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## Island Chamber of Commerce Votes to Continue

### New Island Tourism Map to be Published

LAST MONDAY NIGHT saw something take place that hasn't happened in quite a while ... a meeting of the St. Joseph Island Chamber of Commerce. The 60+ year old organization has been in the doldrums for the past few years, been due to an apparent lack of interest shown by the Island's business community towards getting involved in its activities. It seems we're all too busy doing other things.

Chamber President Neil Caughill and his wife Teresa, owners of the Clansmen Motel, have held the reins of the team almost continually for the past 10 years, not because they wanted to, but because no one else would step forward to relieve them. They did get to enjoy a brief hiatus when Island Clippings Publisher Brian Fox served as President for one term, but they were eventually forced back into the role afterwards, when no other candidates for the leadership would come forward. The Chamber's members were verbally supportive, but simply not showing up to take part. Often, there would be not enough people in attendance to make a quorum for a meeting.

The essence of any Chamber of Commerce (or its organizational cousin, a Board of Trade) is to provide synergistic opportunities for member businesses to thrive and grow, thereby stimulating a healthy business environment, which in



turn benefits everyone in the community. It also maintains standards of integrity, honesty and ethics upon which its members' customers can rely, which becomes more important each year in this age of 'anything goes' internet-based business.

Over the years, the Island's Chamber of Commerce has helped its members to grow and prosper, staged presentations by noted speakers and suppliers, held members' social events and developed an interactive website to help promote member businesses to potential customers. It has also developed effective 'branding' with an attractive logo and catch line "Picture Perfect."

Perhaps the Chamber of Commerce's single most important "benefit" is its bi-annually produced tourism map of St. Joseph Island. In addition to an actual map of the Island, the always-popular pamphlet also showcases Island events, churches, attractions and important phone numbers, along with listings and display ads for member businesses.

The maps are circulated to 'tourism' sites and outlets across northern and southern Ontario, as well as at the 'Canada Store' in Mackinaw City, Michigan to promote a visit to St. Joseph Island. They are also available through Chamber member businesses and are much in demand by people already here visiting the Island.



Continued on next page



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WHAT WE DO.**

## CHAMBER OF COMMERCE . . . *continued from cover*

Since the current supply of maps has just about run out, the Caughills convened a special meeting of the Chamber membership (as advertised in the last two issues of the Island Clip-pings) because some important decisions had to be made – not only on whether or not to publish a new version of the tourism map, but also whether or not to even continue as a Chamber of Commerce.

As the 7:30 pm start time approached, a few early arrivals sat at the conference table, wondering if the meeting could even take place with so few participants. As it turned out, they needn't have worried. More people began arriving and, by the time the clock ticked to 7:30, the attendance had grown to 12, with a few more people slipping in after the start. "This huge turnout is sure to make Chamber history!" joked Neil as he opened the meeting. The sad truth of the matter is that it's really no joke . . . although the Chamber has more than 60 members, only 5 or 6 have usually actually shown up for meetings over the past few years.

After a spirited and informative discussion around the table, the participants reached unanimous agreement on the two major issues currently under discussion:

1. The Chamber WILL proceed with publishing a new edition of its Tourism map, hopefully in time to have it available by late spring for this year's season and

2. The Chamber WILL re-dedicate itself as the key representative and supporter of the Island's business environment.

Over the next few weeks, Chamber volunteers will be working on contacting all of the businesses wishing to be listed or advertise on the map. Time is short! The deadline for booking your space and getting your material turned in is April 15th. After that, the final publication must go to the printers.

Sorry folks, this opportunity is for Chamber of Commerce members only. But that's not much of an obstacle since any business or organization in good standing may join the Chamber for only \$50 per year.

In fact, there's no better time to join! The next meeting of the Chamber of Commerce will be on Monday, March 30th, (time and place to be announced) and all current, past and prospective new members are encouraged – and welcome – to attend. At that time, nominations and elections will be held to choose the new Chamber leadership that, with the active help and participation of its members, will take the newly-revitalized Chamber of Commerce forward.

