

Immediately when the Clippings appeared I was overwhelmed with people volunteering to help and they were from all age groups. I had a plethora from which to choose. I was flabbergasted by the response. It has made me happy to find even another reason to live on this beautiful island.

My heartfelt thanks to the Clippings staff and all who called.

John Wilkinson

Old Town Hall Concert



The 'Old Town Hall' concert series got off to a great start, with a fundraising concert at the Hilton Beach Community Hall. **Blarney**, longtime Island favourites from the Soo, got every toe tapping with a variety of Celtic tunes including a few original compositions.



The "folk" trio of **Breathe Owl Breathe** took everyone's breath away, with their "performance art" approach to using anything – including the audience itself – to make their music. The ad promised a 'Fun Evening of Music' and the concert delivered on that promise!

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A Clippings Crossword

Across

2. A place for the 'Inn' crowd?
4. A name in the news
5. Go west in the evening?
7. Watery edge
8. A happy sight for Sailors!
10. News or nails?
11. 'Runners' locale
12. Sweet tree
13. A paddling place
19. A noted 'founder'
21. A favourite 'J' word
24. A 'multi-storied' place
26. Riding on water
27. Used to be a 'house' here?
30. An eventful place
33. A 'Paris' moniker?
34. A certain region
35. Drink or Traffic Hazard?
36. One of the oldest places
37. A staying place
38. Wintery ride

Down

1. A Patron Saint?
3. Big Name in these parts
4. Planes or pests
6. Get wet there
8. A stopping place
9. Needle tree
14. Land surrounded by Water
15. Southern Land indent
16. Spanning lands
17. Antlered animal
18. Des Canadiens?
20. People of the water
22. A Fairy Godmother
23. Everyone belongs there
25. A sticky substance
28. An Algonquin lake?
29. Watery duo
31. Tents and fire
32. A little dog?

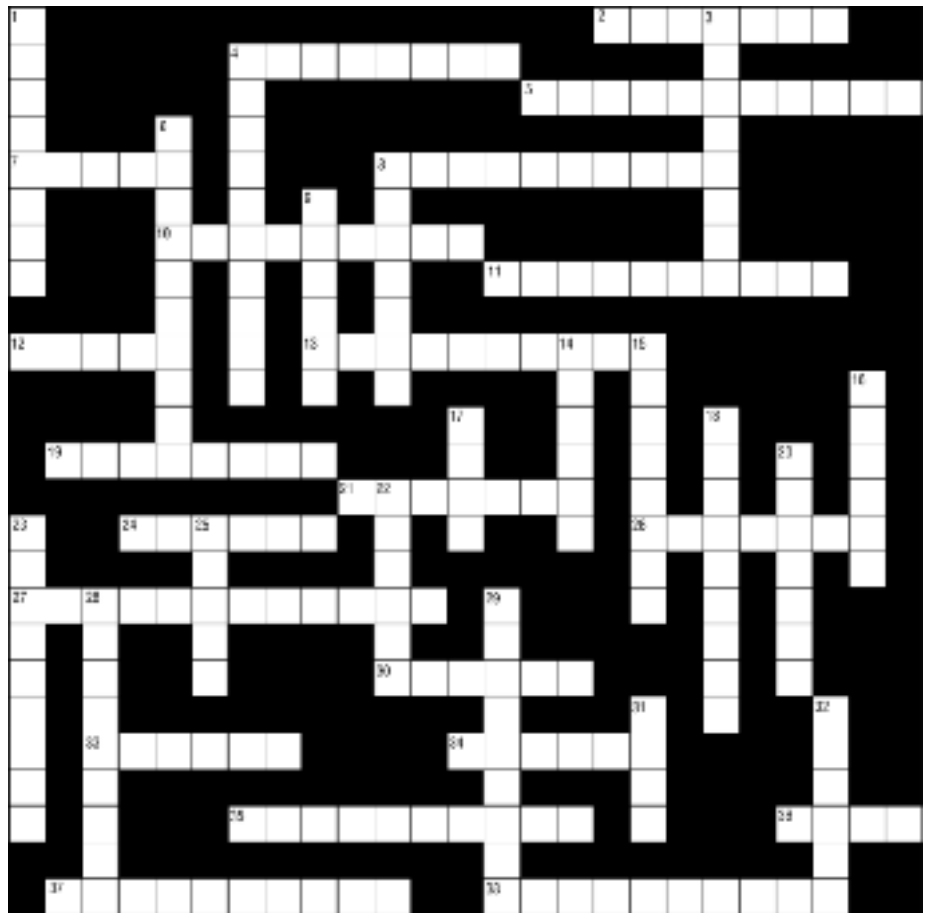
A young child asked a woman how old she was. She answered, "39 and holding."

