

# ISLAND Clippings

Connecting our Community



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## Food, Fun 'n Games in Hilton Beach

PHOTO BY TERESA PARKER



AS FAR BACK AS EVEN THE OLDEST of the old-timers can recall, the Village of Hilton Beach has always known how to throw a Community Night party and last Saturday's festivities lived up to that tradition. We're sure that the village's 'downtown' area hasn't been that crowded with cars, pets and people since .... since .... well, since LAST year's Community Night!

And why not! It was a warm summer's evening, with gentle breezes and an almost-cloudless sky – perfect conditions for bringing entire families out for a parade, games and a great

time seeing and being seen. There were lots of familiar, smiling faces as well as many not-so-familiar smiling faces, as throngs of cottagers, visitors and tourists also came out for the fun.

Both sides of Marks Street were lined with expectant spectators over a half hour before the parade start time, with hundreds still meandering up and down the street, seeking good viewing spots or just 'visiting' with other folks. Organizers and volunteers were working feverishly to get all of the other street attractions ready for what promised to be a busy night,

*Continued on next page*



## The Real Estate Stop

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**COMMUNITY NIGHT**..continued from cover

as the tantalizing aroma of fresh popcorn wafted beguilingly on the breeze.

Then came the magic moment that everyone was waiting for, as the pipes and drums of the 49th Regiment dramatically announced that the parade was under way, coming down Hilton Road, then turning onto Marks Street, where most of the eager spectators awaited them, the rippling of applause marking their progress.

Behind them came a steady procession of costumed kids, bright and shiny classic cars plus some equally shiny brand-

new cars and imaginatively-decorated floats of every size and description. There were several 'repeat' appearances from last week's Hospital Auxiliary Community Night parade in Richards Landing – including the Hospital Auxiliary volunteers, plus some new sights as well.

We weren't entirely sure what to make of some of those entries, nor were we familiar with their background: floats like 'the Pollock Heirs', a special appearance by the 2026 Canadian Olympic Team, a 'Redneck Special' featuring wild turkeys being eyed by a camo-dressed hunter, a group of fisherpeople from the Hilton Beach Tourist Park, proudly displaying what appeared to be freshly-caught fish, the oh-so-cheerful Canoe



 **Royal Canadian Legion Branch 374**  
is holding a  
**ROAST BEEF DINNER**  
on Saturday, August 23rd  
Fort St. Joseph is having an Algoma 1812 Bicentennial commemorative event "The taking of the USS Tigress and the USS Scorpion" - 1 PM to 5 PM at the Fort.

**1812 DINNER OF ROAST BEEF,  
Baked Beans, Baked Potato, Ice Cream  
and Maple Syrup at the Legion at 6 PM.**

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Point Campfire Group and another merry group of revelers, telling us that 'It's Five O'Clock Somewhere' – all followed by an exciting, death-defying demonstration of skateboard jumping.

Of course, it WAS a parade and therefore bright flashing lights and blaring wailers were absolutely mandatory. That was delivered in spades by the gleaming fire trucks of the Hilton Union and Jocelyn Fire Departments. Their modern-day wailers were joined in song by the old-time siren of Jocelyn's vintage fire truck making a rare



public appearance, proudly driven, coaxed and cajoled along by Jocelyn Fire Chief Dave Bel-sito.

Although some of the crowd did melt away after the parade ended, many more stayed to enjoy an evening 'on the street', taking part in the games or just wandering about, stopping here and there to chat and catch up with friends. Others moseyed off for ice cream at Island Scoop or the Hilton Beach Tourist Park, while still others went in search of a great meal at the Dry Dock, or fun and entertainment with live music at the Tilt'n Hilton.

All in all, a wonderful night of food, fun and games in downtown Hilton Beach!



# The 26th Annual Quilt Show

By Carol Smith

THE WOMEN'S INSTITUTE'S 26th Annual Quilt Show and Sale saw over 322 human visitors, and a few canine ones, come through the doors. They viewed 159 quilted items including 23 items that were won by 22 participants for the price of a candy! Remember ALL monies made at the show, after expenses, are returned to our island community through donations from the Clover Valley and Richards Landing Women's Institutes and the St. Joseph Island Community Quilters.

Native Artist Naomi Smith of "Black Tulip Designs" did a Beaded Needle Case Workshop on Friday. She shared her knowledge and her passion for the art of native beading. Her display at the entrance held examples of native beaded work

PHOTOS BY CAROL SMITH



over a hundred years old. We are fortunate to have this nationally renowned artist at the show.

An intermediate (who am I kidding) - an advanced quilting course demonstrated the "Lone Starburst" pattern from 2 1/2 inch strips of material. Norah McGuire-MacLeod, - Instructor Extraordinaire - of "Sew Little Time" ran the workshop on Sunday with all 16 participants taking home one completed block.

