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April 2023 - March 2024



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¹ <https://www.newscientist.com/article/2217483-plastic-tea-bags-shed-billions-of-microplastic-particles-into-the-cup/>



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Welcome!

Our Passport to Nature has been created with YOU in mind – those who want to explore the wild outdoors, experience new things & meet nice people. To make the most of your Passport, here are five basic steps to plan your next adventure and get involved with The Couchiching Conservancy.

- 1 PLAN**
Read this booklet for info on events, activities & visiting the reserves.
- 2 REGISTER & DOWNLOAD**
Visit our website to sign up for events & activities. Registration for in person events opens two months in advance.
- 3 ATTEND!**
Take part in downloadable activities or in person events. Remember to dress for the weather, bring water, good footwear & be prepared for biting insects.
- 4 SHARE**
We love seeing you share your experiences & photos. Use #WildwithCC and tag us @couchichingconservancy.
- 5 SIGN UP**
Get our monthly newsletter, become a member, learn about volunteering & more.

THANK YOU!

To the businesses who have supported this program and our conservation efforts. To our wonderful committee for bringing this program to life: Kathy Hunt, Janet Machan, Jamie Ross, Jane Sloley, Susan Crowe, Sarah Papple, Tanya Clark and Madeleine Fournier. And to our Board of Directors for all of their support! And to our talented event leaders who share their time and expertise.

The Passport to Nature is organized by...



The Couchiching
Conservancy



We are a non-profit, non-government land trust dedicated to protecting nature today, for current and future generations. Our work is powered by community members, supporters, businesses, volunteers and foundations. Since 1993, we have helped protect over 14,000-acres of wilderness – an area double the size of the City of Orillia! We operate on the territory of the Anishnaabeg.

Want to learn more & get involved? Reach out to us!

OFFICE: 1485 Division Rd West, Orillia, ON L3V 0X6

couchichingconserv.ca | 705 326 1620



@couchichingconservancy

Quick Stats

ESTABLISHED in 1993. We are 30 this year!

PROTECTED PLACES 54 reserves & easements.

TRAILS 23.5km among 13 nature reserves



Finished with your Passport?
Pass it to a friend!

Nature Calendar



YEAR ROUND & SELF-GUIDED

Experience the Wildlands Road Trip
Experience Carden Road Trip
Family FUN Collection
Conservancy Trail Talk
Birding by Ear Digital Download

2023

May 27 - 28 Carden Challenge
Sat, June 10 Grassland Birds
June Spring Saving Nature Mission
Sat, Aug 5 Paddle Party
Sun, Aug 20 Fascinating Forests
Sept - Nov Art Design Contest

Sun, Sept 10 Foraging for Fungi

Photos

Sept Fall Saving Nature Mission

Sun, Oct 1 Painting the Wildlands

Dec Winter Saving Nature Mission

2024

Sat, Jan 27 Story Walk

Sun, Feb 11 Books & Beer

Sat, Mar 2 Annual General Meeting

Visit our website for more!

Plan your own visit



DID YOU KNOW...

Many of the nature reserves The Couchiching Conservancy and partners help to protect have marked walking trails! Ongoing care of these reserves, including seasonal trail maintenance, is made possible by our members, volunteers and supporters.

TAG US!

@couchiching
conservancy
#WildwithCC

TRAIL MAPS

Find out which reserves have trails by flipping to the centre page of this booklet! For more information and to download trail maps, visit our website couchichingconserv.ca.

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The Couchiching Conservancy*



5 King Street West,
Orillia, ON

Phone 705-326-7371

Trail Etiquette



1

TREAD LIGHTLY

Visit the reserves for nature appreciation, hiking, photography, snowshoeing and bird watching. Pack out any garbage.

2

KNOW YOUR ROUTE

Download a map, and stay on the **marked trails**. Be prepared for the trail conditions. Let someone know about your plans.

3

RESPECT NATURE & OTHERS

Leave no trace, don't take from nature, & keep your dog on a leash so everyone (wildlife included) can enjoy nature to the fullest.

