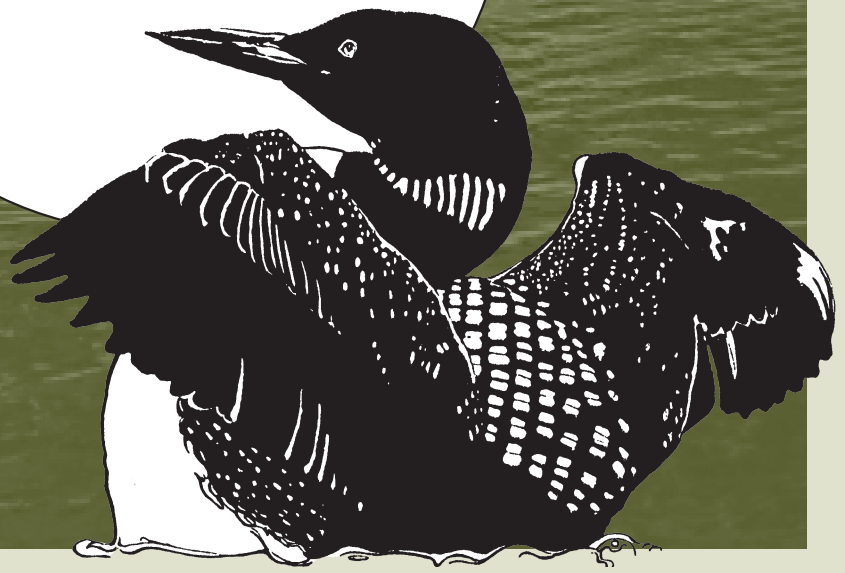


Killarney LODGE 2014



Welcome!

By now, the polar vortex is back where it belongs, at the North Pole. Your winter woolies are at the cleaners, and you may just leave them there. Now it's time to get away.

Nature is good for you. You know it, we know it. There's nothing like time in the woods or by a lake to untangle your priorities and remember who you are. A good night's sleep helps too.

You don't have to take our word for it. There's growing scientific interest – and evidence – about the effect of nature on your brain, your mood and even your immune system. Problem-solving, information retention and memory retrieval are all better after time in nature.

To learn more about the effects of nature, you might read *Your Brain on Nature: the Science of Nature's Health, Happiness and Vitality*.

Or do your own field research – in Algonquin Park, at Killarney Lodge. Let us take care of the meals and the chores; we're good at it. You'll come away relaxed and refreshed, with your own evidence of nature's restorative effects. We guarantee it!



Poppy and Eric, naturally.

Herbs do it better in the kitchen

Cooks know that nothing gives a dish zing, class and intrigue like fresh herbs. And nothing can be fresher than the herbs picked daily in our kitchen garden.

We gather fresh basil for beef tenderloin and summer capellini; dill for poached salmon; chives for frittata; rosemary for beef, chicken and lamb; sage for stuffing; and Italian parsley for fennel-parmesan salad. Our soups, all vegetarian, come to life with fresh herbs.

Thanks to our kitchen garden, we can be generous.



Philling up on hand-picked veggies

Fresh herbs are close, but fresh vegetables certainly aren't. Luckily we have Phil Deadman.

When not serving meals in the Dining Room, Phil is probably picking vegetables at a friend's farm 200 kilometres south. After the day's crop is in, he fills his car with sun-ripened beans, tomatoes, cabbages, eggplants and corn – and drives straight to the Lodge.

Within 24 hours, his bounty is on your plate.

Relative ease

One trend we relate to is the family gathering. Nothing beats coming together in a beautiful setting – while someone else does the work. Grandparents, parents and children, even aunts and uncles, enjoy reuniting at Killarney Lodge.

Adults spend quality time with their children and grandchildren, going for hikes, paddles and naps. Cousins overcome shyness as they play together. At mealtime, the whole family relives the day's exploits and plans their next outing.

Last summer one little six-year-old arrived at breakfast nattily dressed, but without his parents. "My family might join me later," he confidently announced as we led him to his table. No problem.



Close-cropped for your pleasure.

Speaking of trends

Hearing languages from all over the globe in our Dining Room is quite wonderful.

Last year we welcomed visitors from South America, East Asia and Dubai. As well as British and German guests, we served more Dutch, Swiss and Scandinavian travelers than ever. And more new and second-generation Canadians ventured out of the city, using Killarney Lodge as a base for Algonquin adventure.

As the world gets smaller, our world gets bigger. We love it.



Hard work at the Lounge

Every summer our maintenance staff take on at least one project that would make an experienced engineer think twice. Drawing on their collective expertise and experience – and a can-do attitude – they arrive at made-for-Killarney solutions. But last summer we thought they'd met their match.