Vendors "Life's a Stitch", "Sew Little Time", Maudie's Cottage", "Black Tulip Designs" and "Wigmored Works" offered visitors an opportunity to see and buy fabric, patterns, kits, gadgets, machines, beads and jewelry. Special Thanks to "Life's a Stitch" for allowing quilters to drop off & pick up items for the show at their store on Queen Street in

*Continued on page 6*

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## QUILT SHOW ..continued from page 4



Carol Sawchyn's "Viewer's Choice" quilt

Meimeyer Pattern in blue & mauve batiks. Nicole Tull - "Quilting on Superior" did the long-arm machine quilting on this work of art.

the Sault. Susan Kerr offered her book "Always By My Side" on Saturday to raise funds for Canadian Guide Dogs. Heddy Stevenson and her Grand-daughter Meadow demonstrated fusible machine appliqué on Saturday afternoon. Carol Sawchyn demonstrated hand quilting ALL three days. One of Carol's quilts won Viewer's Choice! Named "Misty Mountain Pond" it was a beautiful example of foundation piecing from a Judy

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# ISLAND Clippings



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Only 10 votes behind Carol's quilt was "Welsh Beauty" a whole cloth quilt, hand quilted by June Gallagher. Two of the quilts in the show were done by 6 & 8 year old Gwen and Fiona Cartwright from Sault St. Marie. How exciting to see young quilters enter our show!

Thanks to "Island Market", "Calico Hen", "Moose Sweats", "Life's A Stitch" and "Maudie's Cottage" for the items and gift certificates our Viewer's Choice winner received. Diana Madill of "Whitetail Woods" donated a Copper Chickadee and Blackberries hanging for a door prize won by Katherine Henschell. Mark Jobst won the St. Joseph Island Community Quilters Lap Quilt. "Sew Little Time" donated a wall hanging kit won by Marilyn Webb. The Island 4H Group made their famous "donut muffins" which EVERYONE enjoyed in our Tea Room. We also had gluten free items, because of several requests over the past few years.

As with all events that require volunteers to make it happen your help is absolutely necessary. To everyone that put in a shift or two or three or four or more, baked homemade goodies, helped to set up and take down the show and worked behind the scenes... a heartfelt Thank You!

**The Womens Institute Quilt Show would not happen without YOU!** I have to give special thanks to the men behind the show, under the quilts and up the ladders so they will come

*Continued on page 11*



## *Golf Nine, Wine & Dine*

*Experience Island Springs new menu created by Chef Ian Thomlinson.*

Features include:

**FRIDAY: White fish served two ways:**  
fried with a crispy cornmeal coating, coleslaw, fries, hushpuppies.  
or sautéed with almonds, capers, vegetable, lemon and butter potato.

**THURSDAY THRU SUNDAY**

**Kalamata Olive Tapenade**

A blend of olives, garlic, anchovies, capers and lemon.

**Weekly pasta:** Penne Pasta with roasted garlic, kalamata olives, sun dried tomatoes, roasted red peppers in a tomato sauce finished with parmesan cheese.

**SATURDAY & SUNDAY:**

**Shrimp curry:** Shrimp sautéed with curry spice, tomatoes, served with basmati rice, vegetable  
*Come join us at Island Springs!*



*We are currently accepting résumés for servers.*  
**Reservations** appreciated.  
**Call 705-246-1400**

## ST. JOSEPH ISLAND MUSEUM

### COLLECTORS' DAY

**Sunday, August 10th, 1 - 4 pm**

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- Live Entertainment *Flathead Ford*
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**PERFECT WATERFRONT!**  
 132ft of good usable water frontage with panoramic views of the North Channel. Beautiful gardens and manicured grounds. This 2800 sq ft luxurious 5 BR home has designer kit, double family rooms and fireplace. Great views of the water from all principal rooms and tiered rear deck. Balcony, sauna and 2 car garage. **\$399,000.**



**COUNTRY RANCHER**  
 Brick bungalow on 100 Acres close to Richards Landing. Features include large country Kit., formal DR, finished basement, huge real deck with hot tub, double garage and 28 x 60 portable shelter and back up generator. Just move in and enjoy. **\$249,000.**



**PERCHED ON A HILL!**  
 2600 sq ft timber framed home. Open concept lower level and vaulted ceiling in the grand room. Enjoy glorious views from the office/den. Balcony, master BR with ensuite. Restored 2 storey heritage building insulated and heated would make for great studio, workshop and bunkie. Great island living **\$259,000.**



**PURE COUNTRY!**  
 Beautiful country location on 7A just outside Thessalon, 3+1 BR, 2.5 baths, large country kitchen, huge family-room and hardwood floors. Large 2 tiered deck, screened gazebo and 3 car garage for all the outdoor toys. **\$225,000**



**COZY AND COMFORTABLE**  
 Located minutes away from school and marina in Desbarats. This neat 2BR home sits on 11 acres with a private yard. Custom built stone fireplace with insert. 2 storage sheds and 8 x28 deck. Come enjoy the view of Lake Huron **\$179,000.**