4

BE AWARE

Pay attention to your surroundings & changes in the weather. Watch for plants & animals, make space for others.

Outdoor activities have inherent risks - use of our trail systems is done at your own risk.

Passport to *Local Trails*



CONSERVANCY TRAILS 101



Learn from
home!



Visit our website
to download

Sometimes you need a bit more info than what you can find through an app or online before you visit a new trail.

Download this digital resource describing some of the Conservancy's most popular trails. We will tour you through five of the nature reserves with trails that are open to the public. There is no cost to visit, and no cost for parking. Donations are gratefully accepted to care for these places.

We even include all of the trail maps in one place to make it easy for you to plan your next outdoor adventure.

Photo ID: Trilliums in bloom at Grant's Woods Nature Reserve (S Vessios), the locally famous Fargo Truck (L. Schamerhorn), Charlie explores the Adams Nature Reserve on leash to keep him safe, and to respect local wildlife.

DOWNLOAD
ANYTIME!



This event has been
sponsored by:

MEMBERS OF THE PAST PRESIDENTS COUNCIL

This Council created the Heartwood Fund - a 'forever' fund, a protected endowment whose income is dedicated to supporting the core of the organization.



This Council consists of Past Presidents of The Couchiching Conservancy's Board of Directors.

Did you know...

The Conservancy manages over 23km of trails. Make sure to download a trail map and understand trail etiquette before venturing out!



Passport to
Carden Alvar



**DOWNLOAD
ANYTIME!**

EXPERIENCE CARDEN ROAD TRIP



30 minutes
from Orillia



Best time:
May - June



Visit our website
to download

Pack up for a great day out in nature, and get ready for a road trip full of surprises!

Download this digital resource where we take you to two of Carden's world famous nature reserves. You'll discover a globally rare landscape, just outside of Orillia, home to over 200 bird species.

Register to download this Experience for tips from locals to do your own road trip of the region, or make a donation over \$50 and we will mail you a copy!

Photo ID: Cameron Ranch Nature Reserve, a part of Carden Alvar Provincial Park (S. Vessios), Upland Sandpiper (V. Sherwood), Bobolink.

Did you know...

The Carden Alvar is one of the largest and most significant collections of alvars in the world. The 42,576-acre Carden Alvar Natural Area contains a mixture of alvar, forest, wetland and grassland.



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Couchiching Conservancy,
in this beautiful area
we live and work in.*

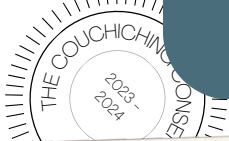
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Passport to
Birding



DOWNLOAD
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BIRDING BY EAR



Your
home!



Visit our website
to download

A big part of being able to identify birds is your ability to identify them by their song!

Sign up to gain access to this digital download – a recording of an in depth Zoom presentation on birding with knowledgeable leaders Ian Cook and Tanya Clark, plus birding tips from local naturalist Janet Grand.

In the Zoom recording, you'll hear sound clips of common birds, strategies to help you memorize songs and species to focus on. The perfect Carden Challenge primer!

Photo ID: Tree Swallow (T. Clark) and taking a closer look with binoculars!
Indigo Bunting



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Local Fundraiser!



RUSTICA PIZZA VINO

Sunday, May 28, 5:30pm

A unique dining experience in support of local efforts to protect nature! This event will highlight different rainforests of the world, their local cuisine, wine and culture.

Save the date and watch for details at
[@rusticapizzvino](https://www.instagram.com/rusticapizzvino)

Thanks Rustica!



The 19th Annual **CARDEN CHALLENGE**

AT HOME OR ON THE ALVAR

- Any experience level
- Count as many species as possible in 24 hours
- Raise money to protect the Carden Alvar
- Win prizes & trophies!

MAY 26 - 27
6PM - 6PM

COUCHICHHINGCONSERV.CA FOR MORE INFORMATION & TO REGISTER!

