



**Crowe Lake  
Waterway  
Association**

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2025-2026

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**Crowe Lake Waterway Association, P.O. Box 192, Marmora, Ontario K0K 2M0**

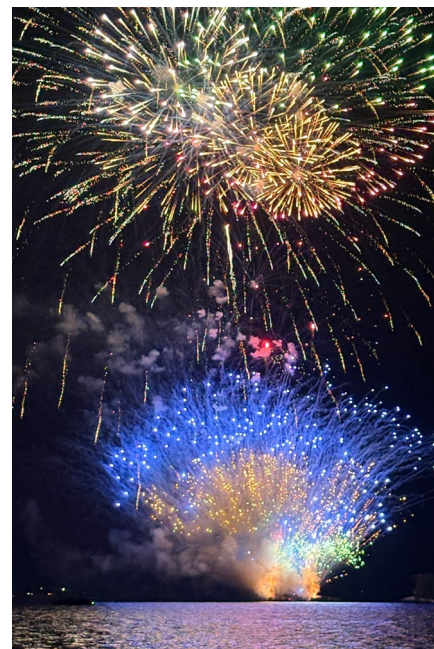
[www.clwa.ca](http://www.clwa.ca)

## Boat Parade and Fireworks

Aug 2 was a great night for the World Famous Lighted Boat Parade and Fireworks on the Lake. The Boat Parade had about 24 floating light shows. They made the circuit of the lake to the cheers and applause of hundreds of spectators on shore. They anchored at Stoney Island for the fireworks. And then about 15 minutes of terrific fireworks. The finale was spectacular. It was a great show. The show almost didn't go on without the last minute help of Mike Newman (Owner of Blairton Trailer park) and his son Ethan, with critical back up from CLWA volunteer Andrew White and his son-in-law Jake, to overcome a catastrophic winch failure.

CLWA did an 18 month evaluation of the fireworks and the CLWA member's opinions. Members really like them. But, from an organization perspective, some changes were needed. In response to that the association made the decision to transition to a professional display company. This recognizes some of the changes within the association and continues

making the weekend part of the CLWA summer. Super Nova, a company from Peterborough was selected and this was their first show for CLWA.



## Fishing Derby Adds Pike Category

The Crowe Lake Waterway Association is again sponsoring a fishing derby for its members and their families and friends. It will be Labour Day weekend, Friday August 29 to Monday September 1. A second category has been added to the contest – Pike. Rules are on page 8.

**Fall**

**Crowe Lake Matters**

**2025**



## President's Message - Terry Murphy

As we experience another beautiful summer on Crowe Lake, I want to thank the CLWA Board of Directors for their dedication to our various programs. Also, I want to recognize the work of our many volunteers. Throughout the newsletter you will read reports of the various activities CLWA has carried out this summer. These activities ensure that our lake is being cared for and enjoyed by all.

I have observed most people enjoying our lake, obeying all laws, using courtesy and common sense, but I wish to take this opportunity to remind you all to ensure we have safe summer by following the safety rules. While sitting on our deck I have watched kayakers and paddler boarders go by without PFDs or the

other required safety equipment. I have observed Personal Watercraft travelling at high speeds close to shore, anglers casting over our dock and leaving hooks caught on our raft. Most disturbing of all was spotting a loon with fish line wrapped around its bill and hooks in its chest.

Our local OPP has advised that if you witness any failure to comply with regulations to report to Ontario Provincial Police – Central Hastings.

Invasive species entering our Waterway has become a concern. We need your help to monitor our shorelines. If you identify any aquatic vegetation that is not native to our lake along your shoreline, please report it to CLWA via our website. [info@clwa.ca](mailto:info@clwa.ca)

Terry Murphy, President

### Invading Species Hotline

The Invading Species Hotline serves as a valuable resource for the public, especially during times of increased public concern. Members of the public are able to call and speak with an invasive species expert to report a sighting or to inquire about invasive species information. The hotline number has been listed on numerous outreach materials created and distributed by the Invading Species Awareness Program. Think you've found an invasive species or want more information on invasive species?

Please note: if you are reporting to the Invading Species Hotline and your report is for a high-risk species, we may share your name and contact information with invasive species partner organizations in order to facilitate next steps towards rapid response. Thank you for your understanding.

**Contact the Invading Species Hotline**  
**1-800-563-7711**

### Did You Know?



#### Theodore Roosevelt had a pet hyena

Its name was Bill, and it was a present from the Ethiopian emperor. Roosevelt was famous for his many pets, including a one-legged rooster, a badger, a pony and a small bear.

Fall

Have You Renewed Yet?

2025

# Invasive Species in Crowe Lake?



[Material is from OFAH/MNR Invading Species Awareness Program. (2021). Starry Stonewort. Retrieved from: [www.invadingspecies.com](http://www.invadingspecies.com).