If you or your organization want and need to get noticed as keeping good company, get involved! Joining, supporting and lending your own voice to the Chamber of Commerce could be one of the best business decisions you'll make this year!



## Pass The Bananas, Please

A PROFESSOR AT CCNY (City College of New York) recently told his class that the expression 'going bananas' is actually derived from the effects of bananas on the human brain. Here are some little-known facts about the mighty banana. You might never look at a banana in the same way again. And by the way, never put your bananas in the refrigerator!

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fibre. A banana gives an instant, sustained and substantial boost of energy. Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

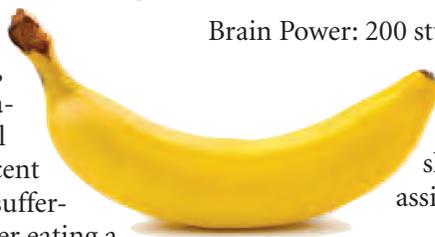
Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at an English school were helped through their exams by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.



*Continued on page 15*



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Spacious 4 bedroom home on nice lot, with new main floor master bedroom addition, natural gas heating, well maintained home, one bathroom. Great for a family starting out! NEW PRICE \$84,900



### NEW LISTING! 139 SALISBURY AVENUE, SSM

2 or 3 bedroom home in convenient hill-top location, deep lot, garage with electric! New gas f/a furnace, 2nd floor all new, large entryway, 100 AMP electrical, and eat-in kitchen. Only \$114,900



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### 11 MAIN STREET, DESBARATS

Solid four-plex offers excellent investor opportunity. Owner built and lived in, three 2 bedrooms, one 1 bedroom. Separate electrical meters. You could live in the owners apt for 'free'! \$169,900



### 51 FRANCES STREET, THESSALON

Restaurant plus 3 bedroom bungalow, and double detached garage. Beautifully cared for and well maintained, includes extensive equipment/fixtures! Check it out! ONLY \$224,900



### 358 CASE STREET, THESSALON

Two bedroom with steel roof, new deck, 1 bath, in quiet part of Thessalon, live in this home or buy as rental investment, newer gas furnace, double lot, large renewed shed. \$54,500



### 3094 MARKS STREET, HILTON BEACH

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**Township of Hilton**  
**2983 Base Line**  
**Hilton Beach, Ontario**  
**P0R 1G0**  
**Attention: Valerie Obarymskyj**  
**Clerk-Treasurer**  
Phone: 705-246-2472  
Fax: 705-246-0132  
Email: [admin@hiltontownship.ca](mailto:admin@hiltontownship.ca)

## OPP Encourages Anti-Fraud Awareness

### March is Fraud Prevention Month



EVERY YEAR THOUSANDS OF CANADIANS are victimized and millions of dollars are lost through the many forms of fraud, according to the Ontario Provincial Police (OPP) Anti-Rackets Branch.

At a media conference in Orillia, OPP Deputy Commissioner Scott Tod and RCMP Inspector Cameron Miller of the Canadian Anti-Fraud Centre (CAFC; formerly Phonebusters) launched Fraud Prevention Month by outlining the latest criminal trends and many harmful aspects of fraud and victimization.

They also encouraged the public to participate in social media conversations to access tips and other resources to identify and report fraud using #dontbeavictim #fraudprevention and #OPPtips.

The CAFC reports 66 percent of all Canadian-based 'mass marketing fraud' (MMF) scams in 2014 occurred to victims online via the internet or e-mail, while another 20 percent occurred by telephone.

In all, 13,701 victims of mass marketing fraud lost a total of just under \$69-million last year – higher than in 2013. The majority of victims were between 50 and 70 years of age.

## Driver's Ed at C.A.S.S.

March 28 & 29  
April 11 & 12, 2015  
Hours: 9 am until 3 pm  
each day

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Fraud can destroy the trust and honest relationships upon which our economy and financial markets are built. A single serious fraud can cause a “ripple effect” that erodes trust in the Canadian economy and results in losses that run well over one billion dollars.