Youth - Get Involved!



Did you know...11% of volunteers at The Couchiching Conservancy are 35 and under, and only a handful are 25 and under? This year, we are working towards developing a program that prioritizes youth participation and empowerment. Keep an eye out in our newsletter and social media for more details!



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Passport to
Family Fun!



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Visit a Nature Reserve
or do at home



Visit our website
to download

Engage with the wondrous world of nature.

Organized by seasons, the many activities provided in our Family Fun Box are designed to keep you connected to nature throughout the year. From our fun fact word-searches to our hands-on activities, there is sure to be something for everyone.

Register online to download the digital files, or make a minimum donation of \$40 and we will mail you a printed copy.

Gear up for days of exploration! Nature beckons.

Photo ID: Taking a closer look at what grows in our own neighbourhood, looking at lichen and fungi at Grant's Woods Nature Reserve, binoculars can help kids get a closer look at what species are nearby.



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ANGELA REHORN
Inspiring Others, Changing The World

"The Passport to Nature program
inspires people to connect with nature.
It is our honour to support this
program in memory of our daughter
and sister, Angela."

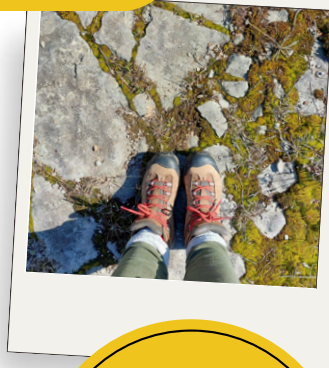
The Rehorn Family



Did you know...

Numerous studies have shown the physical and mental health benefits of spending time in nature. It is known to reduce stress and blood pressure, and boosts cognitive performance including memory and creativity.

Passport to
Saving Nature



The Frenette-Ling Family would like to honour The Couchiching Conservancy and all the creatures they protect by supporting the Passport to Nature

**SAVING NATURE -
SUMMER MISSION POSSIBLE**



30 minutes
from Orillia



Visit our website
to download

**ANYTIME IN
JUNE**

It's time for an adventure! Where will your first mission take you? Your destination is located within an Important Bird & Biodiversity Area. Pack your binoculars - you will need them!

This is a rare landscape with a great diversity of species including native wildflowers, shrubs and grasslands. Did you know some estimates suggest that grasslands hold 15% to 30% of the world's carbon in its soil!

Sign up to receive your mission with details on where we are sending you, and what you need to do, or make a minimum of a \$20 donation and we will mail you the mission.

Photo ID: We can't tell you where these photos are taken, because it would give away the location of your mission! Photos taken by R. Ryan Lamoureux, T. Clark, and C. Curran.

Thank you!

A big thanks to Hardwood Ski & Bike & The Ktchn at Braestone Club for donating prizes for our Saving Nature series. Complete all three missions for more entries!



Protect.

BECOME A MEMBER!

For \$40 (individual) or \$60 (family), you play an important role in protecting nature. Flip to the back of this booklet to learn how you can help!

Passport to
Turnbull Ranch



SAT,
JUNE 10
9 - 11am

**GRASSLAND
BIRD WALK**



Turnbull
Ranch



Max of 12 people. Visit
our website to register.

Meadowlark, Shrike, Bobolink...what grassland bird species will we see and hear together? Join expert naturalist Ginny Moore to learn about the Alvar and some of the species who call it home. BYO binoculars, wear good footwear, be prepared for insects. Note that this Reserve is not otherwise open to the public as there is active cattle ranching.

