

ISLAND Clippings

Connecting our Community

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A Happy Night of Helping Hsar

FROM EVERYTHING WE'VE HEARD, we missed a real milestone event last Friday night! While the Foxes had stolen away to take part in a weekend musical event themselves in Southern Ontario, there was musical magic aplenty to be had, right here on the Island!

Michigan-based songsters Seth Bernard and May Erlewine came to put on a show to help raise funds for reuniting Hsar Kae with his wife and young daughter, who are living in poverty, danger and despair in a refugee camp in Thailand. And that they did, in spades!

Over a hundred people came out for the concert with even more tickets sold and, based on the comments made to us by a number of attendees, they came away dazzled by the great music, as well as the charm and pure entertainment provided by Seth and May.

There was love in the air. Hsar too was overwhelmed by the strong support and generosity that our community has shown, which really came to a head on Friday night. David and Carmen Nelson, two of the 'Group of Five' and co-organizers of the concert, cheerily told us "We have a very long way to go but the re-

sponse at the concert was very positive."

And so, the quest to reunite this family will go on. David and Carmen have shared that the next planned fundraising event will be a pasta dinner/games night at the Rankin arena on June 18th, featuring lots of raffles and fun games of chance. Carmen and David already have tickets available and posters will be going up this week. Watch for more information in the weeks to come!



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Publisher's Note: Although the Island Clippings in no way claims to be an authoritative source of medical information and advice, we thought the following article to be of interest and possible value to our readers as 'food for thought' so to speak. You should discuss your own health concerns with your doctor or medical practitioner.

Do "Diets" Really Just Make You Fatter?

By Franziska Spritzler, RD, CDE |
With thanks to Authority Nutrition

Dieting is a multi-billion-dollar global industry.

HOWEVER, THERE'S NO EVIDENCE PEOPLE ARE BECOMING SLIMMER as a result. In fact, the opposite seems to be true, and obesity has reached epidemic proportions all over the world. About 13% of the world's adult population is now obese, and this number goes up to 35% in the United States. Interestingly, there is some evidence that weight loss diets don't work long-term, and that they may actually lead to weight gain.



Dieting: An Early Obsession

As the obesity epidemic continues to grow, many people turn to calorie-restricted diets in an attempt to lose weight. However, people with obesity aren't the only ones dieting. Losing weight is a priority for many normal-weight or slightly overweight people, particularly women. Many researchers believe this is related to having a poor body image made worse by constant media exposure to slim models, celebrities and athletes.

The desire to be thinner can begin as early as grade school. In one study, more than 50% of normal-weight girls aged six to eight said that their ideal weight was lower than their actual weight. Girls' beliefs about dieting and weight are often learned from their mothers.

Bottom Line: The desire to be thin is very common in women and can begin as early as five years old. Early awareness of dieting is often due to a mother's dieting behavior.

The Billion-Dollar Diet Industry Losing weight is big business worldwide.

It's estimated that weight loss programs, products and other therapies generate

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Healthy eating and physical activity go hand-in-hand for a healthy lifestyle



more than \$150 billion in profits in the US and Europe combined. The global weight loss market is predicted to reach more than \$206 billion by 2019.

Not surprisingly, weight loss programs can be quite expensive for someone who wants to lose more than a few pounds. One study found that the average cost to lose 11 lbs (5 kg) ranged from \$755 for the Weight Watchers program to \$2,730 for the medication Orlistat. What's more, most people go on many diets during the course of their lifetime. When these multiple attempts are taken into consideration, some people end up spending thousands of dollars pursuing weight loss, often without any long-term success.

Bottom Line: The diet industry generates billions of dollars every year and is expected to continue to grow in response to people's desire to lose weight.

Weight Loss Diets Have Poor Long-Term Success Rates

How successful are diets for achieving long-term weight loss? Overall, the results are pretty disappointing. In one study, three years after participants concluded a weight loss program, only 12% had kept off at least 75% of the weight they'd lost, while 40% had gained back more weight than they had originally lost.

Another study found that five years after a group of women lost weight during a 6-month weight loss program, they weighed 7.9 lbs (3.6 kg) more than their starting weight, on average. Yet another study found that only 19% of people were able to maintain a 10% weight loss for 5 years.

Bottom Line: Although a small percentage of people manage to lose weight and keep it off, most people regain all or a portion of the weight they lost, and some gain back even more.