**PRIVACY AND PARADISE**  
 Located on an island in scenic Gawas Bay. This 3 BR cottage is in mint shape, featuring vaulted ceilings, custom woodwork, wood burning fireplace, front and rear decks and a screened in veranda. Solar power with generator backup. Enjoy over 800ft of good waterfront. **\$279,000.**



**SAILORS ENCAMPMENT**  
 3 BR year round home on private and secluded matured treed waterfront lot with beautiful rear yard overlooking the kid friendly sand beach. Bunkie, sauna and two car garage with loft. Watch the ships and enjoy fabulous sunsets. **\$259,000.**



**BEAUTIFUL VIEWS!**  
 Perched on a hill overlooking fields and forest this 4BR 3 Bath country home is great for large families or retirees with main floor master suite, hardwood flooring formal dining room and new kitchen. 3 car garage with loft and older farm house for studio. Close to Richards Landing **\$329,000**



**NEAR BEECH BEACH**  
 Special island home with sweeping lawns & great useable waterfront. Large open concept living with living room, dining room, kitchen and master bedroom overlooking the water from the second level. New flooring throughout. Large garage with workshop and 220 wiring. **\$229,500.**



**PANORAMIC VIEWS!**  
 Situated on an extremely private peninsula with 194ft of private, flat waterfront this 3BR 2 Bath year round home is ideal for swimming, boating and fishing. Open concept living with FP, large master BR with ensuite and deck facing the water. Added features include dock, boat launch and 2 BR bunkie. **\$215, 000.**



**PANORAMIC LAKE VIEWS**  
 from the family room with wood stove, 3 season sun room or the back deck with hot tub. Private treed lot with double garage and dock system included. Just move in and enjoy this 3BR open concept ranch with new windows, flooring and decor. **\$239,000**



**HUNTERS PARADISE!?**  
 90A parklike maple bush has lots of deer and wild turkeys, located on HWY 548. The 40x50 shop has 10ft ceilings and 220amp service and loft for storage. The cozy bungalow has pine flooring throughout and a huge kit. with handcrafted oak cabinets. On chilly days stay warm by the wood stove or backup convect air electric heaters. **\$319,000.**



**WATCH THE BOATS**  
 from the huge rear deck of this perfect 3 BR summer cottage warmed by a wood stove on those cool morning. Huge level rear yard for kids play to a safe area for swimming. West facing for beautiful sunsets. Great family compound. **\$159,000.**



**GO JUMP IN THE LAKE...**  
 from your own dock system, tie up the watercraft. Beautiful home reflects originality and creativity in every room. Huge master BR with ensuite and walk in closet, guest quarters with ensuite, open concept living room, dining and kitchen with pantry. Tiered deck & screened Florida room. Attached garage and 24 x 24 separate studio/workshop. **\$289,000.**



**BOATERS DELIGHT!**  
 Perfect waterfront on Canoe Point, 2 acre lot sloping to deep water and concrete boat ramp. Huge sun room, family room with fireplace or rear deck. Walk out lower level with in-floor heating, huge master bedroom suite. Commercial size steel garage 30 x 40 with 12ft door for RV, cement floor and hydro. **\$259,000.**



**SWEEPING LAWNS...**  
 overlook the Shipping Channel and sand beach across the road. 3BR year round bungalow with formal living room, family room with wood stove, huge master suite and 2 car garage with insulated area for workshop or bunkie. Great views of the passing ships and sunsets from the large wrap around deck. Enjoy the island for **\$199,000**



**EASY COMMUTING!**  
 Located in a quiet and desirable Echo Bay subdivision. This 4BR bungalow is located on a large corner lot. Master bedroom features ensuite, custom brick FP upstairs and 2 car garage. Bonus drilled well for watering the gardens and washing the car. Minutes to amnities **\$199,000.**



**VIEWS OF THE BRIDGE...**  
 and sunrises from the huge rear deck, formal dining room or balcony off the 2nd storey master suite. Plenty of room in this 4BR back split with level treed lot with sand beach and dock. 24 x 43 garage with full 2nd level waiting for finishing to bunkie or shop. Large storage for RV. **\$395,000**



**WHO NEEDS 2 GARAGES**  
 2-2 car garages for storing your boats and your cars and other toys, all included in this organized waterfront property. Large rear deck, spacious lawn and great water views. 3BR's with main floor master. Modern kitchen, dinette and living room. Appliances and some furnishing included. Just move and enjoy. **\$220,000.**



**100 ACRE RETREAT**  
 2 storey log home is full winterized for seasonal or year round living, large front deck and balconies for views over the wooded acreage. Lots of ATV trails, stream and access to 500 Acres of crown land. Lots of wild life. **\$269,000.**