Event Guide: Ginny Moore - Carden Grassland Bird Monitor,
Conservancy supporter

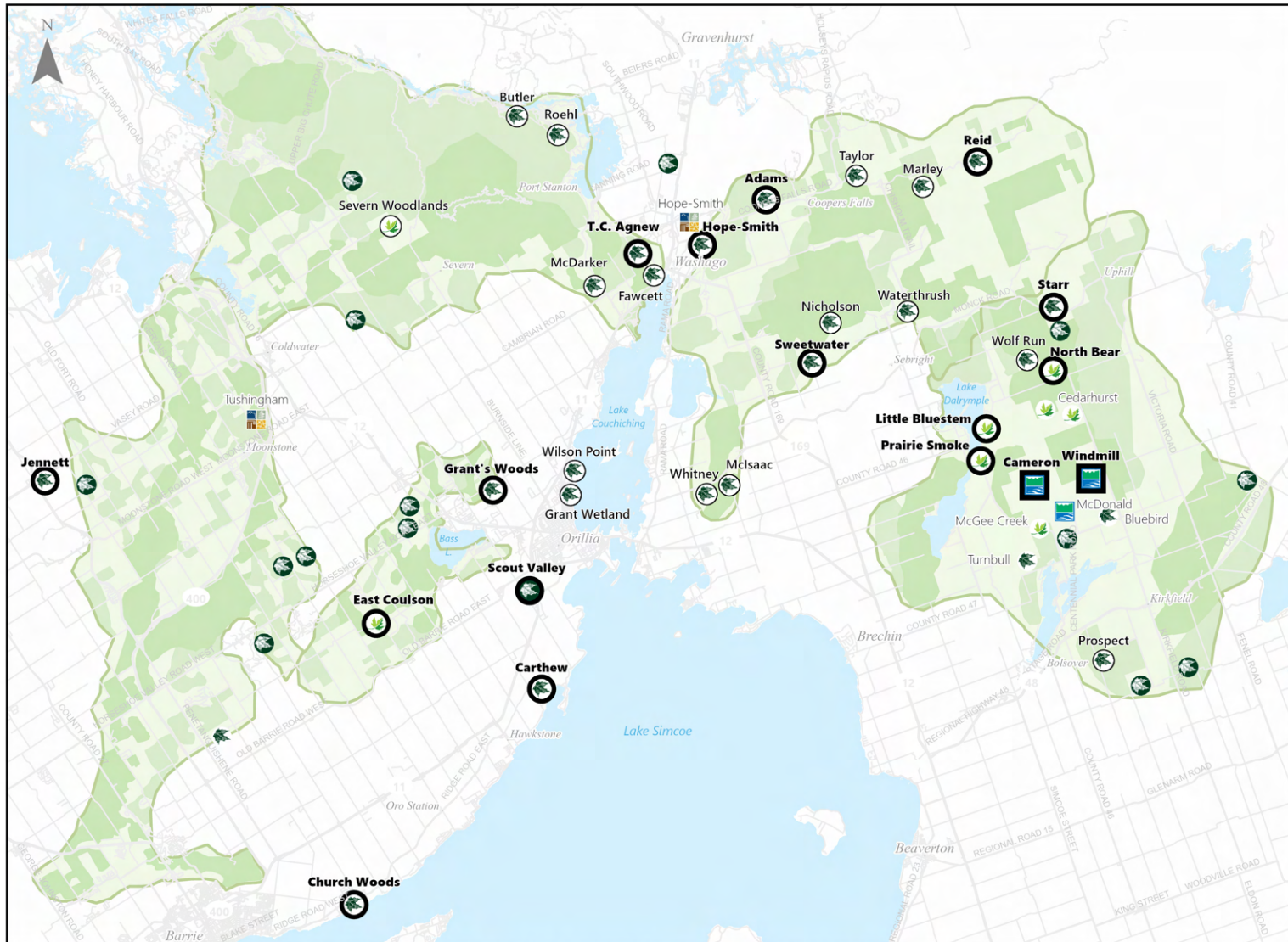
Photo ID: Grasshopper Sparrow (T. Rowland), Alvar landscape (S. Vessios)



Where does the Conservancy work?








Find out more about these landscapes on our website






Created by The Couchiching Conservancy, April 2023. Projected coordinate system NAD 1983, Projection: Transverse Mercator. Data sources: Road and lake data modified from Land Information Ontario (2021); Priority areas and conservation corridors conceptualized by Ron Reid and the Couchiching Conservancy and digitized by Kawartha Conservation (2020). This is an artistic rendering and is not meant for navigation or legal purposes. Contact for details.