Chronic Dieting Often Leads to Weight Gain

Studies suggest that, rather than achieving weight loss, most people who frequently diet end up gaining weight in the long term. A 2013 review found that in 15 out of 20 studies of non-obese people, recent dieting behavior predicted weight gain over time.

One factor that contributes to regain in people of normal weight is an increase in appetite hormones. The body boosts its production of these hunger-inducing hormones when it senses it has lost fat and muscle. In addition, calorie restriction and loss of muscle mass cause your body's metabolism to slow down, making it easier to regain weight once you start eating normally again.

In one study, when men of normal weight followed a diet providing 50% of their calorie needs for three weeks, they started burning 255 fewer calories each day.

Many women first go on a diet in their early teen or pre-teen years. There is a lot of research showing that dieting during adolescence may increase the risk of becoming overweight or

Continued on page 5

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Working together, we can save our services!

In many communities we have successfully stopped hospital cuts.

Join the Sault Area Health Coalition to discuss local health care concerns and help plan the fight-back campaign!

Organized by:
**Sault Area Health Coalition
& Ontario Health Coalition**
Contact: Maria Smith
705-246-2483



DIETING . . . *continued from page 3*

obese, or having disordered eating in the future. A 2006 study found that teens who dieted were twice as likely to become overweight as non-dieting teens, regardless of their starting weight.

Although genetics play a large role in weight gain, studies on identical twins have shown that dieting behavior may be just as important.

In a study from Finland that followed 2,000 sets of twins over 10 years, a twin who reported dieting even one time was twice as likely to gain weight as his or her non-dieting twin, and the risk increased with additional dieting attempts.

Bottom Line: Rather than producing lasting weight loss, dieting among non-obese people in-

Continued on page 7

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DIETING . . . continued from page 5

creates the risk of weight gain and obesity over time.

Alternatives to Dieting That Actually Work

Fortunately, there are some alternatives to dieting that give you a better chance of avoiding or reversing weight gain.

Focus on Healthy Choices and Mindful Eating

Try shifting the focus from a dieting mentality to eating in a way that optimizes your health. To start, choose nourishing foods that keep you satisfied and allow you to maintain good energy levels so you feel your best.

Eating mindfully is another helpful strategy. Slowing down, appreciating the eating experience and listening to your body's hunger and fullness cues can improve your relationship with food and may lead to weight loss.

Exercise Regularly

Exercise can reduce stress and improve your overall health and sense of well-being. Research suggests that at least 30 minutes of daily physical activity is particularly beneficial for weight maintenance. As far as the best form of exercise, it's best to choose something you enjoy and can commit to doing on a long-term basis.

Accept That Achieving Your "Ideal" Weight May Not Be Possible

The body mass index (BMI) is a measure of your weight in kilograms divided by the square of your height in meters. It's often used to help people determine their healthy weight range.

Researchers have challenged the usefulness of BMI for predicting health risk because it doesn't account for differences in bone structure, age, gender, muscle mass or where a person's body fat is stored. A BMI between 18.5 and 24.9 is classified as normal, while a BMI between 25 and 29.9 is considered overweight and a BMI above 30 is called obese. However, it's important to recognize that you can be healthy even if you're not at your so-called ideal weight. Some people feel and perform best at a weight higher than what's considered a normal BMI.

Although many diets promise to help you achieve your 'dream body', the truth is that some people simply aren't cut out to be very thin. Studies actually suggest that being fit at a stable weight is healthier than losing and regaining weight through repeated cycles of dieting. Accepting your current weight can lead to increased self-esteem and body confidence, along with avoiding the lifelong frustration of trying to achieve an unrealistic weight goal.

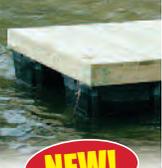
Bottom Line: Try to focus on being healthier instead of aiming for some 'ideal' weight. Let weight loss follow as a natural side effect of a healthy lifestyle. Breaking the dieting cycle can help you develop a better relationship with food and maintain a healthier stable weight.



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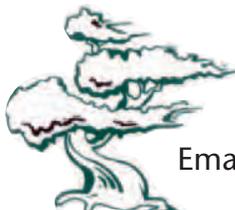
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The Old Woman and the Gunslinger

An old woman prospector walked up and tied her old mule to the hitching post. As she stood there, brushing some of the dust from her face and clothes, a young gunslinger stepped out of the saloon with a gun in one hand and a bottle of whiskey in the other. The young gunslinger looked at the old woman and laughed, "Hey old woman, have you ever danced?"

The old woman looked up at the gunslinger and said, "No, I never did dance—never really wanted to."