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## FEATURE LISTINGS



### THE SOUND OF THE WAVES

will lull you in a sound sleep at this 3 acre wooded property with 200ft of deep waterfront. Hardwood, ceramic floors and oak cabinetry thru out this Littleton built two storey with full finished basement, 2 full baths, master balcony and sweeping wrap around deck for entertaining and a view of the lake. Huge 3 car garage/man cave that's insulated and heated. Did I mention the bunkie? Perfect end of the road private and quiet location. **\$369,000.**

**NEW LISTING**



### AFFORDABLE WATERFRONT!

Quiet convenient Sun Set Point location. Open concept LR/DR/KIT with large screened sun porch facing the water with great views of the water, sunsets and ships. Great summer getaway at **\$124,900.**



### SOMETHING SPECIAL!

Minutes from Richards Landing and view of the bridge you'll find this waterfront gem. Open concept main house with 2 large BR's, wood floors, gas FP and patio doors leading to large deck system facing the water. Custom cedar great room with kitchenette, queen size murphy bed, wood FP and screened Florida room. Nicely landscaped yard, garage and great waterfront and dock. **\$345,000.**



### 1418 DEAN LAKE RD

Immaculate 2 BR insulated cottage on Lake Huron. A great summer getaway spot with sandy beach and beautiful view. Just pack your suitcase.

**\$109,900.**

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**NEW LISTING**



### CHARMING AND RUSTIC!

Four season home at north end of the island on private maintained road. Newer steel roofs on

house and garage. Some newer flooring and most contents included. View of the channel from the side and front decks. Quiet private location **\$129,000.**

## LOTS FOR SALE

Large 256 Acre wooded parcel near Fort St. Joseph. Great for hunting and ATV's. **\$150,000.**

100 acre wood lot on the mountain with variety of mature trees including lots of maple. Paved road and hydro. Great hunting or new home site. **\$110,000**

8 Acre parcel on Canoe Point, great building site without blowing the budget. **\$29,000.**

Waterfront building lot on Tenby Bay. 123ft of frontage on a well treed, level lot. Quiet private location. **\$49,500.**

4.5 Acre **SOLD** near Kents Corners with cleared area for **\$29,500.**

100 Acre mature bush on I line between 10th and 20th side roads. Lots of maple for syrup, good for hunting or building your dream home. **\$129,000.**

3 level & wooded waterfront lots with private location, sand beach leading to deep water. **\$43,500** each or put an offer on all three.

### WATERFRONT DREAM LOTS

Variety of large waterfront lots with waterfrontages of 80 feet to 600 feet. Serviced lots with sewer, water, gas, hydro, telephone and cable on paved street and lighting. Airport, marina and hospital minutes away in Thessalon.

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## COMMERCIAL LISTINGS



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A unique opportunity to operate a well established store in Hilton Beach. Convenience store, Lotto, LCBO outlet. High traffic location and near the waterfront and busy marina.



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Long established family business with separate 40 x 60 steel building with reinforced concrete floor for additional business opportunities. Double lot allows expansion. Good return for a person who wants to be their own boss.



### ISLAND COMMERCIAL BUILDING!

Located on main corner entering the Island at Kent's Corners. High visibility with lots of parking this modern commercial building has bakery and restaurant equipment already installed for the continued present use or can be converted to a new endeavour. **\$199,000.**



## ST. JOSEPH ISLAND MUSEUM MOMENT

I LOVE COMMUNITY NIGHTS and I love getting to decorate and ride a float. The theme for our float was Teddy Bear Picnic. We put a lot of thought into its design and I think it was a success.

There was a real picnic basket, which is an artifact itself, a checkered blanket, teddy bears and even an ant. The bears were all brought in by student workers of the Museum, myself included. They came in all shapes and sizes and I think that was a fun way to explore our theme. We also had balloon fish on fishing rods to honour our Teddy Bear Picnic's hit game of Fish Pond. To add to the great visual display, the familiar strains of the Teddy Bear Picnic song could be heard from the float. I definitely knew most of the lyrics by the end of the Hilton Beach parade.

Then there was the ant. I think it deserves a special mention because of all the effort that went into building that thing. Ants at a picnic are plain bad news and making one was even more challenging. Pat the Supercurator was on hand with many great ideas and troubleshooting workarounds. I doubt we could have figured out just how to make an ant without her. After much wrestling, we managed to create an antlike thing under Pat's guidance. It took two mannequin torsos, six sticks, half a roll of tape, an extra large black garbage bag, tissue paper and one black balloon. Our ant managed to make it through the parades. I hope everyone present was impressed by it and our fly swatter!

Perhaps the best part of the whole float is that the entire thing was made using donated materials and reused decorations. That means nothing was purchased with the Museum's budget, with the sole exception of the garbage bag used for the ant. Everyone who donated materials used deserves a huge thank you.

I would like to thank the parade officials and judges at both Community Nights for awarding Vanessa, Ryan and myself with first place for our float. We brought home the prize for first place in the Pioneer/Historical Float category in the Landing and first place for Organized Group in Hilton. Were we ever proud!

I can't wait to see what the Museum float next year looks like!