Starry Stonewort is difficult to identify. The material here applies to this species but is a lesson in the need to be vigilant to all invasive species. We will continue to work on this but you can do your part: inspect your boat, trailer, and equipment after each use; remove all plants, animals, and mud before moving to a new waterbody.]

CLWA members Julie Newman and Karin Fleming reported at the CLWAAGM they had seen a large mass of algae while kayaking in Crowe Lake. They returned to the area and examined it more closely and they believe it to be Starry Stonewort. This could be the first time it has been seen in Crowe Lake, but it has been reported in Dickey Lake and in Quinte West and Peterborough. Starry Stonewort was found in Lake Simcoe in 2009.

Starry Stonewort is an invasive macroalgae native to northern Eurasia. It was introduced in North America through the St. Lawrence River in 1974 and was first identified in Ontario in 2009 in Presqu'île Bay as well as Lake Simcoe. Ballast water is the suspected method of entry and subsequent spread through the Great Lakes basin.

Starry Stonewort forms dense mats in waters two to 10 meters in depth. Its white bulbils (seed-like structures) are deposited in the mud, allowing the species to be easily spread and to survive Ontario's cold winters. In North America, only male individuals of Starry Stonewort have been recorded. They have no roots, making them easy to spread to new areas. The species is spread primarily by boating, but it is suspected that species like waterfowl can transport fragments to other unconnected water bodies as well.

## Range

In North America, Starry Stonewort is present in the St. Lawrence River, Lake Ontario, Lake Erie, Lake Huron, Lake St. Clair, Detroit River system, Michigan's Lower Peninsula, New York, Minnesota, Wisconsin, Pennsylvania, Vermont, and northern Indiana.

In Ontario, Starry Stonewort has been recorded all along the Trent-Severn Waterway, from Lake Ontario to Georgian Bay/Lake Huron, and several non-connected lakes and stormwater basins. For an up-to-date distribution map of Starry Stonewort in Ontario, visit [www.EDDMapS.org/distribution](http://www.EDDMapS.org/distribution).

## Impacts of Starry Stonewort

Starry Stonewort reduces biodiversity by forming dense mats (sometimes referred to as "pillows") and competes aggressively with native plants.

Dense mats of Starry Stonewort can impede movement of fish, spawning activity, water flow, and recreational activities such as swimming, boating, and fishing. Once introduced to a new area, Starry Stonewort can establish and spread very quickly.

## How to Identify Starry Stonewort

It is a macroalgae that resembles true plants with thin stems and branchlets similar to thick fishing line.

Whorls of 4-6 branchlets coming off the main shoots, with blunt tips.

White, star-shaped bulbils, which give the species its name, are produced at the nodes, generally 3-6 mm (0.1 – 0.2 in) wide.

Can form dense mats up to 3 m (9.8 ft) thick.

## What You Can Do

Learn how to identify Starry Stonewort and how to prevent accidentally spreading this species with your watercraft or fishing equipment.

Once established, it is almost impossible to--





## Invasive Species in Crowe Lake? Cont.

eradicate. Avoid infested areas or reduce your speed when travelling near Starry Stonewort infestations. Your propeller can break off fragments and spread the bulbils to new areas. New populations can grow from small pieces of the species.

Inspect your boat, trailer, and equipment after each use. Remove all plants, animals, and mud before moving to a new waterbody.

Avoid planting Starry Stonewort in your aquarium or water garden. Aquarium hobbyists and water gardeners should only use native or non-invasive plants and are encouraged to ask retailers for plants that are not invasive.

Never release unwanted aquarium plants or pets. Return or donate unwanted plants to a garden centre or pet store or put them in the garbage. Aquatic plants can be composted or mulched on land more than 30 m from the nearest waterbody.

If you find Starry Stonewort or another invasive species in the wild, please contact the toll-free Invading Species Hotline at 1-800-563-7711, visit EDDMapS, or search for the 'Invasive Species in Ontario' project on iNaturalist.org

to report a sighting.

Starry Stonewort | Ontario's Invading Species Awareness Program

### EDDMapS

We have an invasive species tracking system, and mobile app for Android and Apple devices! EDDMapS is a fast and easy way to map invasive species without any technical expertise. Users simply take a picture with their mobile device and report from where they are standing. Visit [www.EDDMapS.org](http://www.EDDMapS.org) to register and report your sighting.

