

Warblers cont'd from pg. 5

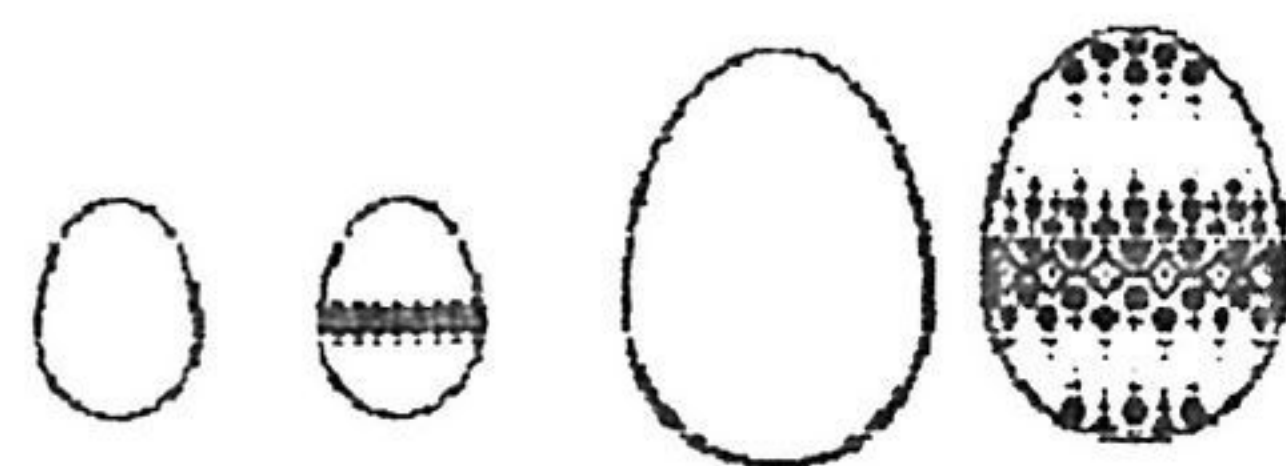
The yellow warbler - yellow bird or wild canary to some people - is more friendly than most who may choose to build her nest in a shrub near your doorstep. All through the daylight hours his cheery voice will delight the ears.

So if you have never taken time to meet the warblers, plan to do so this May. They will be around in varying numbers throughout the month of May, with some like the yellow-rumped, black-and-white and northern waterthrush showing up first, even as early as late April. The black-poll and mourning warbler are more tardy, appearing on the scene in late May.

Keep a watch on those tree branches above you this spring. And if you need help in their identity, Books On the Bay in Picton carry a number of field guides including the all time favourite, Peterson's Field Guide. Tapes and compact discs depicting their songs are also available on the market to assist further in the identity of those invisible songs coming from the tree tops.

Better yet, drop in to the Point Traverse woods. I expect to be there most weekends in May.

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Druella Acantha Malvina's Column

Winds in the Willows

Warm spring winds are in the willows,
And they echo in my heart!
Far across the greening valleys
I can hear a meadow lark.
I can hear the ice floes abreaking
In the little creek that winds
Where the ruddy sumach
nestles,
Beneath the whispering, tossing
pines.
Up and won the hills and
meadows,
Up and down the winding
streams,
I can feel a new life springing
From the encrusted - winter's
dreams.
"Spring has found us," sings the
brooklet.
"Spring has found us," coos the
dove.
"Spring has found us," chirps
the robin,
As he almost burst with love!
Warm spring winds are in the wil-
lows,
And all nature seems in tune
To the longing arms of Winter,
Springtime cannot come to
soon!

Definition of Mother-in-law

Someone who thinks the girls who go after her son are forward and ones who don't are stupid.

My husband says he's been trying to get into shape by doing 20 sit-ups each morning - This may not sound like a lot, but you can only hit that snooze button so many times.

Hearty Turkey Meat Loaf

1 medium onion, minced - cook in skillet at medium heat until golden.

Combine in a large bowl - onions with **1 (10 oz.) pkg frozen spinach** - chopped, thawed and squeezed dry.

1/2 cup graham wafer crumbs

1 egg white, slightly beaten

3/4 tsp. salt, 1/4 tsp. nutmeg, 1/8 tsp pepper.

3/4 lb. ground turkey, 1/4 lb lean ground beef.

Mix all together well. Form into a loaf and place in roasting pan. **Bake 45-50 min. in 350 degree F. oven.** Makes 4 servings

Kitchen Tip: To keep cooked pasta from clumping, toss it with a tablespoon of cooking or olive oil.

My husband and I were walking in the park when we came upon a young man and woman kissing passionately on one of the park benches.

I asked my husband, "Why don't you do that?"

"Honey," he replied, "I don't even know that woman."