*Daria Levac, Student*

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**10 am - 5 pm**  
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[www.wabisabiarts.org](http://www.wabisabiarts.org)

## Invasive Species Boat Wash this Saturday

THE CENTRAL ALGOMA FRESHWATER COALITION will be hosting a Boat Wash for Invasive Species Prevention, to help educate boaters and anglers about the importance of washing their personal watercraft (boats, canoes, jet skis, etc.) and fishing equipment (lures, bobbers, etc.) to prevent the spread of Invasive Species to uncontaminated lakes.

Date: Saturday, August 9th, 2014

Time: 9 am—1 pm

Location: Richards Landing Municipal Marina

Partners: St. Joseph Township, The Central Algoma Freshwater Coalition and St Mary's River Remedial Action Plan.

Don't have a boat? No problem, stop by and pick up some of the great resources about Invasive Species and prevention provided by the Ontario Federation of Anglers and Hunters, the Federation of Ontario Cottagers Association, and the Ministry of Natural Resources.

### QUILT SHOW..continued from page 7

back next year - Brandon's Yard Works, Anthony, Phil, Hugh, Leonard, Ed, Siggie and Geoff. SJI Central School plays an integral role in our show and especially impacts Dick Cain & staff, who puts up with us year after year after year... There are so many outstanding women behind the quilt show that I cannot name them all here. You know who you are and Thank You for your work and for putting up with my "Out-spoken" Ways!

Mark your calendars for next year's show on July 31, August 1 & 2, 2015. It will be the Quilt Show's 27th Year and it will be the weekend for both Richards Landing and Hilton's Community Nights. YIKES! I will be rounding up volunteers VERY EARLY because the ones who help at the Quilt Show also help at the other events.

### Sales Associate: Full-Time

**Requirements:** Ability to be a team player, motivated with strong customer service skills. Knowledgeable in the following areas: building materials, plumbing, paint and electrical. A background in construction would be a definite asset.

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

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



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# The Opportunity of a Lifetime!

IN CASE YOU HAVEN'T HEARD the **Island Clippings** is for sale. Perhaps this is the ideal opportunity for you.

THE WORK IS INTERESTING and rewarding in every way and the rich, natural wonders of the Island are always just outside your door.

IF THE IDEA OF YOUR FAMILY LIVING and playing year-round on this magical Island appeals to you, perhaps we should talk.

Contact us in confidence at:  
opportunityatislandclippings@gmail.com

**Serious inquiries only, please!**



## This Weekend, Don't Miss Wabi Sabi An Appreciation of Imperfection

“BRINGING WABI-SABI INTO YOUR LIFE doesn't require money, training or special skills. It takes a mind quiet enough to appreciate muted beauty, courage not to fear bareness, willingness to accept things as they are - without ornamentation. It depends on the ability to slow down, to shift the balance from doing to being, to appreciating rather than perfecting.”

Rough textures, minimally processed goods, natural materials and subtle hours are all wabi-sabi.

This is the 14th year of the Wabi Sabi Fine Craft Exhibition and Sale on St Joseph Island, taking place August 8, 9 & 10, from 10 am to 5 pm at the Old Town Hall in Richards Landing.

Wabi Sabi accomplished artists are: Ted Alleway, metal sculptor; Errol Caldwell, wood turner; Adele Hill, clay sculptor; Ann Suzuki, silk batik and Andrew Tiltins, wood and stone.

Featured guest artists from Northern Ontario include: Peggy Brown, clay pottery; Sarah Buckley, weaving; Sandy Cline, soapstone carving; Michele Forrester & Hans Wesselius, wood sculpture; George Hill, photographer; Lynn Hill, quilt maker; Lynn Latreille, tapestry, textile bags; Valerie Leblanc, walking sticks; Cheryl Maahs, jewellery, stained glass & fused glass; Sam Moligian, salt glazed pottery; Maggie Nardi, clay pottery; Irene Plavins, leather bags; Terryl Ryan, basketry, weaving; David Solomon, wood box maker.

This exclusive annual exhibition will feature Sandy Cline (sandy@sandycline.com) demonstrating soap stone carving and wood turning by Errol Caldwell (errol.helene@gmail.com) throughout the weekend. Special featured artists Michele Forrester and Hans Wesselius, (itsinthewood@gmail.com) will display their unique wood sculpture.

For further information, contact Adele Hill at 705 949-0293 or Andrew Tiltins at 705 246-2209 or visit the Wabi Sabi website at [www.wabisabiarts.org](http://www.wabisabiarts.org).



## REWARD

10 cases of beer or their equivalent for information leading to the arrest and conviction of the person(s) responsible for the theft of 21 bundles of barkwood shingles from a jobsite at the corner of the 10th Side Road and Highway 548, sometime Sunday, August 3rd or Monday, August 4th. Call 705 987-6020

Two young engineers applied for a single position at a computer company. They both had the same qualifications. In order to determine which individual to hire, the applicants were asked to take a test by the department manager.