Nature Reserves and Easements




Protected By:

-  The Couchiching Conservancy
-  The Couchiching Conservancy Easement
-  Nature Conservancy of Canada
-  Ontario Heritage Trust
-  Ontario Parks

Nature Reserve Access:

-  **Open to public with trails**
-  Use at own risk
-  Closed to the public

Acquisition Strategy:

-  Conservation Corridor
-  Priority 1 Zone
-  Priority 2 Zone

Can you see the corridors?

*The Couchiching
Conservancy* 



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Passport to
the Black River



**SAT,
AUG 5
10am - 1pm**

PADDLE PARTY ON THE BLACK RIVER



Ron Reid
Nature Reserve



Max of 15 people. Visit
our website to register.

This paddle on the historic Black River is led by Phil Careless, Ontario Parks biologist. The route will take paddlers from the Rosebush Landing entry to the foot of Ragged Rapids and back. Along the way, our leader will intrigue you with interesting facts about the riparian landscape and local species, including one of the most endangered animals in North America. Bring your own canoe or kayak. Life jackets are mandatory and must be worn. Dress for the weather.

The Reid Reserve is one of our wildest properties, at 729-acres, it's connected to the Queen Elizabeth Wildlands Provincial Park. Register fast – this event is popular!

Photo ID: Last year's paddle party (S. Vessios), the sandy shores of the river (T. Clark), Black and White Warbler (T. Rowland).



From one great
tradition to another,
proud to be an
Event Sponsor



Did you know...

The Conservancy coordinates over 200 volunteers to carry out 9 Community Science projects, which monitor our properties and species at risk.



Happy 30th Anniversary!

We have been protecting nature with your support for 30 years! Our organization was founded by a small group of people in 1993, and their passion for protecting nature has grown into what we are today. Our thanks to all of our supporters over the years, and your belief in this essential work to protect the beautiful wilderness of the region.

Passport to
Adams Reserve



SUN,
AUG 20
11am - 1pm

FASCINATING FORESTS



Adams Nature
Reserve



Max of 20 people. Visit
our website to register.

On this hike you will learn about different forest regions, types of forests, and how to identify local trees using several traits. We will discuss the biology of trees, the interconnected nature of forest ecosystems, and the importance of biodiversity.

During our walk we will reflect on the benefits of forest ecosystems, natural cycles, and the threats of human impacts on forests.

Event Guide: Chase Moser - Biology & Sustainability Sciences staff at Lakehead University, Conservancy supporter

Photo ID: Adams Nature Reserve in the fall (T. Clark), the pond near the top end of the reserve, always a good time to hug a tree (E. Atkinson)



HORSESHOE VALLEY

DENTAL

DR. SUSY LEE, DDS

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Local Fundraiser!

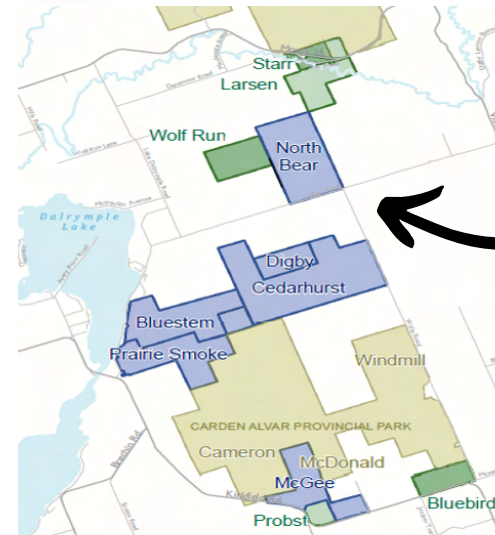


BREWERY BAY FOOD CO

Wednesday, October 25

Join us for a night out for nature
with our friends at Brewery Bay Food
Co in Downtown Orillia!