Although they often feel embarrassment and shame, victims play a key role in fraud investigations. Sadly, as few as five per-cent take the time to report fraud which could, in turn, prevent further harm and victimization to their families, neighbours and any online contacts.

“The impact of all fraudulent activities is staggering. Whether it is senior citizens bilked out of their life savings or young people stripped of their assets and starting over, the harm caused by fraud is real and significant,” said Deputy Commissioner Tod.

“Perpetrators of fraud prey upon many segments of our population, especially the most vulnerable. The money taken is used to fuel other illegal activities, further victimizing the unsuspecting victims,” said Inspector Mike Bickerton of the OPP Anti-Rackets Branch.

If you suspect you or someone you know has been a victim of fraud, contact your local police service or CrimeStoppers at 1-800-222-8477 (TIPS) or online at <https://www.tipsubmit.com/>.

FRAUD...Recognize it...Report it...Stop it.



## Algoma Power Warns of Fraudulent Calls

IN A MARCH 16TH NEWS RELEASE, Algoma Power Inc. warns that some of its customers have received phone calls from fraudsters claiming to be from their “local hydro company”.

The calls are coming in from a 1- 800 number and customers are being threatened with disconnection of electrical service if they do not immediately pay by credit card.

Please note API does not demand credit card payment via an outgoing phone call to its customers. API’s standard procedure for collections is to provide notice on utility bills and by reminder phone calls.

A Final Notice of Disconnection is delivered by Canada Post Express Post Envelope prior to any disconnection activity.

Please contact Algoma Power with any questions or concerns at (705) 256-3850 or 1-877-457-7378. We also encourage customers who receive one of these calls to report it to the Canadian Anti-Fraud Centre at 1-888-495-8501 or to your local police.

## THE TOWNSHIP OF ST. JOSEPH SUMMER STUDENT EMPLOYMENT

Applications are invited for the following:

**Marina Attendant**  
**Landfill/Works Attendant**  
**Recreation Assistant**

Students must be currently enrolled and returning to school in September 2015.

Interested students are asked to provide a cover letter and resume outlining which positions they are applying for and submit to:

**Carol O. Trainor, Clerk/Administrator**  
**The Township of St. Joseph**  
**P.O. Box 187, 1669 Arthur Street**  
**Richards Landing, ON P0R 1J0**  
**or by email at [stjoadmin@bellnet.ca](mailto:stjoadmin@bellnet.ca)**

Application deadline is **MONDAY, APRIL 6, 2015**

*THE TOWNSHIP ENCOURAGES APPLICATIONS FROM ABORIGINALS AND VISIBLE MINORITIES*

*We thank all who apply but only candidates to be interviewed will be contacted.*



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## COOL WINTER DEALS!



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**2<sup>99</sup>**  
PER LB.

Bone in  
Pork Loin Chops



Reg. Price \$2.69

**99¢**

Hunt's Pasta Sauce  
680 ml



Reg. Price \$4.99

**2<sup>99</sup>**

Becel Original  
454 g



Reg. Price \$6.99

**3<sup>79</sup>**

McCain Cake  
Deep 'n Delicious Frozen 510 g  
Chocolate & Marble



**1<sup>99</sup>**

White Potatoes  
10 lb.

Offers valid starting Friday, March 20 & Saturday, March 21  
While quantities last.

## Snowmobile Racing!

### The 2nd Annual Blind River Snow Drags

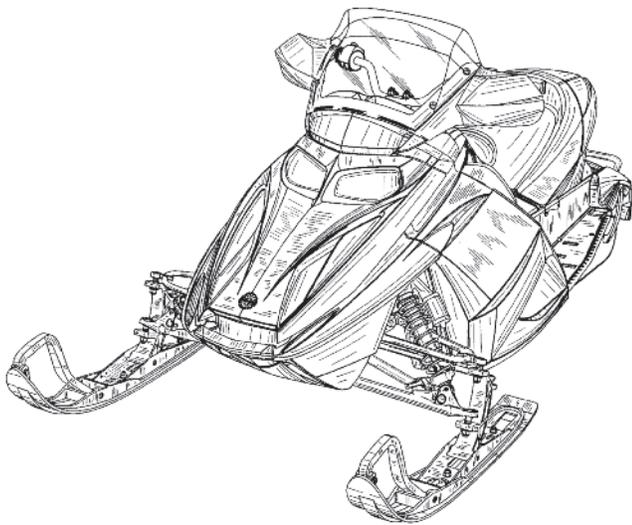
TEAM OWNER RICHARD WINTER proudly tells us that, on Saturday March 14th and Sunday March 15th at Blind River's second annual snow drags, Winter Racing Team's local driver Zack Ibbitson proved that he's still a hot contender.

