

Escarpment Views



SUMMER 2009

Reflecting the lifestyles and values of people along the Niagara Escarpment

Summer Camp for Young Triathletes

5 Favourite Antique Markets

Canadians Revive the Civil War

Summer Blooms in The Living Garden

RevWear: How to Wear Waste

Plus Misty Ingraham on Dressing Salads,
and Seana McKenna on Performing Nude

Escarpment Views

PUBLISHERS

Mike Davis
Gloria Hildebrandt

EDITOR

Gloria Hildebrandt
Orchard House Communications
editor@EscarpmentViews.ca
905 873 2834

ART DIRECTOR

Branimir Zlamalik
gb.com unlimited
art@EscarpmentViews.ca

ACCOUNTS MANAGER

Mike Davis
ads@EscarpmentViews.ca
905 877 9665

WEB SITE DESIGN

Joan Donogh
In-Formation Design

Escarpment Views is published four times a year. Subscriptions in Canada are \$21.00 (GST included) a year. Subscriptions to the U.S. are \$30.00 (GST included) a year.

Delivered by



Publications Mail #41592022

The publishers of *Escarpment Views* are not responsible for any loss or damage caused by the contents of the magazine, whether in articles or advertisements. Views expressed might not be those of its publishers or editor.

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Escarpment Views, 50 Ann St.
Halton Hills, (Georgetown)
ON L7G 2V2
editor@EscarpmentViews.ca
www.EscarpmentViews.ca

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ISSN 1916-3053



Printed on paper with recycled content.

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Escarpment Views

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Gloria,
Kelly & Thomas

a field next to the road and they were galloping around in joy. Unfortunately, Whiskers was so terrified of the cows that Barbara could barely control him. Even at my place, he was backing up, tossing his head, snorting, stamping and pawing the ground.

"He's full of adrenaline," said Barbara.

I told Barbara that there was a way to go cross country, but I would have to show her. I put my boots on, put my border collie Kelly on a leash so she wouldn't herd Whiskers, and joined Barbara and Whiskers in my back yard. We headed off across my father's property, where his terrier Thomas joined us, barking and charging at Whisker's hooves, outraged at the horse on his territory.

As we started cross country, the dogs settled down and seemed to accept Whiskers into their pack. I let Kelly off the leash. At a boggy stretch, Whiskers refused to go on. Barbara said he didn't like having his feet sink in mud. With Whiskers in a lather, we had to search for a relatively dry passage. We also had to watch for wire fences. I learned that dogs can easily go almost anywhere, while horses have particular needs. He accepted a grassy patch that had shallower water, and he acted calmer as soon as he was on higher ground.

Then we had to consider which parts of the hedgerows had flat-enough openings to let a horse through. While I was clipping away some overhanging grape vines, Whiskers brushed past me as if to say that a few vines didn't worry him. Once he was on the next wide-open farmer's field he stopped, sniffed the air and whinnied.

"He knows he's near home," Barbara said.

They crossed the field heading to the town line and then Barbara called out that there was no fence; they could get onto the road. She thanked me for my help and then she and Whiskers trotted back to the stable.

Featured Letter to the Editor

I read with interest Gary Hutton's article on Wild Orchids but I have a few comments. First of all 44 orchid species are listed for the Bruce Peninsula. Another two are found in Grey County making a total of 46 for the two counties. The "Orchids of Bruce and Grey Counties" which is published by the Bruce-Grey Plant Committee gives details of these species which will cover most that are likely to be found on the Niagara Escarpment. It costs \$18.95. Another publication which some may find useful is "Checklist of Vascular Plants for Bruce and Grey Counties, Ontario" (\$5.95). It includes ferns as well as flowering plants and clues you in to what is actually found in this area. Our fern book and geology book are also very relevant to the Niagara Escarpment. All our books are available from the Ginger Press in Owen Sound and many other outlets. Details may also be found on the Owen Sound Field Naturalists' Web site, www.osfn.ca.

Many of our orchids are found off the escarpment in the fens along the Lake Huron shore, such as Singing Sands, Petrel Point and Oliph-

: A Horse on the Drive

As I walked back to my house with the two dogs running ahead of me, I realized that this is what I love about country living: the easy access to natural spaces and closeness to the animal world. Over the years I've seen a cow grazing in my father's vegetable garden, a pony loose on the front lawn, three escaped horses in a neighbour's back yard, and occasionally a horse galloping riderless down the road. Neighbours help when they can, phoning owners, trying to keep the animal confined, or stopping traffic until the escapee can be brought back to safety. I've had more than one unusual adventure with horses, and it adds to the pleasure of country life. I hope that Whiskers knows he can find refuge and a carrot or apple when he turns into my driveway.

In This Issue

Summer is definitely the time for outdoor adventure. In this issue we present what some people are doing in Escarpment lands during the summer. Young athletes are training for triathlons in Collingwood. Civil War re-enactors are fighting near Milton. Antique lovers are seeking treasures in markets all along the Escarpment. And recently, university students in Hamilton designed fashions out of waste materials, which reminds us not to litter when we're out this summer.