Afterwards both men had each missed only one question. The manager went to the first applicant and said, “thank you for your interest, but we've decided to give the job to the other applicant.”

“Why would you do that? We both got nine questions correct,” asked the rejected applicant.

“We have based our decision not on the correct answers, but on the question you missed,” said the department manager.

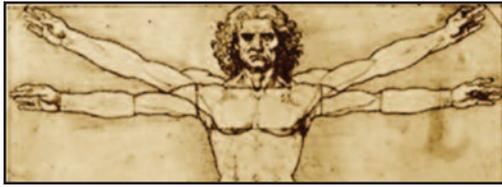
How would one incorrect answer be better than the other?” the rejected applicants inquired.

“Simple,” said the department manager, “Your fellow applicant answered question 5, ‘I don't know.’ You answered, ‘Neither do I.’”

### **Please Remember!**

*Deadline for classifieds is noon Tuesdays  
Deadline for display ads is Mondays at 3 pm*

# For the Health of It



*The Island Clippings presents this column for general information purposes only. Contact your own health care provider for medical information to suit your individual needs.*

## The Importance of Fruits and Vegetables: New Evidence

*By Dr. Dan Sicoli, Chiropractor & Clinical Acupuncturist*

“Eat your fruits and vegetables” is a recommendation for a healthy diet purported by many health professionals, as well as many mothers. The benefits of eating a diet filled with fruits and veggies are numerous; it wards off heart disease and strokes, regulates blood sugar, controls blood pressure and prevents many cancers. It also manages weight, prevents gastrointestinal disorders like diverticulitis, and guards against macular degeneration and cataracts, both of which are a cause of vision loss.

But how much is enough? A new study published by the University College London may shed some light. Researchers there examined the eating habits of 65,000 people in England between 2001 and 2013. They found that 7 helpings a day of fruits and/or vegetables could reduce a person's overall risk of premature death from all causes by 42% when compared to people that ate just one whole portion. People eating 5 to 7 portions had a 36% reduced risk of death; those eating 3 to 5 portions had a 29% decreased risk and eating 1 to 3 servings reduced risk by 14%.

It was also discovered that eating 7 servings of fruits and vegetables was associated with a 25% reduction in risk of cancer and 31% decrease in risk of heart disease or stroke. Vegetables seemed to be significantly more protection against developing disease than eating fruit. A surprise during the study actually found that people who ate canned or frozen fruit actually had a higher risk of developing heart disease, stroke and cancer (17%). As stated by Dr. Gunter Kuhnle, a food scientist at the University of Reading, “It's possible that eating tinned fruits are an indicator of high sugar intake, but it might also be a marker of poverty or lower socioeconomic class. As there is no data, it's simply not possible to speculate.”

Presently the Canada Food Guide recommends that the majority of adults eat approximately 7 to 10 servings of vegetables (depending on age). Most health professionals will refer to this guide when making dietary recommendations. So if you follow what is set out in the guide, and listen to your doctor (and your mother), you should live a long and healthy life.

# Old Town Hall SUMMER CONCERT SERIES



## Johannes Linstead

Johannes Linstead is no stranger to our stage, having performed at the Old Town Hall Concert Series in 2001 and 2008. As a virtuoso Latin guitarist, his self-described “world fusion” sound could most easily be described as flamenco, but in fact it's a lot more than that, infused with Cuban, Middle Eastern and Latin American influences.

Johannes has travelled the world and was exposed to its many cultures from a very young age. Along the way, he picked up a guitar at the age of eight and later discovered all the possibilities of Latin guitar.

Johannes' eight albums have won many awards and several of his tracks have charted in the top 10 on Billboard's new age and smooth jazz charts.

Johannes puts on a fun, lively show and his two past performances on our stage sold out – so be sure to get your tickets early!

**WEDNESDAY, AUGUST 13TH @ 8PM**



Seating is limited so get your tickets soon!  
\$35 per person. To order or for more information, call 705 246-0055 or visit [www.oldtownhall.ca](http://www.oldtownhall.ca)

## Friday Night Foods at the Legion

the special will be Lornie Burger by Dan McCarty. There will not be any regular menu.

Entertainment will be Joe Mattalo

Entertainment supplied by volunteer musicians

Come and try your luck at the meat draw!

Take out available

## FOR SALE

**2009 Super Sport Princecraft** boat for sale. Has a 75hp 4 stroke mercury outboard motor. Comes with all covers, canopies, trolling motor, fish finder, ski tow and princecraft trailer. Hardly ever used, minimal hours and was always stored indoors during winters. Excellent Condition. Priced to sell at \$18,500. Please call 705 987-0554.