A crowd had gathered as the gunslinger grinned and said "Well, you old bag, you're gonna dance now," and started shooting at the old woman's feet.

The old woman prospector not wanting to get her toes blown off started hopping around. Everybody was laughing. When his last bullet had been fired the young gunslinger still laughing holstered his gun and turned around to go back into the saloon.

The old woman turned to her pack mule, pulled out a double-barreled shotgun and cocked both hammers. The loud clicks carried clearly through the desert air and the crowd stopped laughing.

The young gunslinger heard the sounds too and he turned around very slowly. The silence was almost deafening. The crowd watched

as the gunman stared at the old woman and the large gaping holes of those twin barrels.

The barrels of the shotgun never wavered in the old woman's hands as she quietly said, "Son have you ever kissed a mule's butt?"

The gunslinger swallowed hard and said, "No Ma'am, but I've always wanted to."

Lessons of the story:

1. Never be arrogant
2. Don't waste ammunition
3. Whiskey makes you think you're smarter than you are
4. Always make sure you know who has the power
5. Don't mess with old people, they didn't get old by being stupid.



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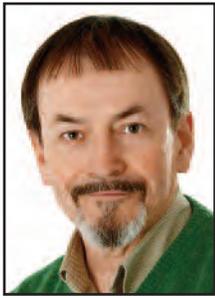


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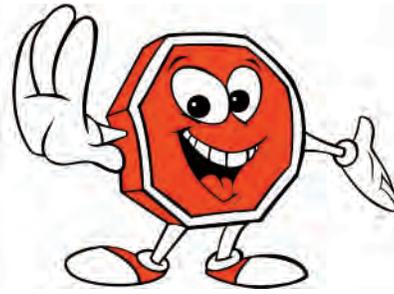
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'Synchronicity'

SOMETIMES THE TRUTH IS STRANGER THAN FICTION.

What some people call weird coincidences others call "Synchronicity". Take, for example, the case of the Double Exposure:

In 1914, a German woman from Strasbourg took her son to be photographed. She bought a film plate and after the photo was taken, said she would return in a few days when the portrait was ready. Unfortunately, World War 1 broke out and she was not able to collect the photo.

Two years later, she had moved to Frankfurt and given birth to a daughter. She was still disappointed because she still didn't have any photos of her son. The mother again bought a film plate and had another photo taken, this time of her daughter.

When the new photo plate was developed, it turned out to be a 'double exposure'. Her daughter's image was superimposed on the earlier picture of her son! Incredibly, her original film plate was never developed and had somehow ended up in



The actual photograph

Frankfurt, 100 miles away.

She bought the same plate with the original photo still on it!

Strange, don't you think? Here's another!



Take the case of two twin brothers who were separated at birth and put up for adoption.

Neither of the new adoptive parents of both boys ever knew each other and had never met. Each twin was told he had a brother. Forty years later, one twin, James, decided to track down his brother.

After a long search he found his brother, and also found out that:

- His brother's adopted parents had also called their new son James!
- Even though the two James's never met, they both went into law enforcement.
- They both had excellent skills in carpentry and drawing.
- They both married a woman named Linda.

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For users who want a pro-grade saw, this powerful all-rounder combines performance with fuel efficiency.

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HOT BUY



HOT BUY



HUSQVARNA 455 RANCHER

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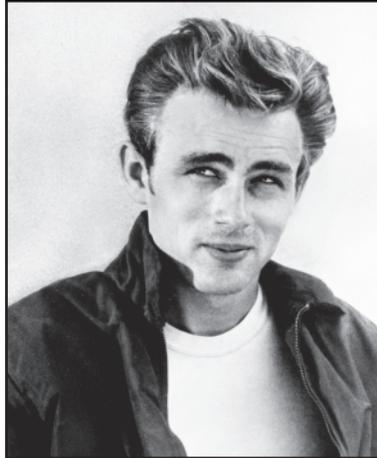
Husqvarna

READY WHEN YOU ARE

- They both had sons, one of which was named James Allan and the other named James Alan.
- Both twins were divorced and re-married a woman named Betty.
- Lastly, they both owned a dog called Toy!