<https://www.eddmaps.org/distribution/viewmap.cfm?sub=74386>

## New Members 2025

Erick Vorstadt	Mikolla Rd
Dave Sharp	Bayview Park
Vytautas Zinkevicius	Bayview Park
Laurie Nickle	Bayview Park
Siegfried & Colleen Kiefer	Big Island Rd
Peter Hulsman & Judy Watts	Marble Point Rd
Dean Mawer	Caverly Lane
Linda and Phil Martin	Bayview Park
Brian Carlick	Lakeshore Rd
Anthony & Holly Green	Bayview Park
Jason Holmes & Amanda Hover	Bayview Park



### Did You Know?

The CLWA Website has CLWA Newsletters going back to 2018

## What a Nurdle

Squirting toothpaste onto a toothbrush is so second nature that it's unlikely you've put much thought into the words behind it, but we're here to tell you that there's a word for almost everything. That little wavy blob of toothpaste is officially called a "nurdle."

Fall

[Visit us on Facebook @CroweLakeWaterwayAssociation](#)

2025

## 2025 AGM Reports



### Treasury Report from Jane Lakatos

- Everything on track, ended up with a slight loss.
- Cost for insurance went up.
- All of the costs in general have gone up.
- Loss of \$1039.00
- One of the issues that we have is the cost of the fireworks.
- Motion passed to withdraw from reserves to fund the fireworks.

[NOTE: A motion was passed at the end of the meeting to increase the dues by \$5.00 for 2026]

### Membership 2025 from Ritch Smith

Members: 207 in 2025 vs 255 in 2024  
[update: 230 as of 1 August] New members: 7 in 2025 vs 39 in 2024

Thanks to our Sign Captains Jerry and Rosemary Pascoe, Bill Neill, Tom O'Neill, Tim Black, Dave Green, and Curt Farrell. Jerry and Rosemary have decided to retire from the team. They cover High Shore Road and Lakeshore Road. Julie Newman has volunteered to take over for them.

Ruth Berger recruits for us at Bayview Park but we need a Membership Czar for the other parks, especially Booster Park.

About 68% of our members are Gold Star members.

About 75% of our 2024 members renewed their membership for 2025.

We tried advertising and recruiting for CLWA using a flyer delivered by Canada Poste in June. Approximately 1,000 flyers were put in mailboxes in two postal routes in Marmora. We are still evaluating the success of this effort.

### Newsletter from Ritch Smith

The CLWA Newsletter is 3 issues with 16 pages published in Winter, Spring, and Fall issue. The increased number of pages has given us more room for pictures and articles. And the schedule allows a little more time to put it all together. Thanks to our talented Designer (Kendra Savard) and Mailing Room Volunteers (Dave Savournin and Judy O'Grady). The advertising revenue covers the cost of production and mailing. The majority of the companies advertising with us have been with us for a long time, so please note who they are and say hello to them.

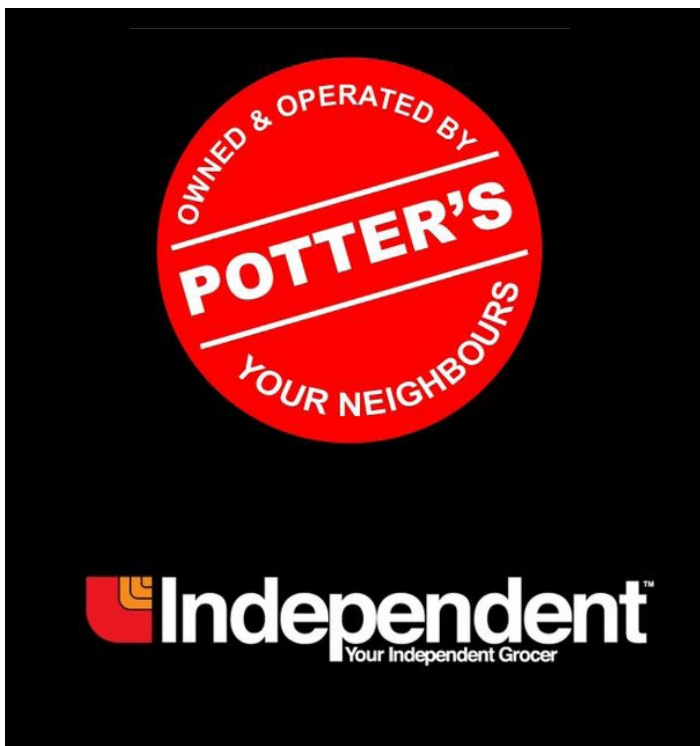
Unchanged, we welcome your comments and suggestions.

### Photo Contest from Ritch Smith

We had only 24 entries submitted for 2024 and only 18 contestants.

We have 4 categories for 2025 – Beauty, Wildlife, Recreation and Fishing. The rules will be in the Fall Newsletter, on the CLWA Facebook and on the Website. The deadline for entry is 1 November 2025 but it may be extended to the end of the month with a last minute reminder to encourage people.

Dave Savournin and I have been doing the Contest for several years and it is time for someone else to try it. We need the pictures for



Fall

Contact us at [info@clwa.ca](mailto:info@clwa.ca)

2025



## 2025 AGM Reports, Cont.

the Newsletter but I wonder if it is time to change something so there is participation.