**14' Peterborough cedar strip 2** man skiff. Like new! \$2,000. Call 705 246-2874 after 3 pm.

One 40" diameter round deck table and chair set with pink cushions. Asking \$35. Bisque coloured, side by side refrigerator/freezer with ice maker. Purchased in 2010 and in excellent condition. width 33 1/2", depth 32", 66 1/2" high. Asking \$300. (paid \$1200.) Call 705 246-2634

Black light weight saddle barely used. Comes with reins and headstall. Asking \$100. Call 705 941-1234

Clean, white Kelvinator electric range, reliable temperature, oven bakes well. \$60. Also, Lakewood wood heat stove with 2 sections of insulated Selkirk chimney and cap, 1 section of indoor radiating chimney with deflector and floor pad. \$300. Both items ideal for Fall camp. Going with propane. Open to offers. Call 705 246-7371.

12 pieces of 18 gauge galvanized flashing, 10' long, bent 90 degrees, 10" x 6". \$10 each or make an offer. 12 4"x4"x10' cedar posts \$8 each. Call 705 246-7430

4-post single bed: \$50; solid wood table (nook style) with two benches: \$50. Call 705 246-2760

5 yr. old white Kenmore flattop electric stove with self-cleaning oven: \$250; 5 yr. old white Kenmore refrigerator: \$300; 3 yr. old white GE front-loading washer & dryer: \$800 for the pair; 2 yr. old Queen size sofa bed, dark olive green, used once: \$500. Call 705 246-7525 or can be seen August 9th at 3094 Marks Street, Hilton Beach.

## LOST & FOUND

Yellow kayak with black seat missing from Sunset Point last week of July. If found please contact Brenda at 705 -246-1483.

## GARAGE/YARD SALES

Yard Sale: Sat. Aug. 9th, 2490 Huron Line, 9 am - 12 pm.

August 8, 9 & 10 or until all sold! 3070 Hilton Road, Hilton Beach. Yarn, kitchen cabinets, ceiling fans & miscellaneous.

August 8, 9 & 10 at 1414 C Line Road.

Estate Sale: 1228 Catherine St. Saturday, August 9th and Sunday, August 10th, 9 am to 1 pm. Furniture, books, clothes, black smith made tools, old English china, knitting machine and so much more. Everything must go. If you don't see a price make an offer.

Yard Sale: Yep, we're doing it again and hopefully won't get rained out this time. Lots of new stuff, 1741 Lucy St, the garage doors open at 8 am till 1 pm. Hope to see you there, rain or shine.

Large Yard Sale at the Gordon Lake Hall, Sat. Aug 16th, 1800 Gordon Lake Rd, Desbarats, 9am - 12 noon. Donations accepted Friday evening 7pm. Fundraiser with all proceeds going towards maintenance of hall.

Saturday, August 9, 8 am - 12 noon, Rain or Shine at 92 Birch Drive, Desbarats (off MacLennan Road)

3094 Marks Street, Hilton Beach. August 9 (rain date August 10) 9 am until exhaustion. Moving and downsizing. Some of just about everything (including antiques). Early birds bring coffee and donuts!

## FOR RENT

**Vacation Apartment For Rent:** Sailors Encampment. Perfect for two (can sleep 4). Fantastic view of St. Mary's freighter channel. Nice beach, fishing pier. \$500/week; \$800/2 weeks; \$1,200/month. No smoking inside; no pets. Call 705 246-2363

**Bachelor Apartment** (single senior person) Bridgeview Complex. Available August 1st, 2014. No pets. This is a non-smoking building. Call 705 246-1229

## ANNOUNCEMENTS

The SJI Historical Society will hold this month's meeting on Tuesday, August 12th from 2 - 4 pm. Please note that it will be held in the SJI Twp. Office this month. Everyone is welcome. For more info please contact Barb @ 705 246-2089 or Alice @ 705 246-2392.

Kids, are you and your family into gardening this summer? You are invited to enter your flowers, vegetables and crafts in the SJI Horticultural Society's Flower and Vegetable Show. Held this year at the Hilton Community Hall, Saturday, August 23rd. Cash prizes are awarded. Pick up a prize list at any of the Island libraries. Get involved and see what fun it is!

Library Fun Night: Sunday, August 17th at 7 pm. Grace United Church, Hilton Beach. Free entertainment and free ice cream. All are welcome!

House of History, the Schoolhouse and the Jim Snider Machine Shed will be open this Sunday for touring from 1 to 4. Don Buckley, Norma Neissen and Sheila Campbell will be on hand in the buildings to greet you. Open every Sunday in July and August. .

Watch for the St. Joseph Island Horticultural Society's Flower and Vegetable Exhibition coming up! The date is August 23rd at our new, larger venue, the Hilton Beach Community Hall. The public is welcome to enter their prize veggies or flowers. Prize lists available at the Island libraries or by calling Helen Anne Betts at 705-246-2737. Not exhibiting? Come by for refreshments and view the wonderful displays!