Photo Notecards

A new development here at *Escarpment Views* is our creation of photographic blank notecards. We keep hearing such compliments about the photography in our magazine, that we decided to make some of it available by producing cards featuring some of Mike Davis's photography. We have three sets: the first four cover photos from the magazine, four images from Scotsdale Farm, and four shots from the RBG's Lilac Dell.

These cards are beautiful! I use them all the time for letters, as greeting and all-occasion cards. To share some of these beautiful Escarpment views, see the order form on page 25.

And get out there this summer and have an adventure or two!

Gloria

Gloria Hildebrandt,
Editor

ant. Bogs are extremely rare in southern Ontario. They are by definition wetlands with little water movement, dominated by *Sphagnum* mosses and therefore, very acid. The wetlands that occur west of the escarpment have continuous water movement due to the tilt of the Michigan Basin. They are also high in calcium due to the composition of the escarpment rocks.

... I would certainly endorse what Gary said about not transplanting orchids. They produce so many seeds that if you take an air sample anywhere in the world, literally, you can find orchid seeds. Yet they will only grow in company with the right mycorrhizal fungus in exactly the right habitat. Moreover, because of their dependence on fungi which have a tendency to pollute their own surroundings, over a period of time they change locations. Another very good reason for preserving large areas of diverse habitat.

Joan Crowe, Bruce-Grey Plant Committee,
Owen Sound Field Naturalists

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Events Along the Rock Selected snapshots by Mike Davis
 If you have an event you'd like us



A large crowd attended a fundraising dinner/dance for Friends of the Eramosa Karst on Feb. 27 in Hamilton.

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- Sat. Oct. 24 **Masquerade on Main Street** 11 to 1pm
- Dec. 3 **Holiday Magic on Main** 6 to 9pm



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Local florists brought creative spring bouquets to the Designs for Living Home Show & Ontario Garden Show, better known as the Hamilton Home and Garden Show, March 13 to 15.



show where *Escarpment Views* has been recently.
to feature, send us an invitation!



Gravel Watch Ontario (GWO) hosted a public meeting in Puslinch on Feb. 19 to discuss gravel pits and quarries. Les Kadar, left, questions panelists Ric Holt, standing, president of GWO, Barry White of GWO, Anastasia Lintner of Ecojustice, Beatrice Olivastri of Friends of the Earth Canada, and Larry Jensen of GWO.



On Feb. 5, Natural Resources Minister and Halton MP Lisa Raitt announced funding of \$53,000 to the Halton Environmental Network (HEN) for the Halton Residential Solar Project. The announcement was made at the farm of Monika Caemmerer (third from left) and Heinz Schweistries (third from right), whose new photovoltaic installation is on the barn roof. Also present, from left, Lisa Seiler and Rabia Yazdanie of HEN, Scott Henderson of Sun Volts Unlimited in Owen Sound, and Gary Carr, chair of Halton Region.

Upcoming Events

- June 7, **Marvin Gunderman** on "The Insects of Ontario," Dundas, www.giantsrib.ca.
- June 13, **Downtown Georgetown Farmers' Market** opens.
- June 20, **Festival on Main**, Georgetown, www.downtowngeorgetown.com.
- June 29, **Scott Cameron** on "Shipwrecks: Death, Destruction and Disaster on Georgian Bay," Thornbury, www.thebluemountains.ca.
- July 18 & 19, **Art in Happy Hearts Park**, Tobermory, www.happyheartspark.com.
- Aug. 10-21, **MYFilmStudio**, Meaford, 519 538 4903.
- Aug. 21, **Georgetown Rock'N'Roll'N Classics**, www.downtowngeorgetown.com.
- To Oct. 12, **40 Years Celebration**, Circle Arts, Tobermory, www.circlearts.com.

Owen Sound's Home & Cottage Expo was held on April 18 and 19 at the Harry Lumley Bayshore Community Centre.

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Planting for Summer Bloom

By Charles Hildebrandt Photos by Mike Davis

We have now arrived at the second stage of our gardening efforts. All the summer blooming plants, the tender ones, are now going into the soil, the dahlias, begonias, hibiscus, freesia, calla lilies, pelargoniums for our window boxes, gladioli for cut flowers. Despite our aversion to chemicals, incidentally, we can not get away from them when planting the corms of gladioli. If we omit to dust them or the soil where they are to be planted, we may lose their flowers to the working of thrips.

We can now have a field day with annuals, filling the spaces between our roses, our peonies, with fast growing cosmos,

with California poppies, with the various types of marigold, of impatiens, and then line the edges of the bed with alyssum, alternating with the misty blue of the ageratum, or the low-growing lobelia. The once so-fashionable petunia has been



a trifle overworked and has lately lost some of its popular appeal.