Stay tuned for details.



*Can you spot
the missing
links?*

This map is a great
example of how we're
working together to create
conservation corridors!
Visit our website to learn
about the Corridors
Campaign.

Passport to
the Wildlands



DOWNLOAD
ANYTIME!

EXPERIENCE THE WILDLANDS ROAD TRIP



30 minutes
from Orillia



Best time to go
is Sept - Oct



Visit our website
to register.

Did you see that? Was it a Great Blue Heron? Or maybe it was a Belted Kingfisher? You never know what you will discover in the Black River Wildlands, just outside of Orillia.

Home to hundreds of species, the Wildlands are a mixture of wetlands, forests and magnificent Canadian Shield. There is so much to see and explore!

Sign up to download your road trip package, where we share driving instructions, trail maps, a list of species to watch for and other details.

Photo ID: visiting the reserves with family and furry friends is a great way to experience nature (C. Pellerin). American Bullfrog (T. Rowland).



"We don't inherit the earth
from our ancestors. We
borrow it from our children."



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Passport to
Grant's Woods



Did you know...

We estimate that over 7,000 people visit this reserve each year! One of our most important volunteer jobs belongs to Grant's Greeters. They help connect with these visitors and ensure everyone leaves no trace in the woods.

FORAGING FOR FUNGI PHOTOS



Grant's Woods
Nature Reserve



Max of 12 people. Visit
our website to register.

Some are beautiful, some are ugly, some are delicious and some are deadly.

Join naturalist and community scientist David Cowl on a mushroom hunt through Grant's Woods Nature Reserve to learn why foraging with a camera is a much more sustainable option.

Grant's Woods Nature Reserve is one of the Conservancy's most well-known reserves and is visited by thousands of people every year.

Photo ID: there is a wide variety of fungi that grow at this reserve.
Photos by T. Clark and P. Elsey.

SUN,
SEPT 10
9 - 11 am

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Would your friends like to come?

**SAVING NATURE -
FALL MISSION POSSIBLE**



20 minutes
from Orillia



3 hours total
(1 driving, 2 hiking)

**ANYTIME IN
SEPTEMBER**

Your fall mission will take you to the Canadian Shield, through a forest and to small ponds. This reserve is in the Black River Wildlands and has important connections to other protected places. Did you know, in one year a mature tree will absorb more than 48 pounds of carbon dioxide from the atmosphere and release oxygen in exchange?

Sign up to receive your mission with details on where we are sending you, and what you need to do, or make a minimum \$20 donation and we will mail you the mission.

Complete the mission to be entered to win a prize pack from Hardwood Ski & Bike or The Ktchn at Braestone Club.

Photo ID: We can't tell you the location of this beautiful place, but the photos were taken by S. Vessios, T. Rowland and J. Burnie.

Local Fundraiser!



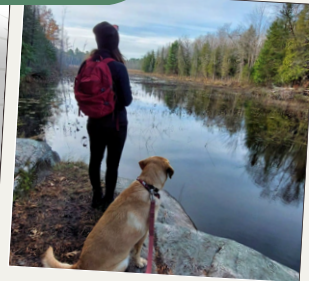
THE BLUMOOSE ALVAR RIDE

Saturday, September 9 - 100km or 140km

Cycle along the beautiful gravel and tarmac roads of Simcoe County and Kawartha Lakes. The ride encompasses the extraordinary Carden Alvar Provincial Park. The goal of The BluMoose cycling events is to raise charitable funds for The Couchiching Conservancy and The Golden & District Hospital in memory of Danya Leemhuis.

Details at theblumoose.com

Passport to
Alexander Hope Smith



SUN,
OCT 1
10am - 1pm

PAINTING IN THE WILDLANDS



20 minutes
from Orillia



Max of 12 people. Visit
our website to register.

Join Doug Cooper, a well-known artist from Washago, for an outdoor acrylic painting workshop.

