

Community happenings

Jan. 21-23

RESERVE

Saturday, Feb. 4, 4-6 p.m., for the Parkdale Sherwood Lions Club roast beef dinner at the Jack Blanchard Family Centre, Pond Street, Charlottetown. Eat in or take out is available. The cost is \$12 per ticket. For tickets, call 892-6869 or contact any Lions Club member. The facility is wheelchair accessible. Proceeds are in aid of Lions projects.

Saturday, Feb. 11, at 4 p.m. (please note corrected time), 5:15 p.m. and 6:30 p.m. for the annual Valentine's roast beef dinner to be held at St. Mark's Presbyterian Church on Pine Drive, Charlottetown. Tickets are adult, \$15, and children 12 years and under, \$7. Contact Betty at 894-5272 or Lois at 368-8246 for tickets.

Sunday, March 11, 10:30 a.m. to 3:30 p.m., for the 11th annual P.E.I. Day picnic being held at Fort DeSoto Park in St. Petersburg, Fla. Upon entering the park, for the first time, a park entrance fee of \$5 per automobile will be collected by park officials. Islanders and their guests are encouraged to bring a lunch and a musical instrument for those who wish to join the entertainers. Lawn chairs are optional.

MEETINGS

T.O.P.S. #PE 4727 meets weekly on Sundays at the Four Neighbourhoods Community Health Centre, corner of St. Peter's Road and Gordon Drive (back door) in Charlottetown. Weigh-in is 8:30-9 a.m., and the meeting begins at 9 a.m. Call

892-8102 or 368-2721.

Kidney Foundation peer support group meets the third Sunday of the month at 7 p.m. at the office of the Kidney Foundation of Canada, 565 North River Rd., Charlottetown. For more information, call Bob Nelson at 963-2153.

T.O.P.S. #PE660 meets Mondays at St. Peter's Church Hall, Charlottetown, 6:30 p.m. Call Mary, 894-5436.

T.O.P.S. #PE 694 Charlottetown meets Mondays, 7 p.m., at Trinity United Church. New members are welcome. For more information, call Mona at 628-2278.

Island Treasures Needle Art Guild meets Mondays at the St. Eleanor's Community Centre, 7 p.m. Call Shelley, 436-8795.

SPECIAL SERVICES

The Gospel message is being told at the Cotton Centre in Stratford, Sundays at 3:30 p.m. For more information, call 892-9392.

PRESENTATIONS

Make your life happier and learn about Buddhism in P.E.I. A Buddhist discussion and meditation are hosted by monks every other Sunday 2:30-5 p.m., in room 329 McDougall Hall, UPEI. For those interested, check users.eastlink.ca/~miaofa. Register at miaofapei@gmail.com.

Reflections on the Mystics, a six-session series, will be held at the Spirituality Centre, Mount St. Mary's, Charlottetown, beginning Jan. 23, 7-9 p.m. The presenters are Janet Malone, CND, and Rev. Nigel Weaver. Every person has the potential to be a mystic but most people are not aware of this. In this series of reflections what are to be

highlighted will be some of the many aspects of mysticism. The sessions will also focus on a number of the women and men mystics from ancient times down to the present day in order to glean possibilities mysticism for people in this 21st century. Contact Sr. Bernice Steele at 892-6585 for information. The fee for the six sessions is \$40.

COMMUNITY

Charlottetown Legion bingo is every Sunday and Monday at 7:10 p.m. See Saturday and Monday ad on page 2 of the Guardian or visit www.CharlottetownLegion.ca for up-to-date prize information.

Progressive 45s is at the Souris Silver Threads Club on Mondays, 7:30 p.m.

The Orwell Women's Institute hosts weekly auction/45 card play on Mondays, 7:30 p.m., in the Orwell Corner Community Hall. WI president Ann MacDonald invites everyone to join in this traditional winter activity. A small admission fee will cover prizes and light refreshments. For more information or weather cancellations, call MacDonald at 651-2179.

Card play singles is at the Mount Stewart Fire Hall on Mondays, 7:30 p.m.

Card parties are held at Kelly's Cross Community Centre on Mondays at 7:30 p.m.

Crokinole will be held every Monday at Clyde River Hall, 7:30 p.m. It includes a light lunch and a 50/50 draw. Also, bring a friend.

Team Cribbage is every Monday at 7:30 p.m. at the Malcolm Darrach Centre, 1 Avonlea Dr., East Royalty, sponsored by the East Royalty Lions Club. It is for those 19 years and over.