Iris have already gone in. They make a lovely splash together with peonies, as is so well demonstrated in the Laking section of the Royal Botanical Gardens. Daylilies (*Hemerocallis*), a species that has had the benefit of much hybridization, show vigorous growth. A large variety of shapes and colours of this once-weedy plant has been bred, so that daylilies as a group are no longer confined to the infertile soil that covers the road-



Daylilies give many one-day flowers on each plant.

Phlox blooms generously for weeks.

sides. True, daylilies bloom only for one day, but there is no end to new flower heads appearing from the same plant.

A highly fragrant annual is the tobacco-related nicotiana. It looks a bit like phlox, but isn't. We plant it where on mild summer evenings the perfume drafts over to our sitting area, enough to make the evening a romantic event. Phlox, by the way, is a native of our area,

and we can spot it in nature's wild garden, where we recognize it by its five flower petals, in contrast with the common *Hesperis matronalis* which has four petals. This widely occurring immigrant is also known by the uninspiring name Dame's Rocket, but the name *Hesperis*, from the Greek *hesperios*, which means evening, describes so much more accurately its sweet, all-pervading evening scent.

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Pale pink peonies make a big impact.



With all this aroma in the air, made even stronger by the fragrance of the lily of the valley, we must give attention to our lilac. The *Syringa* genus is not native and was introduced to this continent a long time ago, possibly

by the early French settlers. It has since been cultivated into hundreds of varieties. Some of the most popular ones are found in the highly fragrant single-flowered forms, such as the mauve pink of *Lamartine*, the Wedgewood blue of *President Lincoln* and the pure white of *Mont Blanc*. The double-flowered forms may be prettier but lack the intense perfume of the former group.

Everybody has lilac. No garden is without it and rightly so. Occasionally we also find the plant in the wilderness. Since it is not indigenous, the bushes, often grouped in straight or circular patterns, must have been planted by homesteaders whose abodes, abandoned now, can often be identified by the broken-down stone foundation, sometimes by a few pieces of lumber lying around the site.

Some lilac, deep in the bush where neither road nor path is evident, has been planted by that strange part of humanity, the hermits. The pursuit of living alone in the Canadian wilderness, in a forest that has many faces, some of them grass-covered rocks loved by these people, is no more. Their lifestyle, as difficult as it was romantic, has succumbed to cell phone, to email, to

global interaction and the other trappings of our modern society.

An addition to our garden structure, a feature of many uses, is a well-placed gazebo or even nothing more elaborate than a set of tables and chairs. Isn't it relaxing to sit outside on an evening, when the heat of the day is subsiding? Before the stars appear, we watch the grandiose formation of the clouds, transforming the glow of the sun into radiating streamers that break through the cloud cover like so many shooting stars. And it doesn't take much imagination to see the entrance to the nordic Valhalla up there, open to admit the Valkyries.

Then, when darkness has folded the wings of the day, the bats appear, circling round and round, diving abruptly to catch a flying insect, helping us to reduce mosquitoes and other such blood-sucking pests. And if the season is right, the fireflies dart through the air, enticing their female partners, the glow worms, that sit motionless on the vegetation, to answer their signals. ■

Charles Hildebrandt has gardened on 16 acres above the Escarpment north of Georgetown since 1964. Excerpted from his book manuscript The Living Garden.

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Kids of Steel Conquer Collingwood

Text by Gloria Hildebrandt
Photos by Mike Davis

It's not a summer camp for kids who like arts and crafts followed by an easy paddle in the lake. The daily schedule is athletic. Up at 6:50 for core training, these kids could also have a swim completed before breakfast. A serious bike ride before lunch with a run in the afternoon keeps these kids fit. This camp is for kids of steel.

A bike practice time trial up the Niagara Escarpment with Georgian Bay in the distance.



Chain cleaning and bike preparation before the time trial.

and 14 to 15 year olds. Younger kids focus on skills development while older kids move more into competitive concerns.

"We've used Collingwood for years for a few reasons," says Linda Kirk, executive director of OAT. "There are few facilities that can house that many kids together and that is a key requirement for us. The National

took a committed board of directors and many private donations to promote the concept of the Ski Academy, buy the old house and refurbish it," writes author Judy Ross. While ski-loving kids fill the high-ceilinged bedrooms during the school year, young triathletes hang out in the lounge in summer, as oblivious as the regular students are to the



Kids of Steel line up for the time trial: the fastest start last.

Kids of Steel (KOS) camps are run by the Ontario Association of Triathletes (OAT) for kids from about age six to 15 who like to participate in triathlons, which are three-part races involving swimming, cycling and running. Simon Whitfield brought the sport to national attention by winning a gold medal for Canada in the 2000 Olympic Games.

KOS events are designed to provide kids with a challenge yet

be fun, safe and short enough to be completed. OAT is the recognized provincial governing body for triathlon racing in Ontario. OAT's KOS program is the largest in Canada, serving more than 6,000 kids interested in triathlon. More than 30 races were held last year.