The child thought for a moment, then said, "And how old would you be if you let go?"

A reporter was interviewing a 104 year-old woman: "And what do you think is the best thing about being 104?"

She simply replied, "No peer pressure."

Can you figure out why Kamikaze pilots wore helmets?



Solution on page 11

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A Brush with Disaster

Last summer, Andy Goral of Jocelyn Drive had the pleasure of hosting a visit to St. Joe by his Australian cousin George and his wife Sue. residents of Melbourne, they experienced first hand the terror of the Victorian brushfires that destroyed so much and took so many lives. What started out as a carefree weekend and concert turned into very close brush with disaster – and death.

Thanks Andy for sharing George and Sue's email about their close call with our readers!

WE HAD BOOKED for the 'Simply Red' concert in the Yarra Valley, and planned to spend the weekend in Marysville, as we did last year.

Saturday February 7 recorded the highest temperature ever, in Melbourne - around 48 C.

With our friends, we made up a group of 8. We left for Marysville around 9:30, and checked into our accommodation around 2 pm.

Soon after, the Manager came around because we had problems with the air conditioning system. While there, he received a call from another property he manages, advising of a fire, 3 or 4 kilometers from us. He advised that, in case of emergency, we would hear a siren that would not stop, and if this happened, we should proceed to the oval.

We then noticed smoke in the sky, and kept an eye on this until I suggested we go and find the oval, and see what was going on, just in case.

We took our clothes bag, but left our food, drinks, pillows etc., which we had just unpacked.

We returned after finding the oval and had another drink. The siren sounded, but soon stopped. Still uneasy, we went onto the main street, and noticed others expressing concern. We went to the nearby Cumberland hotel, where people were

gathering, and concern was mounting. We were told this was the safest place to be in case of fire, because it had a basement. Hotel staff were wetting towels in case these were needed.

There was no person of authority advising what we should do. I asked whether we could leave, but was advised there was no way out, because both roads were closed due to fire, and danger from falling trees. We then decided we would



wet towels and head out to the oval. By this time, some cars had gathered there.

After some time, the smoke got thicker, and eventually we could see flames on the hills around the oval. These were intense, and moving quite rapidly.

There was also a nearby lake, that some were going to use in case of fire. On heading there, we heard that fire sucks more oxygen when over water (???) so we decided to stay on the oval. Ash was now beginning to fall on the oval, and things were getting quite scary. We called the family to advise them of our predicament.

Finally, a police car arrived, and advised us to move in an orderly fashion and drive towards Buxton, and then on to Alexandra, on the same road I had enquired about earlier, and was told it was closed.

We did this and whilst driving through Buxton, Sue noticed flames on a nearby hill.

On arrival in Alexandra we were advised to go to the rescue centre, and register. The centre was full of people in a similar situation. By now, the smoke was very dense, and even filled the school hall where we were sheltering. Some of us were uncomfortable with smoke inhalation, despite the fact we were using wet towels, to try and filter the air we breathed.

Unlike Marysville, the staff here were organized, and helped us with water, ice-cream and sandwiches, after we had all registered.

Continued on next page

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We were told Alexandra was the safest place in the circumstances, and that we could not get back to Melbourne, because roads were closed due to the fires.

We were contemplating spending the night in the car, when an elderly couple offered to take us to their house to spend the night. They were looking for a maximum of 5 people, but we said we could sleep on the floor, and they were happy to take all 8 of us.

They had lost power, and it was as hot as hell, but great to be out of the school hall.

On enquiring the next day, we were advised that roads to Melbourne were still closed, and even Bendigo - an alternative route back we were considering - had severe fires.

We then got some groceries, and helped our host get buckets and mops ready, in case we had to defend an ember attack on their house. He was confident they were in a very safe location and we felt safe there. We spent the day listening to the radio, and looking at the smoke density rise and fall.

We then learned that Marysville was totally destroyed, including the Cumberland Hotel, and Buxton also extensively damaged. That evening, we attended a community meeting that was very distressing - people from Marysville and Buxton who had lost their homes and contact with family members. They advised on fire plans, masks that would be needed in case smoke density increased, Red Cross vans, vets to euthanize injured animals etc.