Cash bingo is at the Kingston Legion Branch 30, New Haven, Monday and Friday, 8 p.m., with a 50/50 draw, progressive jackpot and canteen service.

Afton Community card game is Mondays, 8 p.m., at Afton Community Centre, New Dominion, with lunch, prizes and a 50/50 draw.

Mayflower Seniors Club has cards every Monday at the Cotton Centre on the Bunbury Road in Stratford at 7:30 p.m.

A euchre tournament will be held at the Seniors Active Living Centre, CARI complex, UPEI, Jan. 24. Registration is at 1 p.m. Admission is \$5 per person; partners are not required. There will be a 50/50 draw as well as first-, second- and third-place prizes. It is open to the public.

HEALTH

There will be foot clinics at the Seniors Active Living Centre, CARI complex, UPEI, on Jan. 24. The cost is \$25; appointments can be made by calling 628-8388.

A free blood pressure class with a Sobey's dietitian will be held on Tuesday, Jan. 24, 2-3:30 p.m., at the Stratford Sobey's. Come find out how to control blood pressure by eating certain foods. Call 566-4399 to register; space is limited.

ACW members gather for meeting in Crapaud

Group's annual pancake supper set for Feb. 20

The members of St. John's Anglican Church Women's group, Crapaud, met at the home of Jean Proffitt for their first meeting of the new year.

The meeting opened with a prayer for the new year by the president, Marilyn Myers, followed by the singing of the hymn New Every Morning is the Love.

Frances Fall led the devotions, reading from the book Elders of the Island, followed by each member reading in turn, the thoughts of each of the persons in the book, giving their outlook on life.

Devotions closed with the repeating of the ACW purpose and the ACW prayer.

Roll call was answered with a verse of Scripture with the word new in it. The reading of the minutes and the treasurer's report followed.

The president reported taking a Christmas basket to two shut-ins at Christmas.

Funds were voted to the Queen Elizabeth Hospital and to the provincial ACW board.

Discussion was held about a women's ministry day and catering to receptions.

The president reported that the group was responsible for obtaining a speaker on the theme Justice Shall Prevail for the annual World Day of Prayer service on March 2. Several suggestions were made; the president agreed to contact someone.

It was decided to hold the annual pancake supper on Feb. 20 with a storm date of Feb. 21. The February meeting will be held following the supper. The roll call word will be create.

The meeting closed with a prayer by Rev. Collins.

Upcoming events include the January meeting of the South Shore Chamber of Commerce to be held on Jan. 24, 7:30 p.m., at the Crapaud Community Hall.

The guest speakers will be from the Westmoreland Watershed Group. Everyone is welcome to attend.

The South Shore Council of Churches will be conducting an ecumenical service of worship at South Shore United Church, #85 Route 10, Tryon on Sunday, Jan. 22, 2:30 p.m., during the Week of Prayer for Christian Unity. Every-



Crapaud Tidings
Marion MacDonald

one is welcome. The storm date will be Jan. 29.

The Tryon River Watershed Co-op will be holding a meeting in the Fellowship Room at the South Shore United Church on Monday, Jan. 23, 7:30 p.m.

The South Shore United Church (#85 Route 10, Tryon) invites all seniors in the community to a luncheon series on heart health.

Come and enjoy a delicious meal, followed by an educational presentation that helps to improve health and well-being. This will be held on Thursdays, Jan. 26, Feb. 9 and Feb. 23 at noon. A suggested donation for the meal is \$5.

The monthly ceildh concert at the Bonshaw Hall is set for 2-4 p.m. on Sunday, Jan. 29. Featured performers are members of the Hogan family — sisters Carissa, Janessa and Angela join their father, Ben, with folk and traditional songs, fiddling and step-dancing, as well as Sydney Simpson, a finalist in the Maritime Idol singing contest.

Local musicians will also perform, including Herbie MacDonald and Tony Reddin, plus a 50/50 draw, lunch and open stage time.

All ages are welcome. Admission is by donation with proceeds this month going to the P.E.I. Sierra Club Environmental Education (www.sierrabuddies.com). For more information, phone 675-4093 or 675-2855.

A special fundraiser ceildh in aid of the Bedford MacDonald homeless shelter trust fund will be held at the Kelly's Cross Community Centre on Sunday, Jan. 29, 7 p.m.

There will be more information about entertainers in next week's column.

To contact Marion MacDonald regarding upcoming events or column suggestions for Crapaud Tidings, write P.O. Box 115, Crapaud, COA 1J0, or call her at 658-2028 or email mmacdonald61@eastlink.ca. Material for her column must be submitted by Monday at noon of the week prior to publication.