In September 1955, James Dean was killed in a horrific car accident whilst he was driving his Porsche sports car. After the crash the car was seen as very unlucky.



a) When the car was towed away from accident scene and taken to a garage, the engine slipped out and fell onto a mechanic, shattering both of his legs.

b) Eventually the engine was bought by a doctor, who put it into his racing car and was killed shortly afterwards, during a race. Another racing driver, in the same race, was killed in his

car, which had James Dean's driveshaft fitted to it.

c) When James Dean's Porsche was later repaired, the garage it was in was destroyed by fire.

d) Later the car was displayed in Sacramento, but it fell off its mount and broke a teenager's hip.

e) In Oregon, the trailer that the car was mounted on slipped from its towbar and smashed through the front of a shop.

f) Finally, in 1959, the car mysteriously broke into 11 pieces while it was sitting on steel supports.



'My Energy Kit' Sold Out!

SOMETIMES, ACTING IMMEDIATELY can still be too late. Since we told our readers about Algoma Power Inc.'s great new offer of free 'Energy Kits' in last week's issue, we've learned that the response to the offer has been so overwhelming, they're already out of everything!

If you're thinking of ordering a kit of your own, don't bother, at least right now. They're sold out. We hope that Algoma Power Inc. will consider repeating the offer, so that everyone can take advantage of saving energy and money!



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**The Township of St. Joseph
Municipal Landfill Site**
Free Dump Week: May 22 - 28



will be on hand

SATURDAY, MAY 28
10 a.m. to 2 p.m.

to collect household furniture, tools and fixtures.
(No MDF furniture)

For a complete list of what can and cannot be accepted please visit www.habitatsault.ca or call 705 941-9646

The Township of St. Joseph Landfill will reopen **Mondays starting May 23, 2016**

Together we CAN make a difference.
Remember to RECYCLE!

Friday Night Foods at the Legion

The special is Stuffed Pork Tenderloin by Michelle Pearse along with the regular menu.

Entertainment will be Streamline Country

Entertainment supplied by volunteer musicians

Come and try your luck at the meat draw!

Take out available

FOR SALE

Free One wing back chair. Light pink/cream plaid, woven fabric, some wear on one arm. Pick up on Lakeside Drive. Call number below to arrange day and time. For sale: Antique painted side-board. Needs refinishing and minor repair. \$30. Chest of drawers \$15. Wooden, rustic rocker with cushions, \$20. Please call 705 949-5978 to arrange day and time of pick up.

Husqvarna CRT50 rototiller in good condition. \$325. obo. Call 705 246-0656 after 7 pm.

Pinnacle model stair-lift, 6 yrs old, ideal for a high-rise bungalow, asking \$750. Also, working Kenmore washer and dryer; yours for the taking. Call 705 246-3884

Blendtec Jars \$75 for one Blendtec Jar, used - 32 oz. (store price \$150) \$140 for one Blendtec new, never used, manual included-Wildside - 36 oz (store price \$180) Call 705 989-4102

Back Rack \$175 OBO. Protects your truck rear window and supports long loads. Call 705 989-7794

LOST & FOUND

Found: Keystone spare tire cover in the vicinity of Highway 548 and Gawas Bay. Call 705 246-1635

RENTAL WANTED

Couple wishing to rent a 2 or 3 bedroom house in a rural area in the St. Joseph Island vicinity. Call 705 246-7232

ITEMS WANTED

Looking for free gallon sized glass jars, from old pickles or the like. Please call Bethany at 705 910 1133

HELP WANTED

The Island Market is looking for a full time/part time meat cutter. Please bring resume in to Sherrie. No experience necessary. Call 705 246-2500.

ANNOUNCEMENTS

Bible Verse Signs: The Gospel Text Mission is currently taking requests to display one of their KJV Bible Verse Signs on your property. You provide the location, prayerfully choose the KJV verse and we furnish the sign. Ownership of the sign stays with the mission. Installment and maintenance are FREE and the area serviced is between Espanola and Sault Ste. Marie. Kindly send your particulars to: burgundy9@canada-11.com

Tenby Bay Cemetery Work Bee Friday May 6th starting at 9:30 am. Please bring your garden tools. Lunch will be provided. You don't have to have family members at the cemetery to join us in keeping the grounds neat and tidy. Any questions call 705 246-2392

Horticultural Society Meeting at Harmony St. Marks Church, Hall, Thursday April 28th at 7 pm. Topic: Invasive Species. Speaker: Taylor Wright, Project Coordinator, Invasive Species Centre.

Margaret White Snider invites family and friends to share in the celebration of her 90th Birthday on Saturday, May 14th at Emmanuel United Church, 224 Bennett Blvd., Sault Ste. Marie, Ontario. Come and Go 1:30 - 4:30 p.m. Best wishes only!