On Saturday, aboard a 2010 600 Ski-Doo, Zack placed 2nd in the 600 trail stock class, followed by claiming 2nd place on a 2008 mxzx 800 Ski-Doo in the 800 trail stock class. Zack also Placed 1st in the 1000 studded Factory stock and 1st in the stock studded trail 1000 class aboard Winter's Ski-Doo 800.

Teammate Kirby Horton placed 1st in the studded powder puff class on Winter's Ski-Doo 800. Kirby's reaction time was near perfect twice on Saturday to the portatree light system. Her two quickest reaction times were .127 and a perfect light at .001.

On Sunday, Zack placed 1st in 600 Studded factory stock then 2nd In 800 studded factory stock. The Island resident then repeated his winning ways in the 1000 studded stock classes, again taking 1st in 1000 trail stock and 1st in Factory stock.

Special thanks to Team mates Dolores, Nikki, Yves, Keven, Kelly {Blind River} Gary {Blind River} and Jordon {Northshore Sports and Auto}



## Snowmobile Trails Are Now Closed

With Spring now just a day away, the St. Joseph Island Voyageurs snowmobile club has announced that all ice crossings and trails are now closed. The club's season, however is not yet over, with a couple of meetings yet to be held. Watch for details in upcoming issues. The club offers its thanks to everyone who supported the club this year with help on trails and by purchasing of trail permits.



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**\$99,000**



**NEW PRICE**

**SPEND THE SUMMER!**

Located just outside Richards Landing with 2BR familyroom with woodstove, large double garage. Kids can bike to the beach, marina and library. Enjoy island living **\$112,900**



**SOLD**

**SAND BETWEEN YOUR TOES!**

The constant sound of the waves and relaxing at the cabana or the huge rear deck overlooking the lake are aspects you'll have to endure as the owner of this beautiful water front home. Island Enterprises kitchen, formal dining room, wood burning FP for those brisk mornings, full finished basement, 3 car garage are just some of the features of this great island home. **\$259,000.**



**BEAUTIFUL WATERFRONT,  
 CANOE POINT**

Private location. Upstairs has 2BR, 11/2 Baths and living area. Master BR has deck to enjoy the morning sunrise. Main level features open concept LR/DR/KIT, hot tub and laundry. New windows. 24 x 32 garage is handyman's dream. Gorgeous view of the lake **\$379,000.** Call Murry Pritchard Salesperson 705-849-0976



**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.  
**\$219,000**



**IDEAL COUNTRY**

Neat and cozy 2BR with custom field stone FP sitting on 11A. Huge rear deck with view of lake Huron. Perfect retirement home minutes from Desbarats and marina.  
**\$179,000.**



**IT'S FAMILY APPROVED!**

Newly renovated 3 level home with a private yard surrounded by mature trees. 3 BR, 5pc bath and cozy family room with wood stove. Large garage with storage and workshop area. Located on a quiet street just an easy walk to the marina, and amenities in Hilton Beach. **\$179,900.** Call Caroline Miller for details.705-942-6000



**PERFECT RANCHER!**

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**FAMILY APPROVED WATERFRONT!**

Mom will love the oak cabinets, hardwood floors, balcony off the master BR, 2 baths and finished basement. Dad will love the triple garage insulated and heated. The kids will love the deep waterfront for swimming and fishing and lots of room to romp and play. They'll all love the private wooded site with separate deeded second lot. Great island living **\$359,000.**