OAT holds one-week summer camps in Collingwood, in the National Ski Academy house on Oak St. Camps are organized into age groups; this year there are camps for 12 to 13 year olds

Ski Academy is within walking distance of the pool, town and the beach, and in close proximity to good riding outside of town. This is becoming challenging due to the amount of building occurring in Collingwood recently but as yet we have not found another location that works as well."

The coffee-table book *A View of the Bay: Collingwood and Beyond*, gives one chapter to the National Ski Academy house, formerly called Tornaveen. "It

"ornate ceiling medallions and richly panelled mahogany walls."

"By the time kids reach 16 we spend a lot more time on goal setting, nutrition, mental preparation and race tactics," adds Kirk. "The social interaction is key, though. Kids this age love to be together, hence the need for a large place where they can all be together."

The kids come from all over Ontario and beyond. Last year at one of the summer camps there were kids from Hamilton,

Kids of Steel Conquer Collingwood

Sarnia, Toronto, Peterborough, London, Oakville, Ingersoll, Dundas, Dorchester, Richmond Hill, Leamington, Brampton, Ajax, Orillia and even Texas. These kids were coached by Jay Johnson of California and Sharon MacKinnon of Hamilton.

Time Trial

After a hearty breakfast that capped off their core training and swim, they got to work cleaning their bike chains in the parking lot in preparation for their training ride up the Escarpment. The water hose was passed around as bikes were cleaned, oiled and tires were pumped up. A lot of time was spent preparing their bikes. Camp participants bring all their own equipment and have to take good care of their expensive bikes.

When everyone was ready, they mounted their bikes, and rode slowly out of town, MacKinnon directing the way. Johnson drove the van. At the foot of a quiet road with a long steady ascent up the Escarpment, the racers were arranged in starting position for timed intervals, the fastest starting last. Johnson gave the signal for each rider to begin, and off each one went. Soon a long line of cyclists wound up the long hill. While Mackinnon joined the kids on the ride, Johnson drove to the finish point to time each rider's practice.

At the end point some of the cyclists looked spent and wobbly, while others still looked strong. Each one was applauded for finishing and given his or her time. The view from the top of the Escarpment onto Georgian Bay was gorgeous, but the kids weren't interested in sightseeing. A cool-down ride before the downhill coast back to the house was followed by some welcome free time before lunch and the afternoon run.

"It was a great experience working with the athletes last year in Collingwood," says

The coach prepares the last cyclists for practice.



Typical Schedule

6:50 Core training	10:30 Time trial (bike)
7:15 Swim	12:30 Lunch
9:00 Breakfast	3:30 Run, games
9:30 Chain cleaning	5:30 Dinner

Mackinnon. "Collingwood is a lovely venue for triathlon. Nice terrain for biking and running. Love the trails! And it was great to swim in the local outdoor pool and also take advantage of the bay."

Camps will be held in Collingwood this summer, to "help children hone their skills, improve overall fitness, have fun and create some wonderful new friendships," as the Web site at www.triathlonontario.com states. July 5 is the start of the 12 to 13 year-old camp, while July 12 is the start of the 14 to 15 year-old camp. The camps are open to any members of OAT and cost \$750 for the week.

While the emphasis is on serious training and fitness, these Kids of Steel "learn a lot and they just love getting together," says Kirk. They likely also make memories to last a lifetime, just like all kids at summer camp. ■

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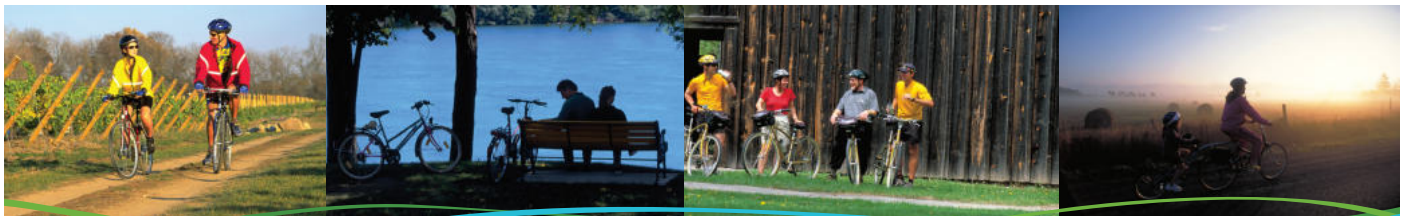
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"Many thanks to all for making this such an enjoyable day. We hope to take part in many more!"

"Thanks for doing this. I think it's a great, green, back to basics idea."

"You and your team did an awesome job. We had a great time at the Tour and thought it was really fun and very well organized!"



Possibility grows here.



Cows graze in June beneath the Niagara Escarpment in Milton.

Photograph by Mike Davis

Antiquing: A Treasure Hunt Through Time

By Sue Horner

Photos by Diana & Branimir Zlamalik



Another person's treasure: Victorian heating grills and a Buddha statue displayed for buyers.

Debby McLachlan has strict instructions: no big purchases, because her tiny condo is already jam-packed. So we've arrived at the Aberfoyle Antique Market about mid-morning, coffee in hand, just to look.