On asking whether we could get back to Melbourne, we were told that the road was open, and safe, but that it would be better to travel in the morning.

I had concerns the road may be closed in the morning, because the fire was travelling that way, but the group agreed that it was better to check the condition and leave in the morning.

Meanwhile, the house we had rented for the weekend was on the TV news - totally gutted.

We left around 8:30 on Monday morning, following the roads that were open. On the highway we drove past many kilometres of burnt sections - that caused the previous closure, and saw about 8 destroyed homes.

We were back home around 11:00, and grateful to see the family again.

We now hear that 20% of Marysville residents (100) have not survived the fire, and that there are 10 buildings left in the township. The Buxton pub has survived! Our rental manager is in the Shepparton hospital. His wife and child did not survive.

We were very, very fortunate. If the AC did not need fixing, we may have been too relaxed to be aware of the impending disaster, not known about the oval and ????

We were also blessed that the couple chose to offer us their home, from the hundreds at the relief centre, and fortunate to get out of Marysville and Alexandra, and through Buxton, when we did.

Quite an experience.....the news is full of stories of lost homes, family members and heroic / lucky escapes. This is one of Australia's worst natural disasters. You never know what is around the corner...

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From the Lions Den

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The **CANINE VISION CANADA** Dog Guide program began in 1985, ensuring its graduates would "never walk alone" again.

In 1988, our foundation expanded into **HEARING EAR DOG GUIDES OF CANADA**, providing Dog Guides to Canadians who are deaf or hard-of-hearing, ensuring that the handler has a "link to the world of sound."

1991 saw the introduction of the **SPECIAL SKILLS DOGS OF CANADA** program added to extend dog guide capabilities to individuals with other physical or medical disabilities. These Dog Guides ensure their handlers "Will never be alone"

Over the last couple of years a new program; **SEIZURE RESPONSE DOGS** is being developed.

Each graduating dog guide cost to our foundation is approximately \$20,000, to provide at no cost to Canadians with disabilities. This incredible gift of freedom and independence is made possible through the support of Lions Clubs across Canada, personal and corporate donations without any governmental funding. The Foundation's largest national fundraiser is its annual "**Purina Walk for Dog Guides**" where 100% of the funds raised goes directly to these programs.

The **St. Joseph Island Lions Club Bridge Walk** will become a part of this national program this year. The official date for this walk from coast to coast will be on the last weekend of May. Our walk will be held on Saturday, May 30, 2009.

Watch for more information.
"WE SERVE"

Correction:

Orlaco and Northern Folk Art were accidentally left out of the thank you to sponsors for the Wildgame Dinner. Their generous donations were very much appreciated.



A man spoke frantically into the phone, "My wife is having a baby and her contractions are only two minutes apart!"

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RCL Branch 374 Supporting Local Organizations

Throughout the year, the Legion runs weekly Bingos, sells Nevada tickets and holds raffles. A percentage of this money is given back to the community. At the end of 2008, our Lottery Chairman Comrade Gunderson reviewed our lottery accounts and our Branch distributed \$6,600.00 to local organizations and charities.

At one time the Legion existed solely to help Canadian veterans of the two world wars and to perpetuate the memory of those who died in battle. Although these remain our primary concerns, community service and programs for youth and seniors are also a vital part of the Legion's mission.

Founded in 1926, Legion membership is currently 500,000 strong including an active Ladies Auxiliary that contributes financial and volunteer support to our branches.

Although the Legion is not affiliated with the government or a political party, the Legion does lobby for better pensions for seniors and veterans, as well as for other improvements to make life better for us all.

Locally, Branch 374 also supports the following:

- Provides the kitchen 3 days a week to Meals on Wheels.
- Sponsors carpet bowling for seniors every Monday in the hall.
- Provides the hall 3 days a week to the Seniors' Walking Program.
- Provides an Emergency Evacuation Centre in conjunction with the Township.
- In-house sports programs – crib, euchre and pool.
- Sponsors literary and poster contests and public speaking to develop leadership skills in our youth.
- Supports local athletes in track and field.

- Holds a Remembrance Day Service followed by lunch provided by the Ladies' Auxiliary.
- Provides a Christmas Party and Gifts to children each December.
- Provided necessary equipment to Mathew's Memorial Hospital, local Fire Departments and emergency rescue vehicle.