**BOATERS DELIGHT!**

2A treed lot with deep water frontage and boat ramp. Cedar log home with huge sun room, fireplace, finished basement and 30 x 40 steel building for boat and RV storage. Catch the sun rise with coffee on the elevated deck. **\$259,000.**



**SAILORS ENCAMPMENT**

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**DOWNTOWN LOCATION!**

This 4BR two storey home is located close to shops, restaurants, marina, post office and library. Walk to everything you need. Large yard and garage. Just add some fresh paint and then settle in. **\$69,000.**

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**COMMERCIAL LISTINGS**



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**BUSY FAMILY BUSINESS!**

Esso branded gas bar with high visibility location on HWY 17 and exit to St. Joseph Island. Large gas volume, variety and gift store with Lotto terminal and more. 2BR bungalow for owner or extra income. Three acre lot allows for expansion. Good year round business catering to the islanders, tourists, fishermen and snowmobilers. **Call Carl for more details.**



**LIVE, WORK, PLAY!**

Long established family business on in town acre lot. Variety and gift store with Lotto. 40 x 60 steel building for additional business uses. Extra lot for additional expansion. Charming 3BR home with full basement for owner or additional rental income. Great family opportunity.





I am writing to honour the passing of Alfred George Still (on whose farm my family now resides) and also the recent unexpected passing of my Uncle George Tenthorey of Bancroft, Ontario. Neither death was untimely, in the sense that both of these men lead long, good lives, and for this we are grateful. The communities have still however suffered a great loss, and I feel especially that our young have suffered a loss.

Both of these men were known for their integrity, their kindness, and their good stories. They were men who cared well for their families, their animals, their neighbours and their land. It saddens me to think that the lives of these men, and other women and men like them, will not influence the life of my son Atley and the continued life of our community.

A tree falls in the forest, and if left to decompose will provide rich nutrients to the saplings growing up in its stead. The forest is in fact a community of trees growing on soil built by the deaths of its members. The more I ponder the lives of those we have lost, the more I think we have a responsibility to learn from them, to tell their stories, and to live in their stead. I too want to be a faithful and generous member of my community. I too want to live on this land with great care and attention, to learn from it just as I seek sustenance from it. I too want to raise my family to be kind, to work hard, to stand up for what is right, and to love and enjoy life.

It is in this vein that I say rest in peace to Alfred Still, to George Tenthorey, and to the others: I thank you for the rich soil you have left behind on which my family will grow. May we live respectfully in your place, and never forget that our lives are a gift. Your lives certainly were. Thank you.

Bethany Higgins

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Published weekly by Heather & Brian Fox

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## More Praise for Sally

SOMETIMES IT'S GREAT TO BE ABLE to tell a good story again – or to continue with the next chapter. In our February 12th issue (# 978), we reported on a special visit to the Island by Michael Mantha, MPP to meet Sally Hooke at the Jocelyn Landfill Site. At that time, Mr. Mantha presented her with a special Citizen's Award, on behalf of the Province of Ontario, recognizing her many contributions to her community.

Last Thursday, March 12th, he took the story to a whole new audience when he rose to address the Ontario Legislature:

### From Ontario Hansard – 12 March 2015

**Mr. Michael Mantha:** “Today I would like to highlight an outstanding woman from my riding. Sally Hooke is from St. Joseph Island, and everyone knows Sally. A combination of life struggles and her passion for recycling began a most interesting story that is to be part of Canadian history. This is what makes this story great: One person chose to do something.

Years ago, she was going through the landfill site looking for items to be removed and recycled. She found nine timber wolf skins sewn together into what she thought was a blanket. For many years Sally took care of this blanket, thinking that it was a wonderful treasure and that she'd keep it for her own.

The blanket was recognized as a shaman's robe. The DNA testing on the shaman's robe revealed sweetgrass DNA that could be historically traced back to the Wolf Clan, who once lived on the island, 200 years ago. Sally has given the shaman's robe to the St. Joseph Island Museum so that all can enjoy this wonderful piece of Canadian history.

