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
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 Clipplings) 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
17 QUEEN VICTORIA STREET, DESBARATS
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

12 GOVERNMENT ROAD, THESSALON
Finely-built home has three spacious bedrooms, two baths, gorgeous woodwork and trim, nice layout, hardwood floors, new windows, big 24'x36' double garage. ONLY $159,900

VACANT WATERFRONT
• LIGHTHOUSE POINT DR, FULL SERVICES, 80' FRONTAGE, THESSALON - $39,900
• MAGUIRE DRIVE, SANDY BEACH, ST. JOE ISLAND - $65,000 (2 AVAILABLE)

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
3 bedroom home, hardwood floors, formal dining, eat-in kitchen, single garage, rough hewn beams, nice lot, steel roof 2009, windows/siding 3 years ago, 980 square feet. $89,900

GRAND FALLS CAMP CUMMINGS TUNNEL LAKE
Successful tourist camp since 1948 on Tunnel and Cummings Lakes. Main home, nine cabins, boats, bear hunting area. Repeat clientele, solid revenue, 4 season hunting/fishing paradise! $895K

3 BRUCE BAY ROAD, BRUCE MINES COMMERCIAL
16 ACRE commercially zoned property, ready for many uses, includes Hwy 17 corner frontage, in town with all services already hooked up. $199,900
TENDER CALL

Tenders will be received by the undersigned to supply, crush, haul and place on Township roads to the satisfaction of the Road Superintendent: 1,500 Cu. Yds. 5/8” Gravel, Class “A” and 1,300 Cu. Yds. 2” Gravel, Class “B” meeting Ontario Provincial Standards specifications. Tenders must be received on or before 4:30 pm Monday, March 30, 2015 and must be sealed and clearly marked “Gravel Tender”. Lowest or any tender not necessarily accepted. Tender forms and further information may be obtained from/submitted to:

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

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.
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 percent 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.

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**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.
COOL WINTER DEALS!

Bone in Pork Loin Chops
2.99 per lb.

Hunt’s Pasta Sauce
680 ml
Reg. Price $2.69
99¢

Becel Original
454 g
Reg. Price $4.99
2.99

McCain Cake
Deep ‘n Delicious Frozen
510 g
Chocolate & Marble
Reg. Price $6.99
3.79

White Potatoes
10 lb.
1.99

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}
COUNTRY STARTER OR RETIRE!
Affordable, cozy country bungalow on level tree-lined lot with large detached garage. Perfect for your first home or downsizing in retirement. Large country kitchen with appliances included, 2BRs, full bath and large undeveloped loft area would add additional space.
$99,000

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 $112,800

SAND BETWEEN YOUR TOES!
The constant sound of 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 waterfront 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.

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.

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

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.

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.

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.

COMMERCIAL LISTINGS

VARIETY STORE PLUS!
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.

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 1/2 acre lot. Variety and gift store with Lotto. 40 x 69 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.

THINKING OF SELLING YOUR ISLAND PROPERTY THIS YEAR?
LET US PROMOTE YOUR PROPERTY AT THE SPRING COTTAGE SHOW IN TORONTO MARCH 27-29 CALL CARL FOR MORE DETAILS.
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
SOMETHING 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!

More Praise for Sally

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.

Barry Elliott
Water Works Superintendent

CDL MICHIGAN
R.M.G. Maple Products, Inc.
CDL Corporate Store, Serving Northwestern Ontario and Michigan
We have the supplies you need in stock.

Seasonal supplies now available at Kentvale Home Hardware!

We Buy and Sell Bulk Syrup!
Call for pricing and information.
Check out rmgmaple.com for our events calendar.
Delivering weekly through the Season!

Store Hours: 8 - 4:30 Mon – Sat, • Or if we are boiling we’re open!
CALL FOR DELIVERY!

RMG Maple Products, Inc.
11866 W. Thompson Rd. • Rudyard, MI 49780
906-478-3038 • mjross@lighthouse.net
www.rmgmaple.com
www.facebook.com/RMGmaple

Your One Stop Shop for Everything Maple

Page 10
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.
1581 Bridge Road  
(Mom’s Restaurant)  
Well established popular restaurant in high traffic location. 70+ seats.  
Great opportunity!  
$229,900

1295 C Line Road  
Spacious custom built 1600 sq. ft. brick hom. Features too numerous to list and all on 10 acres. $369,900

3100 Mark St  
Affordable 2+1 solid brick bungalow. Close to all amenities. $109,900

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  
Spacious but cozy 3 bdrm open concept with great room & cathedral ceiling $199,000
The Mortgage Centre

5 Year Fixed 2.69%
5 Year VRM 2.05%
(OAC/Subject to change)

PRIVATE MORTGAGES AVAILABLE!!
1st & 2nd Mortgages/Refinances/Renewals
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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

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

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 continu-
ous 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 every-
one for the cards, flowers, do-
ations, 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

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 pricked, 12 to 15 minutes. Remove from the oven, and
immediately run a knife around the edges to prevent stick-
cool completely, then cut into 1-inch squares to serve.
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 overchronicler 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!
WHAT’S HAPPENING ON ST. JOE

Friday
Hens & Stitches, Dr. Trefry Centre - 10 am to 12 pm 705 246-0036
Island Cast-a-Weighs, Calorie Watchers, Hilton Community Hall (rear door, basement) - 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

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