### **Rocks and Shoals from Paul Morton**

Jeff Alderson deployed about 40 of our buoys in the lake and river in time for the May long weekend. These will be retrieved on or around Thanksgiving weekend in October. All boaters are advised to take care when navigating closer to the shore. Hazards may be present outside of the normal waterways.

Disclaimer: The Crowe Lake Waterway Association (CLWA) assumes no responsibility for the accuracy or completeness of these or other hazard markers. Their installation and maintenance are solely an assist to safe boating. Boaters are still required to exercise caution in respect to water depth and unforeseen hazards.

### **Boat Parade and Fireworks from Bill Neill**

After more than 15 years of total volunteer supported and produced fireworks, our association has made the decision to transition to a professional display company. This company is Supernoval Fireworks, located in Peterborough.

This decision was not made lightly and came about for a number of compelling reasons.

- Government policy regulations keep changing making the purchasing, storage and assembly of the displays a daunting task.
- The personal liability that exposes both the volunteers and our association.
- The exposure to the property owner on whose property the displays were
- stored and assembled.
- And finally, the core group of volunteers that have consistently assembled, shot the show and cleaned up after the show are just getting old and tired.

Going forward our plan is for the display to remain the great show that we have built it to be and of course the show coming up on the August. Long weekend will be the test.

At least for this first year we will provide the barges, tow them to the site and back. We have been able to come close to maintaining cost this year, however as we go forward cost will continue to increase and the justification to continue will obviously be under review. Financially, the fireworks are 100% supported through the generosity of the CLWA membership and receives no funding (0) from Municipal, Provincial or Federal Governments.

To the group of volunteers that were always there when the job needed to get done, the Lake Association, and I'm sure the community at large, would like to sincerely thank you for your volunteer service.

### **Fishing from Paul Morton**

CLWA will again be sponsoring a fishing derby for its members on the Labour Day weekend, August 29th to September 1st. This year, we will be adding a pike category to go with the bass category. Prizes will be \$100 for 1st, \$75 for 2nd, and \$50 for 3rd, as well as 3 mystery length prizes of \$25 for each category. Rules can be found on our website, [CLWA.ca/members-derby](http://CLWA.ca/members-derby).

### **New Board Members**

Paul Herbert and Sean Graham were elected to Board at the AGM in July. Paul is returning to the Board. He was a Director for 3 years. He brings a career as a lawyer and a legal background and experience to the Board. Sean Graham is new to the Board and has lived in Marmora for 2 or 3 years. He will be responsible for the Website and the Facebook Page. He works in the IT field. He takes over those duties from Dave Savournin. Dave created the Website and Facebook page and managed them for 10 years. (Thank You, Dave)

Fall

Fireworks And Boat Parade Aug 2

2025



## 2025 Photo Contest

Crowe Lake Waterway Association (CLWA) Photo Contest. Photos must be in one of these 4 Categories:

- Crowe Lake and its Beauty
- Wildlife Around the Crowe
- Recreation on the Crowe Lake Waterways
- Fishing

Photographs must be taken around Crowe Lake, Crowe River or Beaver Creek to be eligible. Photos must have been taken within two (2) years of contest. Each photo requires your name, address, telephone number, photo caption or title, date and information on where the photograph was taken.

There is a limit of 1 entry per person per Category, for a maximum of 4 photos from 1 person. If you enter more than one photograph per Category, we'll be asking you to pick which one you want entered.

Prizes in each category:

- 1st prize \$50
- 2nd prize \$30
- 3rd prize \$20;
- Honorable Mention.

Photos must be in a JPEG digital or printed 4"x 6" format. Online entries should be emailed to: [info@clwa.ca](mailto:info@clwa.ca) Printed photos are to be mailed to: CLWA, Box 192, Marmora, ON, K0K 2M0 or put in the CLWA Dropbox at Cook's Barbershop.

By entering, you are acknowledging your permission for CLWA to use your photo(s). Entries must be received no later than Saturday, November 1, 2025.

**Scottish Painters**  
"If It's Nee Scottish, It's Crap"

*Bill Hudson*  
painter and decorator  
[scottishpainter@aol.com](mailto:scottishpainter@aol.com)  
613-921-9263

**Scottish Painters**

 *Exterior*

 *Interior*

 *Wallpapering*

 *Spraying*

## Did You Know?



For the first time, on March 9, 2025, a colossal squid was captured on video in its natural habitat. *Mesonychoteuthis hamiltoni*, or the colossal squid, can reach at least 1,000 lbs (453 kg) in mass. The particular one caught on camera was young and measured just one foot (30 cm) long.