But there's more, Mr. Speaker. Sally has also made a tremendous impact in the community by operating the Jocelyn mall share shed. This entire idea came from Sally saving items in a box to a beautiful storage building provided by the Jocelyn township, supporting Sally's desire to help residents purchase the items, and the proceeds are donated to the local area food bank, raising over \$33,000.

Sally's compassion, big heart and desire is always looking to help those less fortunate. You can find Sally shopping down at the Jocelyn mall on beautiful St. Joseph Island, giving her time and her energy to building a stronger, healthier community.

Thank you, Sally, from me and many in need. Thank you, thank you, thank you. You're an angel.”

Needless to say, Sally is both touched and delighted by Mr. Mantha's public recognition of her many good deeds on behalf of others. The happy smile on her face speaks volumes.

She also tells us that the latest cash donation to our Food Bank from “Jocelyn Mall” sales came to \$1,364.79, as of the end of February. “That's down somewhat from last year's record of \$2,384.15, but that's still ok.” she smiles. “I'm confident that we'll catch up again as our snowbirds and cottagers return. It's the whole year that really counts!”

We're inclined to agree with Sally. When you've got something this wonderful happening, it tends to bring out the generosity in people. Perhaps Sally truly is an angel!

### THE TOWNSHIP OF ST. JOSEPH PUBLIC NOTICE ANNUAL WATER AND SEWER REPORT

Municipal Water and sewer users are advised that a copy of the Annual & Summary Reports for the 2014 Richards Landing Well Pumphouse Waterworks is available for viewing at the Township Office, or on the website at [www.stjosephtownship.com](http://www.stjosephtownship.com).

*Barry Elliott  
Water Works Superintendent*

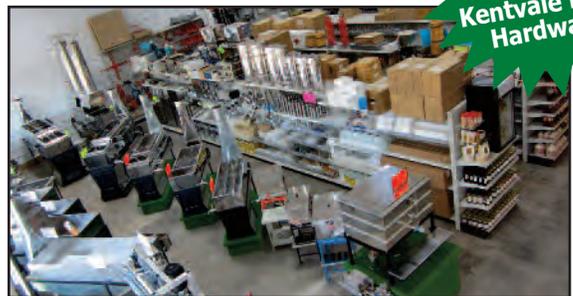


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# Legion Provincial Cribbage Championships

By Teresa Parker

TWO TEAMS OF CRIBBAGE players representing our Royal Canadian Legion here on our beautiful island proudly packed up and travelled to Iroquois Falls, braving winter's wrath of ice storms, blizzards and sleet mixed in, going far into the North countryside to compete against 23 other Legion teams from around the province. Only ONE team would be declared the Provincial trophy winner in Cribbage.

You can be very proud of your fellow islanders - two teams of the twenty five qualified to compete are from here, your friends and neighbours: Lynda Reynolds, Anne Gable, Sandra Stevens, Susan Barlow, Eliza See, Carol White, Norna Deluney and Teresa Parker.

The team that took the trophy and title home was from the Napanee Legion, winning 13 games and 543 points over second place Kitchener by 5 points. The winners will be going to



Spruce Grove Alberta to compete against the other Provinces for the Dominion country-wide championship.

We were very close. Perhaps next time!

## MMHA Considering Sale of 'Meadowlink' Property

IN A MEDIA RELEASE LAST WEEK, Matthews Memorial Hospital Association announced that it was considering selling the property that had been purchased prior to a feasibility study in 2003 for 'Meadowlink,' a proposed retirement facility located on St. Joseph Island.

In 2009 an updated financial feasibility study was prepared. The estimated equity contribution at that time was in the range of \$3,800,000 - \$4,000,000. The fees and costs associated with furniture and equipment exceeded \$300,000.

Besides these costs, the Association has been unable to acquire commercial access to this property. There is no government funding for non-profit housing now and for the foreseeable future.

Many people over the years have done their level best to bring this from dream to reality, but to no avail. Therefore, the Board has come to the conclusion that it has no recourse but to offer the property for sale. The Board will consider its options for the proceeds of the sale.