This 3-hour workshop will take place at the Alexander Hope Smith Nature Reserve located off of Coopers Falls Road, approximately 5km west of the village of Washago, providing stunning vistas to inspire you.

Participants are asked to bring their own painting supplies and dress for the weather as it will go rain or shine. Sign up, come out and partake in this “plein air” experience!

Photo ID: Fall colours (S. Vessios), checking for waterfowl (T. Clark), Alexander Hope Smith Nature Reserve in the fall (T. Clark).



“Heaven is under our feet as
well as over our heads.”
— Henry David Thoreau

Here to help with Federal Services

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Saving Nature!



ANYTIME IN
DECEMBER

SAVING NATURE - WINTER MISSION POSSIBLE



25 minutes
from Orillia



4 hours total
(2 driving, 2 hiking)

Bundle up and head out to this gem in a village community south of Orillia. This nature reserve is small but the old growth hardwood forest and woodland understory of wildflowers and ferns make this an important place for species like Barred Owls, Salamanders and migrating birds.

Sign up to receive your mission with details on where we are sending you, and what you need to do, or make a minimum \$20 donation and we will mail you the mission.

Complete the mission to be entered to win a prize pack from Hardwood Ski & Bike or The Ktchn at Braestone Club.

Photo ID: What will you see and hear while visiting this place?
Photos by T. Currie and Canva!

Did you know...

Our Passport program inspired other environmental non-profits across the country to use the same model for their own activities. Passport to Nature Canada is your invitation to experience the marvels of our natural world in communities across Canada!



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17 Colborne St. East, Unit #101
Orillia, ON L3V 1T4

Passport to
Scout Valley



Did you know...

We have identified the Oro Moraine as one of our areas of strategic interest. It is a prominent natural environment stretching from Highway 400 to Bass Lake, consisting primarily of forests & wetlands.



**STORY WALK
FOR KIDS**



Scout Valley



Visit our website
to register

**SAT,
JAN 27
10am - 1pm**

Orillia Public Library and Couchiching Conservancy invite you to a unique walk in the woods! The library staff have chosen a special nature story for you to read page by page, as you hike through beautiful Scout Valley. January 27th happens to be Family Literacy Day! This is a drop-in event, come and go at your convenience!

You will also enjoy time with your family as you look for unique natural features along your walk. Follow our scavenger hunt to look for evidence of animals passing or to identify and learn about natural features of the forest. Finish your walk at Regan House with a warm cider, a craft and to place your entry into our scavenger hunt prize draw.

Photo ID: Regan House (S. Vessios), kids in the snow, snowshoeing Scout Valley, an easement with The Couchiching Conservancy (S. Vessios).

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Passport to
East Coulson Swamp



SNOWSHOE BOOKS & BEER



East Coulson
Swamp



Max 12 participants. Visit
our website to register.

This is our second “book club” event, led by local resident and librarian, Sarah Papple. For this outing, participants will read (at their own pace) “Empire of the Wild” by award-winning author Cherie Dimaline of the Georgian Bay Métis community. Sarah says the novel is based around the local area and has “everything we need – nature, spookiness, and love.”

While exploring this local Nature Conservancy of Canada trail by snowshoe, Sarah will guide a chat about the novel while you work up your thirst to continue the discussion at Quayle’s Brewery! Support local by picking up a copy from your closest library or bookstore.

Photo ID: photos of the first Books & Beer book club (K. Hunt), sunshine through the trees at East Coulson Swamp (T. Clark).

SUN,
FEB 11
2 - 4pm

Did you know...

The Conservancy has important
partnerships with Nature
Conservancy of Canada, Ontario
Parks and other organizations.
We do more for nature together!



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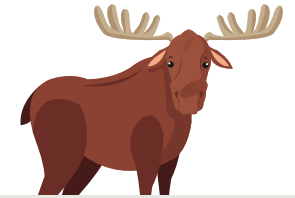
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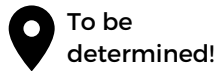


Passport to
Our Nature Community



SAT,
MAR 2
2024

ANNUAL GENERAL MEETING



To be
determined!