## THE TOWNSHIP OF ST. JOSEPH SUMMER COUNCIL SCHEDULE

The Council of The Township of St. Joseph has modified its regular schedule to meet on the following dates:

Wednesdays: August 13  
September 10 and 24  
October 8 and 22

*All Regular Council meetings begin at 7:00 pm and are open to the public.*



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## THANK YOU

Matthews Memorial Hospital Auxiliary and Community Night Committee extend our gratitude to all those who made pies, donated money, worked in a booth, directed traffic of helped in any way to make our Community Night the great success it was. Thanks also to the St. Joseph Township staff and the great crowds attending. The monies raised support the purchase of equipment for Matthews Memorial Hospital. Prize winners: Drill kit, donated by Kentvale Merchants - Doreen

May, Ticket # 2234; Mountain Bike & Helmet, donated by Don Levesque; - Randy Dolby, Ticket # 0792; Quilt & Sham, donated by Community Quilters - Peter Trottier, Ticket # 0612.

Wasn't Friday night's Hospital Auxiliary parade great? My personal heartfelt thanks to all those who helped make the Pie Booth a success. From the bakers, booth workers and ticket takers, we raised over \$3,000 in 4 hours for their hospital. Way to go, Islanders!  
*Grace Burmaster*

## RECIPE CORNER



### Paula Deen's Fudgy Cola Cake

- 2 cups flour
- 1 1/2 cups white sugar
- 1/4 cup cocoa
- 1 tsp. baking soda

Combine first 4 ingredients in a large bowl and set aside.

- 1 cup butter
- 1 cup Coca Cola
- 1/2 cup buttermilk
- 2 large eggs beaten
- 1 tsp vanilla

Melt butter in saucepan. Remove from heat and whisk in Coke, buttermilk and eggs. Cook over medium heat stirring constantly until comes to boil. Pour over flour mixture and stir well. Stir in vanilla. Bake in 350° oven for 25-30 min in a greased and floured 9" x 13" pan.

### Fudgy Cola Icing

- 1/2 cup butter melted
- 1/4 cup cocoa
- 3 tb. Coke
- 16 oz. icing sugar

Combine butter, cocoa and cola. Gradually beat in icing sugar an mix until smooth. (Use a mixer). Spread on warmish cake - not too warm or icing will melt into cake too much.

*Thanks to Janet Coutu for sending us this recipe!*

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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 Pub-**

**lic Service Announcements.** 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 one of our pick-up boxes conveniently located at Ambeault's, Kent's Corners and the Hilton Beach Post Office.

**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, Hilton Community Hall (rear door, basmt) - 8:30 am

Walking at the Legion - 9 am to noon

St. Joseph Twp. Public Library - 12 noon to 7 pm

The Children's Library - 10 am to 3 pm, Storytime @ 10:30

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

Hilton Union Public Library - 11 am to 5 pm

St. Joseph Twp. Public Library - 1 pm to 5 pm

Computer Lessons - 10 am to 12 noon.

St. Boniface Roman Catholic, Hilton Beach at 4:30 pm.

Jam Session, Legion - 3 pm to 6 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, 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)

Wii Bowling, Dr. Trefry Centre, 10 – 11 am

Bridge, Dr. Trefry Centre - 1 pm to 4 pm

(Open to all seniors) 705 246-0036

Bring your own lunch for active fit and bridge participants,

Free pool all day in the Legion lounge

Carpet Bowling for 50 Plus, Legion  
- Refreshments Available - 1 pm

The Children's Library - 6 pm to 9 pm

St. Joseph Twp, Public Library - 10 am to 9 pm

Hilton Union Library - 1 pm to 5 pm &

7 pm to 9 pm - Phone number: 705 255-3520.

Yoga, Old Town Hall, RL - 7 to 8 pm, pre-register with SJT

### Tuesday

Cribbage (singles), Legion Hall - 7:30 pm  
(\$4.00 per person)

Trefry Centre's Day Out, Bruce Mines Location, 9 am 3:30 pm,

St. Joseph Twp, Public Library - 1 pm to 5 pm

The Children's Library - 10 am to 3 pm, Storytime @ 10:30

Quilting - 1-3 pm, Downstairs Hilton Hall 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

### Wednesday

Walking at the Legion - 9 am to noon

Nordic Pole Walking at the Legion - 10 am

Bridge, Dr. Trefry Centre - 1 pm to 5 pm  
(Open to all seniors) 705 246-0036

St. Joseph Twp. Public Library - 9 am to 6 pm

Food Bank, United Church, Richards Landing (side door) - 1 pm to 3 pm

The Children's Library, 10 am - 3 pm, Storytime 10:30

Hilton Union Public Library - 1 pm to 5 pm -

Phone number: 705 255-3520.

Pool, Legion Lounge - 7:30 pm

### Thursday

Dr. Trefry Centre's Day Out Program - 9 am to 3:30 pm.

Coffee Connections 9 am, Dr. Trefry Centre, Come for a coffee!

The Children's Library, 10 am -3 pm, Storytime 10:30

St. Joseph Twp. Public Library - 11 pm to 9 pm

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