The 650-square-foot Guest Lounge needed major structural work. After several decades, the foundation needed reinforcement, and rotted supporting posts, joists and logs needed replacing. We knew it wouldn't be easy, especially as we wanted guests to enjoy the Lounge all summer long.

Snow was still on the ground when the guys carefully raised the building, an inch at a time. After securing it with heavy chains, they removed old wood and rebuilt the foundation. In the fall, they inserted new logs and lowered the structure.

"The logs were fitted so precisely," marvels Eric, "that you couldn't slide a piece of paper between them."

Guests not only used the lounge all summer, many gathered daily to marvel at the ingenious solutions and steady progress of our intrepid crew.



Vintage tools are still the best.

Mantel comes with history

You can enjoy the stone fireplace in our Dining Room without knowing it was built in 1933 of the oldest rock in the world (white quartz from the Precambrian era).

Or that the mantel shelf that master handyman Doug Fuller carefully replaced last summer is yellow birch, a hardwood used in 1930s bomber planes and gun stocks, as well as the deck of the first Queen Mary ocean liner.

After the lumber mill on our lake burned down in 1932, trees were floated west to what is now the campground beach, then taken to the McCrae Lumber Co. near Whitney. Doug's grandfather, log driver Leonard Fuller, was one of many local men who worked in the industry.

Eighty years later, Jamie McCrae, great-great-great grandson of John Duncan McCrae – and whose dad and uncle, John and Robert, still run the mill – provided Leonard's grandson with the magnificent piece of yellow birch for our mantel.

Most of the lumber harvested now from Algonquin Park is maple, while the remaining yellow birch trees are among the oldest in the park. Many are over 180 years old, and several near Cache Lake date back more than three centuries.



Winter lasted longer than usual last year, so the ice melted later – apparently all at once. We arrived to find geese swimming in the driveway. The raised cabins escaped damage, but the old dock did not, giving us an excuse to rebuild the dock – and have a snowball fight on opening weekend.

Raw talent, fresh ingredients

We've had expert culinary guidance, but ultimately it's the talent, integrity, curiosity and passion in the kitchen that brings a menu home. Over and over and over again.

Every few weeks we re-evaluate our menus. What do guests order? Like? Send back? What new recipes have Poppy and the cooks discovered on cooking shows and the Internet?

Everyone has an opinion – nothing is sacred. Recipes are tweaked. Presentation is scrutinized.

Not every experiment succeeds. Tuna melts, bean salads and Mediterranean plates are history. But crab cakes with aioli, salmon kabobs on rosemary skewers, lobster on croissants and hamburgers made from scratch have been big hits.

Sometimes old family recipes are best, such as the one for cabbage rolls that cook Janice Larochelle inherited from her grandmother. This vegetarian dish has been a guest favourite for years.

Her Italian meatballs, on the other hand, made it onto the menu only last summer. Old school? Yes, but Janice was confident. "People will love them. You'll see." And they did.



Janice Larochelle and Devan Button warm up the kitchen.



Cabin with a view

Cabin 25/26 has all the features you expect of a cabin at Killarney Lodge, with a stunning bonus: the view from the highest deck on the property.

Standing on the deck, you could look down to see loons catching fish under water or gaze at the far shore. But sitting

down, you couldn't see past the wooden railing.

When it came time to renovate last summer, we enlarged the deck, moved the stairs, replaced the posts and prepared the rails. But we couldn't bring ourselves to block the view with wooden spindles. We hemmed and hawed, did a little research and found a solution: glass panels designed for railings. (You can find anything on the Internet!)

It's a departure from the Lodge's rustic look, but the new panels are strong and unobtrusive. The view is clearly worth it.

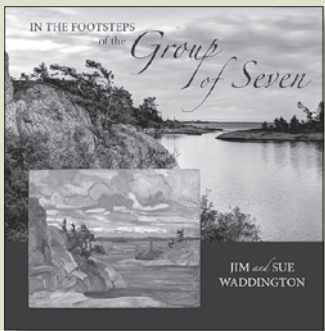
For more Killarney Lodge stories, photos and information visit our website: www.killarneylodge.com

Puzzles, a good book, coffee

Nothing says cottage living like a jigsaw puzzle, but what good is a puzzle if it takes too long to finish? Not much, we say. So we replaced the 1000-piece puzzles in the Lounge with 25 new 500-piece challengers. Have at 'em.

Thirty six years ago, Sue and Jim Waddington began looking for the exact spots where the Group of Seven artists sketched and painted their ground-breaking works. The quest took them from Nova Scotia to British Columbia, through Algonquin Park and north to the Arctic.

In 2013 Goose Lane Publishing and the Art Gallery of Sudbury published the Waddingtons' gorgeous book, *In the Footsteps of the Group of Seven*. It's a fascinating read, featuring photographs of locations and the work the sites inspired. We were so impressed we purchased several copies for the Lounge.