## The First Joke in English

A book of Anglo-Saxon poetry from the 10th century includes what researchers believe could be the first recorded joke in the English language: "What hangs at a man's thigh and wants to poke the hole that it's often poked before?" The punchline? Get your mind out of the gutter: "A key." A lot of early humor relied on puns and presumed lewdness — the assumption that the answer to a joke would be filthy, only to have the expectation flipped in the punchline. That degree of surprise and awareness of your own assumptions often and still leads to laughter.

Fall

[Visit us on Facebook @CroweLakeWaterwayAssociation](#)

2025



## CLWA Members Labour Day Fishing Derby

The Crowe Lake Waterway Association is again sponsoring a fishing derby for its members and their families and friends. It will be Labour Day weekend.

### CLWA FISHING DERBY RULES

The tournament runs from Friday August 29 at 12 noon to Monday September 1 at 6 pm.

Bass (Rock, Smallmouth and Largemouth Bass) and Pike will be the only fish eligible. Live release on Bass and Catch 'n Keep on Pike is encouraged. MNRFP keep rules apply. - Open to CLWA members and their family and friends only. Participants must use their own name and current CLWA members' name and address to enter. Anyone may enter with permission from a current member. The winners will be named along with their CLWA sponsor.

A picture of the fish, which shows the length against a ruler and includes a printout of a CLWA posted page OR a newspaper or other medium that proves the date must be submitted. The posted printout or the newspaper will verify that the fish was caught during derby times. The posted page will be available to print on the CLWA website or from the CLWA Facebook page on Friday August 29 at 12 Noon. The newspaper (or medium page) must show the publication date. One picture can be used as long as it shows the length and date. A picture of the entered fish and the angler is also required for our use in our publications. Please forward your picture to [info@clwa.ca](mailto:info@clwa.ca) and include the name of the angler and their CLWA sponsor and address.

Prizes will be awarded for the top 3 lengths in both bass and pike: \$100/first, \$75/second, \$50/third and 3 mystery length prizes of \$25 each. Prizes will be in the form of a cheque in the CLWA member's name and will be mailed or given to the CLWA member. There is no entry fee.

The CLWA member must be in good

standing. Anglers may have multiple entries. Winners will be posted on our Facebook page (Crowe Lake Waterway Association) and on the CLWA website ([clwa.ca](http://clwa.ca)). By entering, you acknowledge your permission for CLWA to use your photos.

### Whatever Whichever

Picture this: You're hosting a friend for dinner, and you ask, "What do you want to eat?" They shrug and say, "Whatever you're cooking!" They're open to anything, from spaghetti to mystery meatloaf. The options are unlimited, so "whatever" fits the bill.

But later, your friend is eyeing your bookshelf for something to read. They've narrowed it down to a few novels, and they look at you expectantly. You say,

"Borrow whichever book you'd like." Bingo — this is the correct response for this context.

But why choose "whichever" instead of "whatever" here? "Whichever" and "whatever" aren't twins — think of them more as distant cousins. It's a simple rule, but it's also easy to see how the two can be mixed up: "Whichever" indicates a specific set of choices, while "whatever" implies something undefined.

The advertisement is split into two sections. The left section is for Home Hardware building centre, featuring the logo and text: "Broadbent's Hardware Ltd. 102349 Hwy 7 Marmora, ON K0K 2M0". Below this is a "Rentals" logo with the tagline "Helping you get the job done". The right section is for Beaver Home & Cottage Deck & Renovation Centre, featuring a beaver logo and text: "T. 613.472.2539", "broadbent.hardware@bellnet.ca", and "Your #1 Home, Cottage, Garage Deck & Renovation Centre".

Fall

Visit us at [clwa.ca](http://clwa.ca)

2025



# Lake Partner Program Saved



[Editor Note: The following message is from the Federation of Ontario Cottage Associations (FOCA). CLWA is a member of FOCA and has participated in the Lake Partner Program for many years. CLWA President Terry Murphy sent a letter expressing support for the program. The letter was published in the last CLWA Newsletter.]

The Lake Partner Program is a great example of community water monitoring, bringing together volunteers with a shared interest for lake preservation.

FOCA has partnered since 1996 in the Lake Partner Program (LPP). The LPP is a province-wide, volunteer-based, water-quality monitoring program – the largest of its kind in Canada. Each year, hundreds of volunteers collect total water samples and make monthly water clarity observations on their lakes. The samples are analyzed by scientists in the Ontario Ministry of the Environment, Conservation and Parks. The long-term dataset informs scientists, government, and community groups across the province.

June 2025 – Our voices were heard! FOCA has a signed agreement with the Ontario Ministry of the Environment, Conservation and Parks (MECP) that enables us to continue the LPP over the coming five years, with the support of our hundreds of volunteer Lake Stewards throughout the province. Read our media release on this news.

Thank you to the 900+ supporters who wrote the Premier, the Minister of MECP, and their MPPs asking for this outcome.