## Give the Cook the Day Off!

Stop in for a stack of Pancakes, delicious sausages & Island Syrup

at the

## Lions Club Pancake Breakfast

Sunday, March 22, 2015

Hilton Community Hall

• All you can eat Pancakes, Sausages & real St. Joseph Island Maple Syrup and of course coffee & juice.

• Serving from 10 am until 1 pm

• Adults \$8.00

• Children (5 to 10) \$5.00

• 4 & under free

• Special immediate family rate (2 adults, 2 children) \$21.00

All proceeds to be used for community based projects

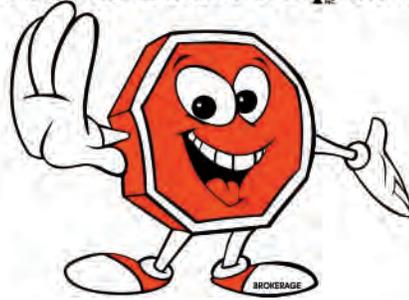
[www.stjoelionsclub.org](http://www.stjoelionsclub.org)





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**3100 Mark St**  
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**2326 V Line Road**  
24 x32 finished garage currently used as a summer cottage on 8 1/2 acres. **\$84,900**



**Lot 35 Desbarats Lake**  
768' Front 18 acres  
**\$79,900**



**779 Bennet Street**  
Beautiful 2 story open concept with wrap around deck. **\$289,900**



**16 Hugill Street**  
Many updates in this great 3 bdrm in excellent location. **\$198,000**



**1116 Pudding Stone**  
Spacious 4 bdrm waterfront home. Wet bar, sauna & more! **\$329,000**



**3088 Second Street**  
Great 2 bdrm on quiet street close to beach & marina. **\$119,900**



**Gordon Lake Island**  
**\$74,900**



**197 Lakeshore**  
Affordable waterfront! Deck with sunroom & more. **\$259,900**



**2012 Gordon Lake Rd, Debarats**  
Excellent 3 bdrm bungalow on scenic rural setting! **\$132,500**



**733 Lakeshore Drive**  
Spacious 2 bdrm cottage with sheltered boat mooring sand beach **\$179,900**



**3093 Sixth Street**  
Appealing energy efficient home with features too numerous to list! **\$259,900**



**1314 Elizabeth, St Joseph Is.**  
Affordable 2 bdrm. Close to all amenities. **\$82,500**



**3112 Marks Street**  
Affordable commercial building & contents in high traffic area! **\$129,900**



**3144 Mariner's Way**  
Serviced waterfront lot! Water, sewer & hydro available at lot line. **\$69,900**



**2001 A Line Road**  
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**Friday Night Foods at the Legion**  
the special will be Beef Stew and Biscuits by Carol White along with the regular menu.

**Entertainment will be Old Country**

*Entertainment supplied by volunteer musicians*

**Come and try your luck at the meat draw!**

**Take out available**

### FOR SALE

Just in time for Easter! Easter Bunnies! Six week old baby bunnies, in need of a caring home. Call 705-246-1650 for details.

Two stainless steel evaporator pans. One is 2X2 and the other is 2X4. If you are interested please call 705 246-3093.

The Hilton Union Public Library has a Canon NP7130F photocopier it no longer needs. It works quite well and comes with an extra toner cartridge. It measures approximately 20wx20dx20h. Make us an offer. Call Melanie @ 705 246-0188.

Sewing machine: \$75; beige sofa cover: \$20; matching drapes: \$20; Swiffer WetJet (never used): \$20. Call 705 206-9825

End of Season Bargains! 1991 Polaris Indy Trail, electric start and hand warmers, 14,000 miles and 1995 Arctic Cat Puma, hand warmers and removable 2-up bolt-on child's seat, 4,000 miles. Both rebuilt and in great running condition: \$600 each or both for \$1,100. Call 705 246-1635

### ITEMS WANTED

Want to buy a used mandolin, suitable for a beginner student. 705 246-0874

### WANT TO RENT

Tenant seeking accommodation for June through August, in order to work in Richards Landing. Young professional who is clean, friendly, and quiet. Please call Vincent at 705-949-0050.