Your Legion cares. Our Veterans' Service Bureau is a network of volunteers and professionals working at the branch, provincial and national levels to secure pensions and benefits for those who qualify. The Bureau is a free service to Legion members and non-members alike. In addition, the Legion donates hundreds of thousands of volunteer hours to help veterans and their dependants each year.

Support your local Legion. Want to become a member? Please watch for an article on membership coming soon.

Comrade Riddell, Public Relations

Property Assessment Public Meeting/Open House

Do you have questions/concerns regarding your new property assessment valuation?

Staff of the Municipal Property Assessment Corporation (MPAC) will hold a public meeting/open house at *James Harten M.M. Community Hall (Legion) in Richards Landing*

on Tuesday, March 3rd, 2009 beginning at 6:30 p.m.

An overview of Ontario's property assessment system, and general question and answer period, will be followed by an opportunity for individual property owners who may have concerns with their property assessment to talk to one of MPAC's Valuation Review Specialists.

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Children's Ice Fishing Derby

Gallons of hot chocolate, hot dogs and home made cookies kept them going. 26 fish were caught. Numerous fish got away, breaking lines, hooks and gads. There must be some big ones left.

Open division: First place winner Emma Robinson with a 2.7 lb. pike - trophy and \$50. Second Liam Murdock with a 9 oz. catfish

- \$25. Third Nathan Fotin with a 9 oz. perch - \$10. No splake again this year.

At the end of the derby prizes were awarded to all who toughed out the cold and finished the derby.

This event wouldn't happen without the volunteers and all the sponsors. Graham and Sherry send out a big thanks to everyone who helped.

Many Thanks to all who sponsored the Fishing Derby

Bob Izumi
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Ground Beef	\$25.
Pork Chops	\$15.
Sausage Italian Style	\$15.

or make up your own package

\$100.00 PACKAGE

Beef Steak	\$30.
Ground Beef	\$25.
Roasting Chicken	\$15.
Pork Chops	\$15.
Sausage Italian Style	\$15.

FREEZER ORDERS

Sides of Beef	\$2.65 lb.
Hinds of Beef	\$3.10 lb.
Fronts of Beef	\$2.25 lb.
Sides of Pork	\$1.55 lb.
Whole Lamb	\$4.95 lb.

All above cut and wrapped

** SPECIAL **

Boneless Chicken Breast	\$5.19 lb.
25 lb. Ground Beef	\$60. box
Peameal	\$4.29 lb.
Ground Beef	\$2.45 lb.
Roasting Chicken	\$2.49 lb.
Beef Tenderloin	\$7.00 lb.

5 lb. Centre Chops	\$18.	Frozen Turkey	\$1.99 lb.
5 lb. Beef Patties	\$16.	Chicken Legs B/A	\$1.99 lb.
5 lb. Italian Sausage	\$15.	T-Bone	\$7.99 lb.
5 lb. Pork Chops	\$15.	Sirloin Steak	\$5.99 lb.
5 lb. Box Minute Steaks	\$20.	Chicken Breast	\$3.19 lb.
5 lb. Box Pork Cutlets	\$18.	Rib Eye Steak	\$6.99 lb.

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ARTICLES FOR SALE

Hay for sale (small square bales) timothy/clover mix or first cut alfalfa \$2.50/bale. Also, second cut alfalfa, good deer feed \$4.00/bale Call 246-2465

Solid Pine bunk beds Excellent condition, very sturdy. 2 storage drawers in base Includes mattresses, \$200.00 or B/O. Call 246-2251

1997 Yamaha Venture Snowmobile, long track, reverse, 2-up seat, hand warmers front and rear, factory installed cargo rack. In very good condition. Hasn't been used in 4 years. Selling on account of illness. Call Gerry at 246-3728 or come see it at 3035 Ringham Street.

1993 Crown Victoria In good running condition. Make us an offer! Call 246-0129

ANNOUNCEMENTS

CONGRATULATIONS JOHN AND CHRISTINE!

John Cain and Christine Bos will always remember Valentine's Day 2009. On Saturday, February 14th, John took Christine for a very special dinner at the Island Bar & Grill at the Hilton Beach Inn. With a little help from his accomplice Natalie, he surprised her by proposing on bended knee, in front of a roomful of delighted fellow diners. Christine accepted his proposal. The happy couple has not yet set a date. Congratulations and best wishes from all your many friends on the Island and in the Soo!