## We're here for you.

Life on the lake is good. Sharing fun times with family and friends or relaxing on the deck on a summer's day. It's comforting to know Campbellford Memorial Hospital is just a short distance from the lake when something unexpected happens.



## Cottagers Care Program

Every Summer, the number of visits to CMH's Emergency Department increases dramatically compared to other seasons. Cottagers and tourists drive the upswing. So now we need your help to create an upswing in cottager donations to CMH. VISIT [givetocmh.ca](http://givetocmh.ca) to register for 3 years of caring today!

Do you know government funding does not cover the cost of new equipment at the hospital? Donor support ensures our staff have the life-saving and comfort-giving tools available when they need to help you. **Please donate to CMH!**

We're counting on you - and thank you for caring about CMH just as we will keep caring for you, your family and your guests when you need us.



146 Oliver Road, Campbellford, ON  
705-632-2014 • [foundation@cmh.ca](mailto:foundation@cmh.ca)  
[givetocmh.ca](http://givetocmh.ca)

Fall

Visit Our Advertisers

2025



## Key Closing-up Chores That You Never Want to Forget

(Cottage Life By Ryan Shervill, September 22, 2024, edited for length)

You know that vague feeling that you've forgotten something after closing up? Well, if you're like me, you likely have. Use this checklist of the most commonly overlooked closing-up chores, and save yourself some worry this winter.

**DON'T FORGET TO...**empty flexible sprayer lines in sinks and showers, supply and drain lines for washing machines, garden hoses, and dishwasher lines.

**DON'T FORGET TO...**clean toaster crumb trays, barbecue grease catches, and dirty barbecue grills.

**DON'T FORGET TO...**unplug or switch off major electricity draws, such as water heaters, baseboard heaters, fridges, and pumps—before you turn off the breaker in the fall. That way the load is introduced gradually as you switch everything back on in the spring.

**DON'T FORGET TO...**spray down metal tools with

WD-40 and wrap them in old towels to keep them rust free. Add fuel stabilizer to your gas; top off all fuel tanks so they are full to avoid condensation inside.

**DON'T FORGET TO...**consider positioning temporary support posts. They are often unnecessary, but if they stop you from worrying all winter, add them. You can buy telescoping support posts or make your own out of 4x4s. And speaking of roofs, make sure you clean out your eavestroughs, so melted snow has an easy path to the ground come spring.

## CVCA Retirement

On 1 July 2025, Tim Pidduck has officially retired from Crowe Valley Conservation Authority. We are grateful for his years of dedicated service and leadership, and we wish him all the best.

# Guardian

# MARMORA PHARMACY

### Hours

9 am - 5:30 pm	Monday-Friday
9 am - 3 pm	Saturday
10 am - 2 pm	Sunday

### Free Delivery and Medication Reviews

### Medical Clinic

On site Nurse Monday-Friday

Life Labs Blood Work Daily

Diabetic Foot Clinic Monthly

Weight Management Program

Smoking Cessation



## Fall

## CLWA Fishing Derby Aug 30

## 2025



## 109 Pike Caught 'N Kept

Chris's Live Bait held their summer Pike Catch 'N Keep Fishing Derby on July 4th and it was a big success. CLWA was one of the sponsors and gave a \$100 Gift Certificate. Below is their Facebook post.

A wonderful day for making lasting memories fishing with friends and family...the Pike only Catch N' Keep derby on Crowe Lake was a huge success for all 174 participants. A total of 109 pike were harvested, all fish were cleaned and some were cooked by the Madoc Lions Club for all to enjoy!

The heaviest Pike was 6.21 pounds harvested by Ryan B., 2nd place- Jonathan S. 5.21 pounds, 3rd place - Ben B-5.10 pounds. Mystery weight winners- Shawn O., Jeremy F., Merle M., Grayson B. Young Angler award- Beau N. (sponsored by Madoc Lions Club Many draw prizes were awarded and all kids at the weigh in were awarded a prize and grab bag.

We would like to thank all of the sponsors Shimano, Daiwa, Rapala, St Croix, Pure Fishing, Lucky Strike Baitworks, Big Rock Sports Canada, Crowe Lake Waterway Assoc. and the Madoc Lions Club. The Madoc Lions Club for coming to BBQ, help with setup and cook the pike. Thank you to our wonderful staff, Mike Trunks our Pro Staff, Todd Starr and Shannon Belanger for cleaning fish and Marmora BMR for the sun shelters.

## New Board Member



I am a 78 year old young retired lawyer/pharmacist who practiced intellectual property law in the drug patent/trade mark field for 43 years. I joined the Crowe Lake community when I purchased a house on the north west corner of the lake in 2012 and have loved and enjoyed living on Crowe Lake since that time. I was elected to the Board of Directors of the CLWA in 2019 and retired from the Board in 2022 and I have been reelected in 2025. I look forward to working with the Board.