### ANNOUNCEMENTS

**Yoga Sessions with Mary** in the Hilton Beach Community Hall every Thursday @ 3:00 - 4:30 pm until April 2nd. Drop in for \$15 per class or \$50 for 4 classes. Bring a mat and a blanket.

The St. Joseph Hunters and Anglers Association acknowledges the ongoing, generous support of the Club's annual Wild Game Dinners that has been provided by the Tilt'n Hilton Hotel. The Hunters and Anglers Club regrets and apologizes for the omission of Tilt'n Hilton on our published list of sponsors for the dinner.

Friends and Family, come celebrate Pat Nelson's 90th birthday on Sunday, March 29, at the Royal Canadian Legion lounge. Please join us for a come and go gathering from 2 to 5 pm. Best wishes only.

Child Care Algoma is looking for caring adults who would like to work from home providing care for young children (0- 12 years of age). To inquire about becoming a provider with our agency please contact Kelly Rowlinson at 705-248-2043 or email krowli@childcarealgoma.ca. For more information on Licensed Home Child Care visit [www.childcarealgoma.ca](http://www.childcarealgoma.ca)

## RECIPE CORNER



### Maple Pecan Shortbread Squares

- 1 cup all-purpose flour
- 1/3 cup packed brown sugar
- 1/2 cup softened butter
- 1 egg
- 1/3 cup packed brown sugar
- 3 tablespoons pure maple syrup
- 1/2 cup chopped pecans

Preheat an oven to 350 degrees F (175 degrees C).

Combine the flour and 1/3 cup brown sugar in a mixer. Mix in the softened butter until a dough has formed. Press into an ungreased 8x8-inch baking dish, and prick with a fork.

Bake the shortbread in the preheated oven until golden brown, about 20 minutes. While the shortbread is baking, beat the egg in a mixing bowl along with 1/3 cup brown sugar, maple syrup, and pecans. Pour the pecan mixture over the hot crust, and return to the oven. Continue baking until firmed, 12 to 15 minutes. Remove from the oven, and immediately run a knife around the edges to prevent sticking. Cool completely, then cut into 1-inch squares to serve.

### THANK YOU

Katie and Bill Bering, along with their family, would like to express our deepest gratitude to our fellow islanders for the overwhelming kindness given during my difficult time with cancer. Your unlimited support and generosity over these past few months has been a continuous source of much needed comfort. A particular thank you to Norma and Graham Shell, Jackie Rains, John Pearl. We couldn't imagine home without

it being near all of you. I thank you from the bottom of my heart. *Katie*

The family of the late Jerry Eckford wish to thank everyone for the cards, flowers, donations, food and words of comfort. Your support and friendship at this time is greatly appreciated. Special thanks to the doctors and staff of Matthews Memorial Hospital and the Medical Clinic. *The Eckford Family*



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**BANANA . . .** *continued from page 2*

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer Tryptophan.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

Oh! And one last tidbit! Want a quick shine on your shoes? Take the **INSIDE** of the banana skin, and rub directly on the shoe...polish with dry cloth. What an amazing fruit!



**Tax Preparation Services**

Starting at \$45. for a basic return. Small businesses welcome. Call **P. Nadjiwon, CPA**. No calls on Sunday please. **Phone 705 246-0569.**

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

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**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.** 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  
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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.**

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## 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

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 - 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,  
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, 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

Yoga, Old Town Hall, RL - 6:30 to 8 pm, drop-ins welcome

### Wednesday

Walking at the Legion - 9 am to noon

Nordic Pole Walking at the Legion - 10 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

The Children's Library, 9 am - 12 noon, Storytime 10:30

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 3:30 pm.

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

Free pool all day in the Legion lounge

Exercise Class, Dr. Trefry Centre - 1 pm

The Children's Library, 9 am - 12 noon, Storytime 10:30

St. Joseph Twp.

Public Library - 5 pm to 8 pm

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