

**THE KITCHEN WITCH**

Heather McNally  
Portland-on-the-Rideau

**For the Rideau Lakes Anglers**

Living in a marina has several assets, namely being the recipient of an unlimited supply of bass and trout. I will never tire of microwaved fish, but this year branched out into soup and something more gourmet.

**Bass Soup**

2 lbs. bass fillets, cut into bite-size pieces  
2 tsp salt, dash pepper and juice of 1 lemon  
½ tsp sweet paprika  
2 bay leaves  
2 each diced carrots and celery  
3 large sliced onions  
6 small potatoes, diced  
8 cups of water  
Sprinkle fish with salt, pepper and lemon juice and rest for 1 hour. Combine remaining ingredients in pot. Simmer for 15 minutes. Drain fish and add to pot. Simmer a further 15 minutes. Serves 8.

**Trout Barbizon**

8 oz ripe tomatoes, halved  
1 tbsp tomato puree  
2 cloves crushed garlic  
salt and pepper  
4 trout  
Seasoned flour  
½ cup butter  
1 tbsp finely chopped onion  
Pinch of saffron, ground to powder and soaked in 1 tbsp hot water for 30 min.  
¾ cup heavy cream  
Chop tomatoes and cook to a pulp with the puree and spices. Trim fins from trout, clean and wash. Wrap in paper towelling. Chill 30 min. then roll in seasoned flour. Cook in butter in fry pan over medium heat until fish turn golden brown and the eyes have gone milky about 5 min. each side. Remove trout to heated serving platter and keep warm while making sauce.  
Add onion to pan in which trout were cooked. Cook slowly and maybe add more butter. Stir in tomato puree, saffron and its water, cream and maybe some more salt and pepper. Stir well to heat through but do not boil. Pour sauce over fish. Garnish with watercress and serve with saffron pilaf:  
Make pilaf as shown in most cookbooks and add 1 pinch of saffron which again has to be soaked in water for 30 min. or it will be bitter.

**SOUTH CROSBY DAY CAMP**

**LOCATION SAND LAKE, RIDEAU LAKE SYSTEM**

**DATES July 4 - 28 MONDAY TO FRIDAY  
Aug. 2 - 18 " "**

**AGES MUST BE REGISTERED FOR SCHOOL  
4 years and up**

**SWIMMING LESSONS, SOCCER, BASEBALL, CANOEING  
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AND SPECIAL EVENTS WEEKLY**

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Department of the Secretary  
of State of Canada

Secrétariat d'État  
du Canada

State Ceremonial

Cérémonial d'État

Ottawa, Ontario  
K1A 0M5

June 5, 1989

Dear Sir or Madam:

I am pleased to advise you that, on July 5th next, Canada will welcome back Her Majesty Queen Elizabeth The Queen Mother. You will know that 1989 marks the 50th anniversary of the famous Royal Visit of 1939 when Their Majesties King George VI and Queen Elizabeth won the hearts of Canadians from coast to coast.

In the intervening years, Canada's love affair with the Queen Mother has never waned. Her Majesty is a very special member of the Canadian Royal Family and it is with a great deal of pleasure and pride that we will welcome Her back in honour of this important historic anniversary.

The official arrival ceremony will take place on Parliament Hill here in Ottawa on Wednesday, July 5th. Her Majesty will arrive at the Centennial Flame at 3:00 p.m. However, from 1:30 - 2:45 p.m., there will be a musical extravaganza performed on the central lawn - a "musical kaleidoscope" of Canada. In this regard, we anticipate that the crowd will begin to gather between 1:00 and 1:30 p.m. I bring this matter to your attention given the fact that it will be standing room only and people should arrive early to obtain a good position for the actual arrival at 3:00 p.m.

I am writing to you knowing that many citizens of your town/municipality would obviously want to be in attendance for this very special occasion. I would be most appreciative if you would circulate this information and encourage others to be a part of what promises to be a very memorable celebration of Her Majesty and the Crown in Canada.

I trust that this basic information will be sufficient to enable you to "get the word out". You may wish to obtain additional details as they are finalized over the coming weeks. Please feel free to contact me at any time - (819) 994-3645. Details such as bus parking facilities, are actively being worked on and will be completed as quickly as possible so as to ensure that everyone will have sufficient time to make all necessary arrangements.

Many thanks for your consideration of this matter. I look forward to seeing many of you on Parliament Hill on July 5th.

Sincerely,

Kevin MacLeod  
Director  
Anniversaries and Symbols

Canada

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