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Fall

[Visit us on Facebook @CroweLakeWaterwayAssociation](#)

2025





## Honey

Honey's extraordinary shelf life is the result of several factors. Its low water content and high sugar levels create an environment that's inhospitable to bacterial growth, and it also contains trace amounts of hydrogen peroxide, which acts as a natural microbial inhibitor. While other foods with similar sugar makeup tend to spoil faster, honey has its sophisticated alchemists to thank for its resilience: Bees use their rapidly flapping wings to evaporate most of the honey's water, and an enzyme in their stomachs contributes to honey's unique antibacterial property. Egyptians were some of the earliest known organized beekeepers, and along with sending honey into the next life with the deceased, they also offered the sweet substance to their deities.



**Belmont Lake  
Brewery**  
*The Bearcroft Family  
Brewers & Owners*

54 FR 17, Havelock, ON  
*Situated at the north east end of the lake,  
just south of Deer Bay  
(look for the house with the blue roof!)*

**705.803.3001**  
belmontlakebrewery@gmail.com  
belmontlakebrewery.com

## Campbellford Memorial Hospital

Premier Doug Ford was in Campbellford to announce that a \$2.5 million planning grant was approved for a new Campbellford Memorial Hospital.

"Once completed, this state-of-the-art facility will replace the current outdated hospital and will better serve the growing community in Northumberland County," Ford beamed. "The new CMH will be part of a rural hub for healthcare linking hospital treatment to outpatient support services, building a campus of care to meet the needs of the area."

Once opened, the new hospital would include a modernized emergency department, new inpatient medical wing, increased inpatient capacity, and enhanced infection prevention and control measures. There will also be investments in the Trent Hills Family Health Team so they can offer longer hours, more staff and services in the Campbellford region.

"Together we are building the future," said Jeff Hohenkerk, President and CEO, Campbellford Memorial Hospital. "This investment will not only transform and save lives for generations to come, it will advance our shared commitment to community-driven care, supporting Ontarians to age at home where it matters most."

## Did You Know?

**Peanuts aren't technically nuts**



They're legumes. According to Merriam-Webster, a nut is only a nut if it's "a hard-shelled dry fruit or seed with a separable rind or shell and interior kernel." Other nuts that are really legumes are soy nuts (soybeans) and carob nuts. On the other hand, walnuts, hazelnuts and pecans fit the true definition of a nut, according to the USDA.

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**AGM July 12**

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## Natural Cold Remedies that Actually Work



Colds happen to the best of us. While not usually dangerous, the viruses that cause the common cold can certainly make us achy, sneezy, and just plain miserable, sending us searching for a remedy high and low. Some treatments may not help open up a stuffy nose or soothe a sore throat, but you're in luck — there are natural remedies that are scientifically proven to ease cold symptoms. Here are the most effective remedies that might help you feel better the next time you're nursing a cold.

### Chicken Soup

Scientists have finally proven what grandmothers have known all along: Chicken soup is good for a cold. Chicken is rich in an amino acid called cysteine, which helps loosen mucus and has a mild anti-inflammatory effect. Drinking hot liquids, such as chicken broth, helps keep you hydrated while relieving nasal congestion and soothing inflammation in the membranes lining your nose and throat. Garlic, ginger, and Chile peppers are also popular folk remedies that may help relieve the symptoms of a cold, so a spicy bowl of chicken soup might be just what you need to start feeling better.

### Salt Water

Gargling with salt water helps temporarily relieve a sore and dry throat. Dissolve half a teaspoon of salt in eight ounces of warm water and gargle with the solution four times daily while symptoms last.

### Humid Air

Humidity can help loosen congestion and soothe dry and inflamed nasal passages. Run a humidifier or vaporizer in the room where you sleep, relax in a warm, scented bath during the day, or — if you aren't dizzy — take deep breaths while showering in a nice steamy bathroom to alleviate some dryness and discomfort. Be sure to clean your humidifier often — dirty humidifiers may grow mold or collect bacteria, worsening allergies, asthma, and other conditions.

### Menthol Balm


Though these remedies have long been considered folk remedies, studies now show that topically applied mentholated balms may help ease the pain and discomfort caused by congestion. Rub a bit of the balm under (not in) your nose, massage it into your temples to help relieve a headache, and place some on your chest and the soles of your feet at night to help alleviate congestion and reduce coughing.

### Oil of Oregano

Oil of oregano has many antiviral and antimicrobial properties that studies have shown help alleviate and shorten symptoms caused by influenza and rhinoviruses. Add a few drops of oil of oregano in water or juice to help dilute the taste. Aromatherapeutic sprays containing oregano, eucalyptus, peppermint, and rosemary can also temporarily relieve respiratory symptoms. Just be sure to check the packaging and ensure you purchase oregano oil — oregano essential oil should never be ingested.