Environmental Update

brought to you by



Greener Cleaning

According to Statistics Canada, in 2006 Canadians spent \$72 million on household cleaning supplies

There is a growing trend towards the use of natural household cleaning products in our homes. An increasing number of Islanders are choosing greener cleaning products or dusting off old family recipes to make their own natural cleaning products.

There are many reasons to consider environmentally-friendly alternatives:

Personal health: A family member may have allergies or other health conditions affected by commercial household cleaning products.

Environmental: A desire to reduce the amount of chemicals used in your household.

Financial: A chance to save money by making your own products.

Natural cleaning products can easily be made using common household ingredients. Recipes can be found on many online sites as well as in consumer and lifestyle magazines.

Here are a few recipes:

Window and glass cleaner: Mix 1/4 cup vinegar and 1/4 cup water in a spray bottle.

Tub and tile cleaner: Use baking powder for routine cleaning and Borax with lemon juice for tough soap scum.

Toilet bowl cleaner: Make a paste of Borax and lemon juice. Rub the toilet bowl with the paste and leave on for a few hours. Scrub with a brush, then flush.

Drain cleaner: Pour 1/4 cup baking soda and 1/2 cup vinegar down the drain. Close drain until fizzing stops. Flush with boiling water.

Scouring powder: Make a paste of baking soda and water. Leave on for a few minutes for tough stains.

Furniture polish: Mix 1/2 cup lemon juice, 1 cup olive oil in a spray bottle, shake well, and apply lightly to a cloth to wipe wood furniture.

All purpose cleaner: Mix 1/2 cup vinegar, 1/4 cup baking soda, and 1 gallon hot water for general cleaning.



Environment,
Labour and Justice

Clean Green!

5305566

Designing

... Continued from C1

because we'd sold (almost) all of our contents in the other house," Dauphinee says.

"We had a bit of money, so we went on a bit of a shopping spree and were finding all these wonderful treasures around. And people were asking 'Where on P.E.I. did you find that!'"

They also added a DIY Doris section so that people could send in their questions and photos of their decorating dilemma, such as

“And when we see something we're like, 'Well that's perfect. Why wouldn't that work?'”

Craig Dauphinee

what colour to paint a front door, and then get some helpful advice from "Doris," who in reality is a design-savvy female friend of theirs.

Reader numbers spiked when Dauphinee and Gillis did their big reveal of their house exterior.

On Dec. 4 Lynn wrote: "Great job, you two! I remember driving by this summer, and thought, 'Oh dear, someone missed by a whole lot. Then a week or so later drove by and realized it was the primer! Super classic finish! ...'"

On the same day Kristin wrote: "I keep scrolling back and forth between the before and after photos — it doesn't even look like the same house! You guys did an amazing job!"

With this house on Fitzroy Street pretty much sewn up, the decorating duo has already set their sights on a new project — an old church they recently purchased in Annapolis Valley, N.S., that they will be starting to do the interior design work for very soon.

And so their designing eye is once again on overtime to acquire the pieces that will blend beautifully together with typical Craig and Christopher/Christopher and Craig style.

"A lot of times when we're out shopping and people are asking us, 'What are you looking for?' our stock answer is 'We don't know.' We don't know what we're looking for, but we'll know it when we see it," Dauphinee says.

"And when we see something we're like, 'Well that's perfect. Why wouldn't that work?'"

CONTRACT BRIDGE

The Aim Is to Win

South dealer.
North-South vulnerable.

NORTH

♠ J 7 4 3
♥ A Q
♦ J 6 4
♣ 6 4 3 2

WEST

♠ 8
♥ J 9 6 4
♦ 10 9 8 2
♣ Q 10 9 7

EAST

♠ 10 9 6
♥ K 10 8 5 3 2
♦ 7 5 3
♣ 8

SOUTH

♠ A K Q 5 2
♥ 7
♦ A K Q
♣ A K J 5

The bidding:

South	West	North	East
2 ♣ *	Pass	2 NT	Pass
3 ♠	Pass	4 ♠	Pass
6 ♣			

*strong, artificial

Opening lead — ten of diamonds.

In the great majority of deals, declarer attempts to shape his play so that he will make the contract if the adverse cards are divided favorably, while at the same time keeping his options open in case they are divided unfavorably. He might not be able to achieve this double-edged position in all hands, but that is what he tries to do. He hopes for the best, but pre-