And what's a good book without a coffee? With the new Tassimo coffee machine in the Lounge, flavoured coffee, regular coffee, espressos and cappuccinos are ready when you are.

The karma of sticky fingers

Hawaiian legend has it that Pele, the Goddess of Volcanoes, puts a curse on visitors who take lava rocks from her active volcano, Kilauea. Pele's curses have proven so effective that

people pay to return the rocks they took as souvenirs.

We won't put spells on people, but Poppy did try an experiment last summer. Under each new stone coaster in the Lounge she attached a note stating, "Bad Karma to you if you steal this coaster." It worked! Not a single coaster went walking, and more than one guest said, "I love what you did!"

We've lost books, tchotchkes and our share of towels, but what really pills our sweaters is when an irreplaceable gift from a guest disappears. So, if the small, framed needle-work piece proclaiming "Martha Stewart Doesn't Live Here" is returned, we promise to call off the bad juju.

As for whoever threw our cement Buddhas into the lake, they're plainly beyond help.

Bite me – not!

Most people want to use natural products. The trick is finding ones that work, especially to deter the tiny, persistent blackflies that come for a few weeks every spring.

Poppy has tried just about every natural insect repellant on the market, so her expectations were modest when a guest told her about No Bite Me cream. But it worked!

"I hardly got bitten," says Poppy, "and the bite marks I did get disappeared quickly with treatment. I think it's better than DEET – and that's saying something."

No Bite Me is a blend of lemongrass, cedar, mint, thyme, clove, rosemary and marjoram oils. It does not contain diethyl-meta-toluamide (DEET), the potent chemical found in commercial insect repellants. No Bite Me is also available in spritzer form for pets and, unlike DEET, is safe for children.

At press time, Poppy was ordering a case for the Lodge.



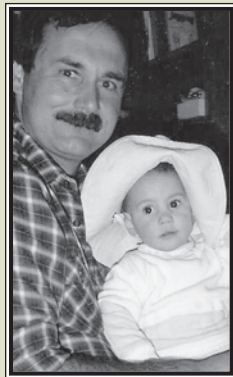
Jonathan pushes limits.

Dr. Samantha Kate Miglin

She did it! This spring, after four years of exams, late nights, hands-on and eye-opening experiences, Samantha graduated from the University of Guelph as a Doctor of Veterinary Medicine. We are SO proud of her.

She also got engaged. Sam met Jon Odebralski, also a veterinary student, in her first year and his third. Three family vacations later, we haven't scared him off. He has eaten hotdogs with us for Christmas dinner, outside. He has sailed and skied – for the first time – on high seas and backcountry trails. He's still here.

Drs. Miglin and Odebralski will decide their professional futures after Sam completes an oncology and emergency internship in Atlanta, Georgia. But they're already planning their 2015 wedding – at Killarney Lodge.



Eric and Dr. Miglin looking forward.



Party on! Alexandra, Poppy, Samantha, Eric, Charlotte, Jonathan and Sam's fiancé, Jon, bring in the new year.

Buckets full of adventure

We know that Eric has a passion for outdoor challenges, a passion he did his best to instill in his children from a young age. Clearly he succeeded: Samantha, Alexandra, Charlotte and Jonathan are fearless adventurers – and a lot of fun. Especially together!

As youngsters, they learned to ski, camp, canoe, hike and swim. As 20-somethings they're more than capable of following Eric through his never-ending bucket list.

(On top of university studies, theatre and serious hockey, the kids' own adventures include following howler monkeys around Kenya and Rwanda, volunteering in a lion rescue centre in Zimbabwe, riding an ostrich in Vietnam, digging a truck out of the sand in wartime Sudan, plus traveling from Cairo to Cape Town, and through Cambodia, Thailand, Laos and Vietnam.)

Eric checked off one item a year ago when the family spent nine days navigating a 50-foot sailboat in the high Caribbean seas.

This past Christmas he realized another dream when the family skied 11 kilometres carrying 35-pound backpacks to Skoki Lodge, a rustic resort in the Canadian Rockies.

Built in the 1930s, Skoki boasts a spectacular location and an international

reputation – but no electricity, running water or indoor plumbing. Prince William and Kate Middleton sequestered there during a 2011 summer visit to Canada. (The royal couple, however, arrived by helicopter and were granted a specially flown-in washroom.)

For four days the family skied and explored, lounged by the fire, ate dinner by kerosene lanterns, and played cards wearing headlamps. They loved it.

Which isn't to say that back at the Chateau Lake Louise, they weren't happy to shower, dress up, and party in the New Year. They're flexible!

We hope that Killarney Lodge is on your list this year. See you soon!

Eric & Poppy

P.S. We'd like to know

If you could change one thing about Killarney Lodge, what would it be? We'll leave paper and envelopes in the Lounge – or just tell us!

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Open May 9 to October 19

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