Acres of finds on offer at Aberfoyle.

Still, there's no question we'll take home something we love from the tempting treasures in front of us. That's just the nature of antiquing, and you'll find some of the best places to do it in and around Escarpment country.

The oldest, dating back to 1961, is **Aberfoyle Antique Market**, on Highway 6 just north of the 401. It's also the largest regular market, with 100 vendors occupying 20 acres of permanent stalls,

cabins and barns every Sunday from April through October. Additional visiting dealers set up in the parking area for special events like the spring show held on May 2.

The grounds include a restaurant and ice cream booth to revive flagging shoppers, a bank machine, washrooms, picnic tables and a patio dotted with tables and chairs. Children are welcome, and a play area keeps them occupied. Many people bring leashed dogs, too.



Rusty saws grouped together form a sharp collection.

People often confuse Aberfoyle with **Flamboro Antique Shows**. Born in 1981, Flamboro gets its name from its original location, the Flamboro Downs Raceway. The confusion arises because Flamboro at one time made its quarterly appearance at Aberfoyle, setting up additional vendors in the parking lot.

The two are now completely separate, and Flamboro's 100 or so vendors set up shop at the Bram-

pton Fairgrounds (Aug. 22) and the Milton Fairgrounds (July 4 and Oct. 3). The event has indoor and outdoor booths, food vendors, a bank machine and washrooms.

The biggest show, with 300+ vendors, is the **Christie Antiques Show**. The twice-a-year show (May 23 and Sept. 12 this year) is held on almost 10 acres at the Christie Conservation Area on Highway 5 in Dundas. It's big enough that there are shuttle buses to get from

old doors, dining sets, dry sinks, chairs and blanket boxes. You name it, the market probably has it.

Some antique hunters shop for a specific carved mahogany chair or 1950s advertising collectible. Others are browsing, waiting for that breathless moment when they spy something they just have to have.

For many visitors, a visit to an antique market is a trip down memory lane. In fact, the comment most often overheard is,



Toy heaven.



Cute or kitsch? Salt and pepper shakers give a smile.

"My grandmother/parents/family had one of these!"

Once or twice Debby and I have come with a specific target in mind; a small bookcase, say, or a chest of drawers. More often we make delightful discoveries.

On various visits, Debby has fallen for a cranberry glass vase and a two-tiered china serving plate. Some of the treasures I've taken home are a trio of cobalt blue glass canisters, five pretty Noritake

the farthest parking areas to the entrance. Amenities include food vendors and an indoor food court, bank machines, washrooms and portable toilets. No dogs, please.

Browse through the past

At all the shows, there is no shortage of antiques to admire: sterling silver and silverplate, costume and fancy jewellery, stained glass, dishes, tools, books, vinyl records, vintage clothing and hats. There are

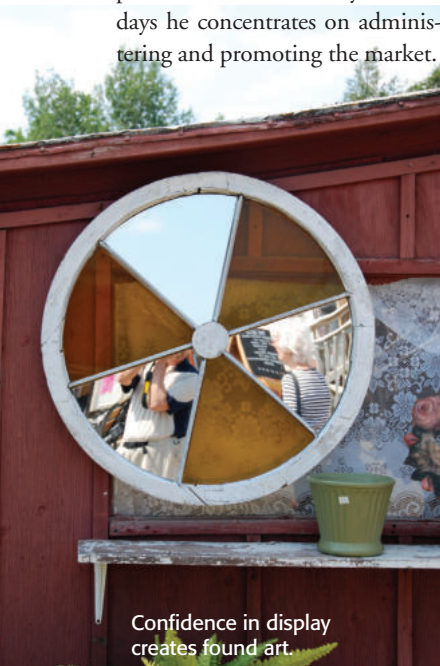
Antiquing: A Treasure Hunt Through Time



dessert plates and a heart-shaped wood mold that might have made maple sugar treats.

Come to relax, to remember, to restock

Doug Lane of Stoney Lane Antiques bought the Aberfoyle Antique Market in 1983. Although he used to sell antiques – chairs in particular still catch his eye – these days he concentrates on administering and promoting the market.



Confidence in display creates found art.

“All the surveys I’ve done over the years show that the number one reason people come is relaxation,” he says. “We have a lot of regular visitors, so the social aspect is big.”

Nostalgia is big as well.

Visitors find memories with a modern twist at **Lorne Young’s** booth. Now 75 years old, he’s been at Aberfoyle since it opened, missing only two Sundays. He specializes in decades-old telephones, lovingly refinished, polished and reworked to plug into a modern jack. The phones are completely functional and are guaranteed for 10 years.

“It’s a hobby I picked up by accident, after being asked to repair an old telephone,” he relates. “Soon, Bell was sending me customers, and I started looking for old phones.”

Gary and Jacky Richardson of **Nelson Antiques & Collectibles** have been at Aberfoyle for a decade, and they also make an appearance at the Christie show. A former appraiser, Gary has had a long interest in antiques, and calls it a “great hobby business for a retired couple like us.”