<https://betterreport.com/natural-cold-remedies/?lctg=40ed1fdb-132b-4d16-a76b-e1fe039b5edd>

### Did You Know?



Sudan has more pyramids than any country in the world. While somewhere around 100 pyramids have been discovered in Egypt, the number of those found in Sudan is around 255—more than double

Fall

Time To Renew

2025



## Iconic Canadian Chocolate Bar Quietly Disappears

Money Canada by Leslie Kennedy

If your childhood snack drawer included a Jersey Milk bar, this one might sting. After 75 years on Canadian shelves, Mondelez, the maker behind the confectionary best used for smores, has quietly pulled the plug on the creamy white-wrapped classic, citing low demand. No press release. No farewell tour. Just gone, like the last piece of Halloween candy you swear you saved.

For many Canadians, Jersey Milk was a time machine in the form of a chocolate bar. Smooth, simple, no-frills milk chocolate. Like the kind your grandmother kept in a glass dish, or that showed up in Christmas stockings before fancy dark chocolate took over. Maybe it was the last chocolate you'd grab from your Halloween stash, before you'd take that bite that reminded you how good it really was.

Jersey Milk's departure is the latest in a bittersweet trend: Iconic Canadian treats disappearing as tastes shift and costs climb.

Remember Cherry Blossom bonbons? The syrup-soaked cherry, coated in chocolate and chopped peanuts, once made in Quebec and a weird-but-wonderful

Valentine's Day tradition? Gone by early 2025, after years of declining sales and a move to U.S. production.

Clodhoppers, born in a Winnipeg kitchen and beloved for their fudge-covered graham crunch? Vanished in 2012, never quite the same after being bought and rebranded.

Even the Maritimes lost a legend: Ganong's wintergreen mints, a pink, puckering staple since the 1800s, were discontinued in 2019.

And it's not just chocolate. Frozen favourites are melting away too.

The Choco Taco — that crunchy, creamy dessert taco that tasted like freedom from the back of an ice cream truck — was axed in 2022. The internet did what it does, sharing memes, petitions and even garnering a joke from a U.S. senator about using the Defense Production Act. But it wasn't enough.

You can add Jell-O Pudding Pops, Funny Feet popsicles and Good Humor's Toasted Almond Bars to the list. All gone. All missed.



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### Did You Know?



The CIA's headquarters has its own  
Starbucks, but baristas don't write  
names on the cups

Fall

Volunteer in 2025

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## Book Report: Kill Them All by Mark Philbin

[Editor Note: You may remember Mark Philbin from morning radio in Belleville. He retired from Hits 95.5 a few years ago to devote time to writing. Kill Them All is his first book. I enjoyed it. Below is the blurb from the book company. Philbin makes frequent reference to Agatha Christie's ABC Murders. If you like murder mysteries with puzzling plot, you'll enjoy this. The Marmora Library has a copy.]

Would you risk yourself to prevent a series of murders? What if the victims embodied everything you hated?

After the Bulgarian killer-for-hire, The Bumper, dispatched his April victim, Robert Hannah, a brilliant, but aimless poker-playing numerologist, is reluctantly drawn into the hunt

for the puzzling killer intent on committing twelve perfect murders of wealthy, entitled young men in twelve cities over twelve months.

Working alongside his old Harvard roommate, FBI Agent Curt Downey and his team, Robert discovers the sinister pattern, threatening to thwart the murderous scheme.

When he puts himself in the crosshairs, the hunter becomes the prey; the puzzles become more sinister, and the stakes skyrocket as Robert Hannah must choose whether to pull back and save himself, or push forward and risk joining the list.

Puzzles, patterns, riddles, and rhymes. Kill Them All will keep you guessing to the end.

## Blooming Apples Recipe



### Ingredients

- Cooking spray
- 4 Tbsp. melted butter
- 1 Tbsp. packed brown sugar
- 1 Tbsp. granulated sugar
- 1/2 tsp. ground cinnamon
- 4 apples
- 8 chewy caramel squares
- Vanilla ice cream, for serving
- Caramel, for drizzling

### Directons

#### Step 1

Preheat oven to 375° and grease a medium baking dish with cooking spray. In a small bowl, whisk together butter, sugars, and cinnamon.

#### Step 2

Slice top off of each apple then use a corer to remove core. Then if necessary, use a small spoon to remove any pieces of core left. Using a paring knife, make two circular cuts in apple. Place apple cut side down on a cutting board and slice crosswise, being careful not to cut through the core.

#### Step 3

Place cut apples in a small baking dish. Fill each apple with two caramel squares, then brush melted butter mixture on top. Bake until the apples are tender, about 30 minutes.

#### Step 4

Serve warm with ice cream and drizzle with caramel.

Recipe sourced from <https://www.delish.com/cooking/recipe-ideas/a54878/bloomin-apples-ice-cream-recipe/>

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Crowe Lake Matters

2025