At the St. Joseph Island Lions Club's Dinner Meeting, March 4th, guest speaker Helen Ross, on services and operation of the new Algoma Residential Community Hospice. The public is encouraged to attend at a meal cost of \$12.00. Reservations must be in by Sunday, March 4, 2009. Call 246-1963.

St. Patricks Day Tea to be held from 12 pm until 3 pm on Sunday, March 15th at the Legion Hall in Richards Landing. Event sponsored by the Ladies Legion Auxilliary Branch 374. No admission fee - soup, sandwich, dessert and beverage available for only \$5.00. Tickets will be sold for a chance of winning door prizes. Everyone Welcome

Seedy Saturday! February 28th from 10 am to 3 pm at the Native Centre-G Wing-of Sault College. A day for gardening enthusiasts to swap their open pollinated seeds, attend gardening talks and visit the numerous vendors who offer local and area food and craft items. For more information, contact Suzanne Hanna at 759-2893 wildgardener@shaw.ca

CASS WINTER TRIATHALON Saturday, March 7, 2009. Team or Solo 5 km run, 2 km Snowshoe & 5 km Ski. Registration opens at 9 am; Race starts at 10 am. Cost is \$20 donation per person to the Outdoor Education Program. For more information, call Lawrence Foster or Sandie Carlson @ CASS: 782-6263

The Dr. Harold S. Trefry Memorial Centre's Seniors Basic Beginner Computer Training Course is starting February 27th. This ten week, two hour comprehensive program held at the Dr. Trefry Centre will be every Friday from 1 pm until 3 pm. Computers will be supplied, and if you have your own laptop we encourage you to bring it along. To register, or if you have any questions please call Tammy or Melinda at the Centre 246-0036

The SJI Horticultural Society monthly meeting Thurs. Feb 26th - 7 pm. Harmony St. Marks Fellowship Hall. Please bring old seed catalogues - preparation for our May plant sale. All welcome. Info- contact Sheila Campbell 246-3078

Free tutoring is available for Gr. 1-8 at the Children's Library on Mon. evenings 6 - 9 or Sat. 12 - 3. Call 246-2877 for more info and/or to book your half hour session.

The lighthouse is almost completed except for the installation of the light, coppola, and siding. Your suggestions for a name for our new lighthouse will be appreciated. Please send your suggestions to Box 127, Richards Landing, ON P0R 1J0 or phone 246-2661

THANK YOU

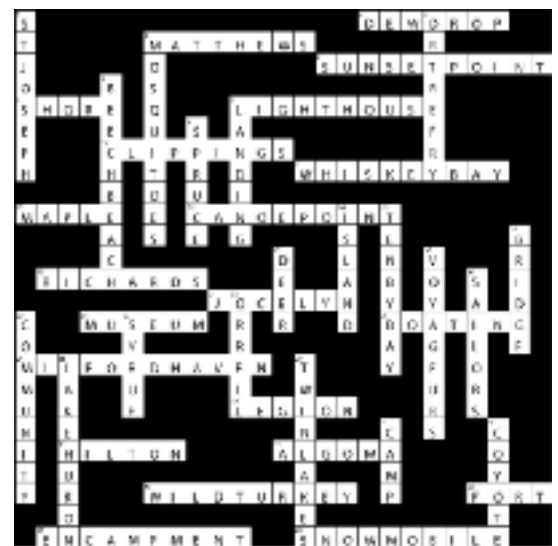
To my dear daughters Anita Niessen and Carmen Nelson and their families, for giving me the most wonderful birthday party of my whole long life. And to all my friends, I thank you for attending - with love and gifts and cards, which I will cherish forever.

Norma Niessen

One very cold evening, about a month ago, our card died just down from Kent's Korner. A woman stopped to see if she could be of help and ended up driving us and our passenger home. We are very grateful for your kindness.