The Richardsons and their partners buy furniture, glass, china, porcelain and toys, which they spread over nine booths. Last spring, the partners scored some ‘30s art deco pieces from a hotel on Lake Joseph, and this winter they scouted out some old library and office specialty filing cabinets.

“We rent space to store everything over the winter, and I’m up once or twice a week all summer bringing new things in,” Gary says. “It’s a great place, especially on a sunny summer day.”

Ah yes, the weather. While outdoor antique shopping is most comfortable in warm, dry weather, a little cold or rain doesn’t stop the fun. Aberfoyle vendors are willing to bargain over prices that are already fair, but you’ll have less competition on a cold or rainy day. Aberfoyle averages about 2,500 visitors and may welcome up to 4,000 on a Sunday, and even a wet day will draw 1,000.

“Despite these tough times, a lot of our dealers have been having their best shows,” remarks Doug. “Perhaps people are starting to look for things that are made to last.” ■

Some places to shop

Aberfoyle Antique Market

61 Brock Rd. S. (Highway 6), Guelph
Sundays from April 26 to October 25, 8 a.m. to 4 p.m.; \$2 admission

www.aberfoyle-antiques.com/
1-877-763-1077

Beaumont Mill Antiques & Collectibles

586 Main St., Glen Williams
Wed. to Sun., 9 a.m. to 6 p.m.

905-873-4407

Christie Antiques Show

Christie Conservation Area, Highway 5 (west of Highway 6), Dundas
Sept. 12, 8 a.m. to 5 p.m.

\$8 admission

antiqueshowscanada.com/christie-antiques-show/
1-800-667-0619

Flamboro Antique Shows

Brampton Fairgrounds: Aug. 22
Milton Fairgrounds: July 4 and Oct. 3
\$8 admission; visit Web site for \$2 discount coupon

www.flamboro.com
1-877-763-1077

Inglewood Antique Market

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www.inglewoodantiquemarket.com
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Canadians Reliving the Civil War

By Gloria Hildebrandt Photos by Mike Davis



Cannon fire blows real gunpowder during a Civil War battle re-enactment near Milton's Escarpment.

On a very hot day at the end of August, who would want to put on thick layers of historical costumes, including long-sleeved shirts, wool pants and jackets, boots and even hats, and march in strict military formations, before taking part in a re-enactment of a Civil War battle, complete with horses, guns and a cannon shooting real gunpowder?

Or, if you're female, wearing long stockings, a crinoline, a long skirt, tight-fitting bodice, gloves and a hat? If you're a different kind of female, you might dress exactly like the male soldiers do, and do the same amount of marching, drilling, running, attacking and

fighting, only you will never want to take your jacket off.

For members of the American Civil Historical Re-enactment Society (ACWHRS), doing this is a highlight of the year. The ACWHRS defines itself as "a Canadian society dedicated to the education of the Canadian public to Canada's significant involvement in the American Civil War and its crucial importance in Canadian history." Who are its members?

"We are of all ages," explains Donna Elliott, communications officer for the ACWHRS board of directors, "from children in civilian and military roles, such as drummer boy, to over age 65. We come from all walks of life. We

have policemen, teachers, postal workers, government workers, artists, business men and women, factory workers, all different occupations! But we all share a love of history. There are more men than women but we do have some women doing the role of military, who portray men, as some did during the Civil War. Most of the women portray civilian life between 1861 and 1865. The men do military roles, medical roles, artillery roles and civilian roles, but mostly military."

ACWHRS offers members the chance to portray people in historical units including the 4th Michigan Infantry Company "C" and the Donaldson LA Artillery,

among others. The group informs spectators that 50,000 Canadians served on both sides in the war, and around 14,000 Canadians died.

Some ACWHRS members go annually to Gettysburg to help preserve the battlefield by cleaning brush and raking leaves. "We also put Canadian flags on the graves of Canadians that are buried in the National Cemetery there to draw awareness to the fact that we also fought there," says Elliott.

In August of last year, ACWHRS put on a Civil War re-enactment at Country Heritage Park in Milton, that was open to the public. For two days, people could wander among costumed members who lived in histori-



Cavalry to the rescue.



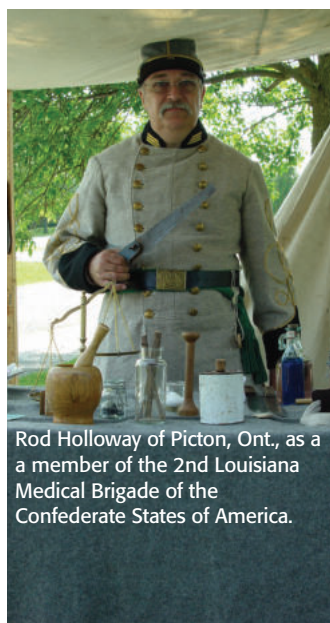
A female re-enactor portraying a woman disguised as a soldier is dragged away. At right, a man portraying a Zouave.