Watch our website and
newsletter for details

Save the date! Our Annual General Meeting is our most important event of the year, where we recap the past year's activities and share what is next.

We recognize supporters and volunteers, vote in the next Board of Directors and more.

Members have voting rights, and absolutely everyone is welcome to attend. This is a great chance to chat with others committed to protecting nature, ask questions and connect with the community.

Photo ID: Bob Sullivan, Jack Booth, Jane Bonsteel and Kathy Hunt are all members of our Board of Directors. Dorthea Hangaard, Executive Director. Photos by J. Horne. Opposite page, Barred Owl (T. Rowland), a bird's eye view of the Wildlands (C. Pellerin).

BUILDING CORRIDORS OF CONNECTED WILDERNESS

In the face of a rapidly changing climate, wildlife corridors are critical. These are the bridges for species to move.

Several high-priority zones have been identified within the Conservancy's coverage area through mapping of species at risk occurrences, connection to existing protected areas, waterways, forest cover and more. Your donation to the Corridors Campaign helps us secure more wild places.

Scan our QR code or visit couchichingconserv.ca/donate

Prefer to donate by phone or mail?
Contact Tanya Clark, Fundraising &
Engagement Manager, at 705-326-1620
or send a cheque payable to
The Couchiching Conservancy:
Box 704, Orillia, ON L3V 0X6

Charitable Reg. Number: 13972 5030 RR0001



Passport to
Creativity

30th Anniversary Art Contest

Your art or design
could go here!

Get those creative juices flowing!
Nature is an inspiration for many of us,
and we want you to take that
inspiration and submit a design!
Winner will be selected via a public
vote and win an item with your art.

VISIT OUR WEBSITE FOR DETAILS

Protect Nature by Volunteering!

Do you love the outdoors? Are you passionate about land conservation? Looking to connect with like-minded individuals? JOIN US! As a volunteer, you play an important role in driving our local conservation efforts.

A FEW OF OUR MANY VOLUNTEER OPPORTUNITIES:

- Ambassador
- Office Support
- Land Steward
- Property Maintenance
- Wildlife on Roads
- Water Monitoring
- Reptile Monitoring
- Monarch Monitoring

Volunteers are at the heart of The Couchiching Conservancy. They enable us to steward and manage over 50 nature reserves, drive projects and campaigns, and help build a community of supporters working to protect nature in the region.

We recruit annually in the winter.

LEARN MORE ON OUR WEBSITE:

couchichingconserv.ca/how-to-help/volunteer



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Photo ID: Jane greets visits at Grant's Woods Nature Reserve as a Grant's Greeter. Dylan, Thomas, Mark water training Scout Valley (A. Aggarwal)

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Get Out. Connect. Protect.

We are a non-profit, non-government land trust that needs YOUR
help to protect the wild places in our region.
Here are a few ways to get involved.



BE A MEMBER

For \$40 (individual) or
\$60 (family), you help
grow the nature
movement!



STAY INFORMED

Sign up for our
monthly nature news
so you don't miss out!



VOLUNTEER

There are many
interesting jobs, from
helping in the office to
our on the reserves.



GIFT OF NATURE


For \$25, you can help
us care for 1 acre of
wilderness for a year.
A great gift!



Finished with your Passport?
Pass it to a friend!

Photo ID: Gilda looking for birds (J. Burnie), out and
about at Grant's Woods Nature Reserve (D. Halbot).

The Couchiching Conservancy



Protecting nature for future generations

Founded in 1993, The Couchiching Conservancy is a non-profit, non-government land trust powered by people like YOU. Together, we are dedicated to protecting nature.

How you can help



Become a member
Volunteer your time
Grow into a monthly giver
Share this booklet with a friend

Connect with us



couchichingconserv.ca | 705-326-1620



@couchichingconservancy

Cover photo: Alexander Hope Smith
Nature Reserve. C. Pellerin