Free event at the Hilton Waterfront Centre on May 19th 7 pm-9 pm. Come join me for a free and fulfilled evening of

making cards to send to the youth at Attawapiskate First Nations in ON. All supplies provided. Donations will be accepted to send adult colouring books and markers along with the cards. Please call me to register Pat Gauld 705 246-3714

THANK YOU

I would like to thank all the people on St. Joe and in Sault Ste. Marie for all the cards for my move to Southern Ontario and all the get well cards as well. It's nice to know that you have so many friends. I miss you all. *Doreen McCarty*

New Mask-wa Residents Association Established

On April 12th, over 80 residents from approximately 20 remote communities along the Algoma Central Railway corridor between Sault Ste. Marie and Hearst met to found the Mask-Wa Residents Association. Mask-Wa is Cree for Bear. While several local associations have existed along the rail line for many years, this is the first time that residents from approximately 20 remote communities have met to form a single association. This association will play an important role as part of the evolving not-for-profit organization that will oversee the passenger train operations. Len Piccolo will be the MRA representative on the board of the future not-for-profit. Len expressed the residents' gratitude to Dennis Henderson who has been the residents' representative on the ACR Passenger Train Stakeholders Working Group over the last 2 years.

Those in attendance at the meeting are very pleased that they now have an organization through which they can reach consensus as to how their interests will be represented with regard to such aspects as schedules, fares and plans to work together with the other board members to ensure the long-term sustainability of this essential piece of our regional transportation infrastructure.

DAY & NIGHT

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 - A background in construction would be a definite asset.

Job Duties: Working with the public, problem solving, operating forklift and delivery truck, heavy lifting and stocking shelves.

Please bring resume in person to **Kentvale Home Hardware, 712 K Line Road, Richards Landing.** Questions please call 705-246-2002.

Chief Jason Gauthier of Missanabie Cree First Nation, current chair of the ACR Passenger Train Working Group, explained how the Working Group has been actively involved with the recovery of passenger train service for more than two years and asked that the residents continue to be active participants. The evolving not-for-profit organization will support the social, economic and development needs of the First Nations, communities, businesses and people of the Algoma region by providing effective, efficient, reliable and safe railway passenger services.

The Algoma passenger train is necessary for the First Nations to safely and reliably access the remote and wilderness areas of their traditional territories, including hunting and trapping grounds, culturally significant areas and socio-economic opportunities. First Nations in Algoma are also developing socio-economic opportunities such as ecotourism businesses, forest management plans and other resource based undertakings.

The 102 year old Algoma passenger train has been providing safe, reliable, all-season access to residents' properties in the remote wilderness regions of the Algoma passenger train corridor for generations. It is necessary to the corridor residents as well as to tourism lodges and outfitters so they, and their employees, can safely and reliably access their businesses and so their guests can safely and reliably vacation at their businesses in one of the most beautiful wilderness recreation areas in the world.

The Algoma passenger train is very important to the communities and region of Algoma because the distressed economy and employment of our region needs the significant economic activity and hundreds of jobs the passenger train has supported. Accounting firm BDO Canada produced a study in 2014 for the Algoma Passenger Train Working Group. The BDO Canada study found that the federal government's \$2.2-million investment netted an economic impact of \$38-million to \$48-million annually. The BDO study also states that the Algoma passenger train supported 170-220 jobs and generated between \$5.12 to \$6.45 million in taxes. These jobs, economic impact and tax generation are vital to the Algoma region's economic sustainability.



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Deadline for display ads is Mondays at 3 pm

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Classified Ads and Announcements

The Island Clippings is pleased to publish personal Classified Advertising and Public Service Announcements of **50 words or less**, free of charge to Island residents, as a community service. Other than personal for sale ads (**please limit three items**) the announcement must be of value to the community. We reserve the right to decide if the ad is of service to the community. **Please identify yourself when sending in a classified or your ad will not be published.**

Ads or announcements for non-residents or items or services, to be sold for profit, or generate income or events charging an entrance fee (which includes "not for profit organizations") as well as items valued at over \$1,000, will incur a nominal charge of \$10, plus HST. We reserve the right to determine if a fee is required. We reserve the right to edit down to 50 words or less.