The battle surgeon with a red flag approaches the wounded.

cal encampments, gave talks and demonstrations, and at 3 p.m both days, re-enacted a battle between Confederate and Union forces.

During the re-enactment days, visitors mingle freely among the re-enactors, except for during the battle, when they need to stay out of roped-off areas. You can ask them questions about their costumes, what they're doing or what's going on all around, and they'll give full answers. As their program states, "We are most eager to share our interest and experiences with the public."



Rod Holloway of Picton, Ont., as a member of the 2nd Louisiana Medical Brigade of the Confederate States of America.



On-the-spot amputation without anaesthetic.

Canadians in the Civil War

Visitors can examine a medical tent, for example. Rod Holloway of Picton, Ont., was dressed as a Confederate medical officer and was ready to explain the historical first aid and medical equipment, including an ominous-looking saw. Amputations without anaesthesia were frequently performed to save lives that would otherwise have been lost to gangrene in wounded limbs. Sanitation and antiseptic conditions were not yet practised at the time of the Civil War.

Holloway was portraying a member of the 2nd Louisiana Medical Brigade. He's been involved with ACWHRS for four years and is particularly interested in the medical side of the war.

Then there's the battle, easily the dramatic highlight of the day. Wise spectators find some shade. The fighting re-enactors are in the heat of the full glare. There's no clear sign of the beginning of a skirmish, just the sight of military groups moving in the distance. Confederate and Union flags are seen in separate locations, held high above lush raspberry hedges. A horse and rider is seen in a barn yard, then gallops down a gravel road in the park. Occasional shots are fired; smoke floats in the still air.

Soldiers come closer, climbing over cedar rail fences. Flanks of uniformed enemies confront each other in formation on the gravel road. Union soldiers fire, Confederates move back into a large open field. The Union follows. Confederates are taking cover behind and near a wagon in the field.

There is a cannon. It works, exactly as it should, except that no cannon balls are fired. Real gunpowder is used, and it makes real explosions that are really dangerous. The booms cause a thump in the chests of the observers; some pull back away from the noise. Union soldiers advance on the Confederates.

The Union's cavalry gallops back and forth beside the battlefield. You worry about the horses, because the shots are so loud, but

you're told the horses are used to it. They don't seem to be concerned, except one horse who prances nervously when his rider slumps over realistically, having been "shot."

The worst thing about the battle is how it illustrates soldiers' willingness to line up and face their enemies' bullets. With each disciplined round of firing, some bodies drop. You begin to wonder how this is fun.

Union soldiers rush the wagon. Confederate bodies drape over the wagon and drop onto the field. At the edge of the field, the battlefield surgeon stands holding a red flag. With the Confederate flag captured by the Union soldiers who are moving off the field in formation again, the battle appears to be over. The surgeon, wearing a blood-spattered white apron, approaches the wounded.

A wounded soldier is carried back to the operating station where female nurses in civilian clothes assist in holding down the patient. The surgeon declares a need to amputate the wounded leg. With realistic cries from the soldier and the sounds of sawing, the limb is worked over. With a dramatic flourish, a bloody "leg" is held high to the delight of boys looking on, then swiftly bundled away in a cloth.

The next wounded soldier is asked to remove his jacket. There is a loud refusal and resistance and a struggle. The soldier is discovered to have the figure of a woman, which shocks and enrages the medical staff more than the amputation. The woman is led away struggling and yelling that she needs to rejoin her fellow soldiers.

Just as there was no announcement that the battle was beginning, there is no clear end. Fighting just stops, people drift away from the field and resume their camp life, taking advantage of the quiet to rest before fighting resumes. Just like in real war. ■

For information about this summer's re-enactments, see acwhrs.com.

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Misty's View on Dressing your Summer Greens

We begin this glorious season armed with recipes that were reluctantly shelved for nine months, and think that the novelty of their reappearance alone will take us well into the summer season. Yet as we prepare for our fifth barbecue we soon realize that what we thought was new is now suddenly old...and we have many months to go before the snow!

Interesting salads are the key to keeping familiar grilled meats, fish and vegetables enticing until the first autumn leaves appear. It is vital to create and serve inspired side dishes that will make the same barbecue items seem new.

Purchase and **experiment with a vast**

range of lettuces during this alfresco season. Some lettuces bring such intense character to your dinner that they alone can make the difference. The exotic and peppery flavour of baby arugula, for example, when paired with aged Balsamic vinaigrette is the perfect marriage of flavour integrity.

Learn how to create a simple temporary emulsion that marries excellent vinegars with excellent oils. If you'd like help, see my instructions on this page.

With this technique mastered, **experiment with different oils**, such as hazelnut, walnut, and top-of-the-line olive oils. Also **give a variety of vinegars a try**: Xeres sherry vinegar, aged cider vinegar, raspberry, white Balsamic, and citrus juices provide the necessary acids to make your oil choices a new invention when blended together.