Susan and David Chuipka

Crossword Solution



PC DOCTOR
"Sick computer, call George!"
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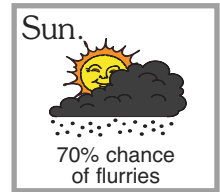
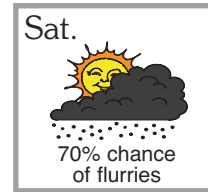
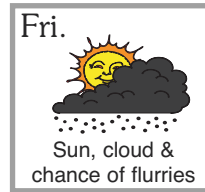
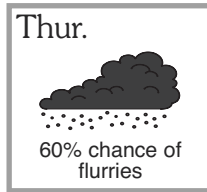
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WHAT'S HAPPENING ON ST. JOE

Friday 27	<p>Hens & Stitches, Dr. Trefry Centre - 10 am to 12 pm Island Cast-a-Weights, Calorie Watchers, Hilton Community Hall (rear door, basmt) - 8:30 am Seniors Shuffleboard, Dr. Trefry Centre - 1 pm Friday Foods Menu available at the Legion - 5 pm to 9 pm AA Meeting, United Church (new addition, side door) - 8 pm Seniors Walking at the Legion 10 am until noon St. Joseph Twp, Public Library - 9 am to 12 pm, 1 pm to 4 pm</p>
Saturday 28	<p>Nordic Walking Group, Meets at Tranter Park 10 am - Location Richards Landing shore Childrens Library - 10 am to 3 pm Free tutoring available, call 246-2877 to book session Hilton Union Public Library - 1 pm to 5 pm St. Joseph Twp. Public Library - 1 pm to 5 pm Free pool all day in the Legion lounge</p>
Sunday 1	
Monday 2	<p>Bridge, Dr. Trefry Centre - 1 pm to 5 pm (Open to all seniors) 60+ Exercise Program, Dr. Trefry Centre - 10:30 am Euchre, Legion Hall - 8 pm (\$3.00 per person) Carpet Bowling for Seniors, Legion - 1 pm Children's Library - 6 pm to 9 pm Free tutoring available, call 246-2877 to book session St. Joseph Twp, Public Library - 9 am to 12 pm, 1 pm to 4 pm Seniors Walking at the Legion 10 am until noon Sault Area Hospital Public Meeting, Johnson Township Community Centre - 7 pm</p>
Tuesday 3	<p>Women's Physical Activities, Public School Gym - 6:30 pm to 8 pm Cribbage (singles), Legion Hall - 7:30 pm (\$3.00 per person) St. Joseph Twp, Public Library - 9 am to 12 pm, 1 pm to 4 pm MPAC Public Meeting, Legion Hall, Richards Landing - 6:30 pm</p>
Wednesday 4	<p>Pool, Legion - 7:30 pm St. Joseph Twp. Public Library - 9 am to 12 pm, 1 pm to 4 pm Food Bank, United Church, Richards Landing (side door) - 1 pm to 3 pm Children's Library - 9 am to 12 pm Story time - 10:30 am Dr. Trefry Centre's Day Out Program - 9 am to 4 pm Hilton Union Public Library - 1 pm to 5 pm Seniors Walking at the Legion 10 am until noon Ski/Snowshoe Social, Mountainview Centennial Grounds - 1:30 pm</p>
Thursday 5	<p>St. Joseph Twp. Public Library - 9 am to 12 pm, 1 pm to 4 pm and 7 pm to 9 pm Dr. Trefry Centre's Day Out Program - 9 am to 4 pm Children's Library - 9 am to 12 pm Story time - 10:30 am</p>

The Anglican Parish
of St. Joseph
& St. George

EVERY SUNDAY:
9 am
St. Georges, Echo Bay

11 am
Holy Trinity, Jocelyn
Sunday School during
service

Rev. Rosalie Goos
945-7043

**Grace United
Church
Hilton Beach**

246-0159
246-2578

**WORSHIP SERVICE
9:30 am**

Rev. Eun-Joo Park
st.joseph.is.uc@bellnet.ca

**Free Methodist
Church**

Worship Service
11 am

Bible classes for all
ages at 9:30 am

Corner of Hilton Rd.
& 10th Side Road

246-2081
email: sjfmc@explornet.com

**Welcome
to the
Island Bible
Chapel**

Richards Landing
SUNDAY SERVICES

Lord's Supper
10 am

Family Bible Hour
11:15 am

**Harmony
St. Marks
United Church**
Richards Landing

246-2578

11:00 am
Sunday School
during service

Child Care Provided

Rev. Eun-Joo Park
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**St. Boniface
Catholic Church**
Hilton Beach

MASS TIMES:

July and August
Sat 4:30 & Sun 12:30

Sept to June:
Sat at 4:30

Contact
253-8191 or 246-2866