Business or commercial ads, including those placed by individuals do not qualify as Classified ad or Public Service Announcements.

ments. Such advertising must be via display advertising, governed by our published rates in effect at that time. Ads or announcements will appear in one issue, but may be repeated, to a maximum of three weeks (space permitting). **Advertiser must resubmit ad each week.** To ensure space for everyone, please limit your content to a **maximum of 50 words.**

Ads can be placed by: **Email to:** islandclippings@gmail.com or by phone 705 246-1635 (**from 9 – 5, Mon-Fri**) or fax 705 246-7060.

Mail to: Island Clippings
RR1, Hilton Beach, ON P0R 1G0
Or simply put it in our pick-up box conveniently located at Ambeault's. Kent's Corner & the Hilton Beach Waterfront Centre.
Sorry, we're not available on Sundays.

WHAT'S HAPPENING ON ST. JOE

Friday

Hens & Stitches, Dr. Trefry Centre - 10 am to 12 pm, 705 246-0036
Island Cast-a-Weights, Calorie Watchers, moved to Hilton Beach Waterfront Centre, near Post Office, same time - 8:30 am
Walking at the Legion - 9 am to noon
Friday Foods at the Legion
AA Meeting, United Church (new addition, side door) - 8 pm

Saturday

The Children's Library - 10 am to 3 pm, Storytime at 10:30 am
Hilton Union Public Library - 1 pm to 5 pm
Free pool all day in the Legion lounge
St. Joseph Twp. Public Library - 10 am to 3 pm
St. Boniface Roman Catholic, Hilton Beach at 4:30 pm.
Teen Game Night - Legion lounge - 6 pm to 9 pm

Sunday

The Anglican Parish of St. Joseph & St. George worships at 11 am at Holy Trinity, Jocelyn
Free Methodist, 10th Side Rd. Coffee, tea and friendship at 10:30 am.
Worship service 11 am.
Island Bible Chapel, Richards Landing.
Lord's Supper 10 am, Family Bible Hour 11:15 am.
Grace United, Hilton Beach. 9:30 am.
Harmony St. Marks United, Richards Landing. 11 am.
The Church of Jesus Christ of Latter-Day Saints, at MacLennan Hall, Primary, Priesthood, Relief Society. 10 - 10:40 Sunday School 10:50 - 11:30 Sacrament Meeting 11:40 - 12:30

Monday

Walking at the Legion - 9 am to noon
Euchre, Legion Hall - 7:30 pm (\$4.00 per person)
Bridge, Dr. Trefry Centre - 1 pm to 4 pm (Open to all seniors) 705 246-0036
Exercise Class, Dr. Trefry Centre - 10 am
Free pool all day in the Legion lounge

Carpet Bowling for 50 Plus, Legion - Refreshments Available - 1 pm
St. Joseph Twp. Public Library - 5 pm to 8 pm
Hilton Union Library - 3 pm to 5 pm & 7 pm to 9 pm

Tuesday

Cribbage (singles), Legion Hall - 7:30 pm (\$4.00 per person)
Free pool all day in the Legion lounge
Quilting - 1-3 pm, Main Floor Waterfront Centre, Hilton Beach except the 3rd week held at the Trefry Centre. 705 246-0036
Childcare Algoma C.A.P. Children's Playgroup - 10 am to noon at Free Methodist Church
Yoga, Old Town Hall, RL - 7 to 8:30 pm, drop-ins welcome

Wednesday

Walking at the Legion - 9 am to noon
Nordic Pole Walking at the Legion - 10 am
Life Labs at the Dr. Trefry Centre - 9:30 to 10:30 am
Free pool in the Legion lounge
Bridge, Dr. Trefry Centre - 1 pm to 5 pm (Open to all seniors) 705 246-0036
St. Joseph Twp. Public Library - 10 am to 3 pm
Food Bank, United Church, Richards Landing (side door) - 1 pm to 3 pm
Children's Library 9 am - 12 Noon, Storytime at 10:30 am
Hilton Union Public Library - 1 pm to 5 pm - Phone number: 705 255-3520.
League pool in the Legion Lounge at 7:30
Wednesday Food at the Legion 7:30 to 9 pm

Thursday

Dr. Trefry Centre's Day Out Program - 9 am to 3 pm.
Coffee Connections 9 am, Dr. Trefry Centre, Come for a coffee!
Children's Library 9 am - 12 noon, Storytime at 10:30 am,
After school Program 3:30 pm to 5 pm,
Free pool all day in the Legion lounge
Exercise Class, Dr. Trefry Centre - 1 pm
The Children's Library, 10 am - 3 pm, Storytime 10:30 am
St. Joseph Twp. Public Library - 3 pm to 8 pm

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