Don't forget that salads can be composed of things other than lettuces. Apart from the classic potato salad, there are many starch-based salads that can compete with the meat. Here are some ideas:

- ◆ A **toasted barley salad** with finely diced cooked carrots, onions and fresh herbs dressed in a light emulsion, for ex-

ample, can make the ultimate complement for simple grilled chicken or lamb chops.

- ◆ Yesterday's **rice pilaf or roasted root vegetables** can be reincarnated into tonight's feature salad simply by heating them up slightly, adding some fresh, crunchy veggies and herbs, then dressing them with a touch of compatible salad dressing.
- ◆ Last night's **corn on the cob** too is the perfect garnish for a simple mixed green salad topped with diced tomatoes and Tex Mex dressing. Corn can be reborn!

Green veggies like asparagus, green beans and broccoli turn an unattractive military green when in contact with an acid, so dressing them with an acid-based dressing will shortly turn them from a brilliant green to a mess-hall mess. Cooking these same vegetables with a lid on creates the same effect, since the natural acid in them has nowhere to go but back into the veggies. Lesson: **dress green veggies at the last minute** if you want them to stay green!

Invest in your barbecue items, but bolster them for the long season by creating the side-kicks that will keep your outdoor meals intriguing.

How to Create an Emulsion



A rich assortment of ingredients for dressings in a caddy made by Misty's son Barret Sharpe.

What's an emulsion anyway? If you're a cook, it simply means **a union between oil and vinegar** that creates a new, glossy texture which seems less oily, somehow, and carries more flavour in its suspension.

Acids, which are vinegars or citrus juices, **create a temporary emul-**

sion when carefully combined with oil. Using a ratio rather than a measuring method will free you from following specific recipes and will allow you to do the experimenting I encourage you to do.

A common rule of thumb is a three-to-one ratio of oil to acid, but once you get the hang of it you can slide this ratio up and down the flavour scale according to your taste. Do you like a tangy dressing or a more subtle one? Then up the acid and down the oil. If the oil you are using is really rich, like a dark green virgin olive oil, then perhaps you might either challenge the flavour with your acid or let the oil become the prominent note in your dressing.

Another important factor to the stability of an emulsion is the speed at which oil is introduced into your acids. If you flood your vinegar with too much oil then the marriage will never happen. And never, ever, ever, start the two together and try to blend them, since they will spin around and then fall back apart within minutes!

Don't forget to **add some important flavouring accents** into your acid foundation. Garlic, ginger, green onions, should be added at the beginning, along with supporting ingredients like mustard, or egg yolks that will stabilize your dressing and make it seem creamy.

And it's a myth that creamy dressings have cream in them. They just look like it! A few classic American dressings like ranch, blue cheese and green goddess use dairy such as sour cream or buttermilk instead of oil.

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The problem, the solution: Ruth McCallum's design made of waste Tim Hortons' cups, worn by Laura Chang, accessorized with a reusable travel mug.



Virginia Stonehouse wrapped model Nicholle Sherwood in flattened aluminum pop cans.



Artists Anonymous saw a skirt where others see shredded paper. Carol Koo, model.



Model Sharon Driedger in Nezy Lacdao's metal bustier and over skirt.

Re-Dressing Waste

By Gloria Hildebrandt
Photos by Mike Davis

A dress made entirely of Tim Hortons' coffee cups was a highlight of the 6th annual Revolution Wear (RevWear) fashion show in Hamilton last February.

RevWear features reused and reconfigured materials of all kinds to comment on current issues. The show is meant to, as the organizers state, "critique consumer habits and their local environmental, social, economic and political consequences," through clothing that is "politically charged wearable art, hoping to inspire the audience to 'create change and reuse everything.'"

The coffee cup dress clearly illustrates these ideas. Kim McCallum designed the dress, noting that it "was inspired by the incredible waste created from disposable cups. It's amazing how many Tim Hortons' cups are visible litter. But even beyond litter, there are garbage cans full of cups! These garbages will be emptied into the landfill and filled up again tomorrow! I live near King and Dundurn St. in Hamilton, and all 55 cups for the dress were gathered from the ground and garbages within two blocks of my house, where there are four Tim Hortons! It took me only 20 minutes to collect them all."

She explains that the dress was made entirely from used coffee cups, first washed and dried. "It was exciting to see that something beautiful can be made from waste," she adds. "It

took some serious problem solving skills! I used 45 whole cups strung together for the skirt and 10 cups that were cut open and flattened for the top. The only other materials used were thread and twine."

Another creation by McCallum was a stiff skirt and top made of large milk and juice cartons that were opened up and used as squares of fabric. Yet Mc-

Callum was not the only one to interpret waste as a new material.

Plastic bags were a favourite resource. One skirt was made of layers of bags assembled with the handles facing out to form a flouncy edge. A man's vest was made out of a black Gap shopping bag, showing the logo prominently on the back. A striking floor-length evening gown was made by attaching red plastic to the knee-length hem of a little black dress and adding decorative red roses made of more bunched red plastic.

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Ruth McCallum, one of the designers, models a reused T-shirt worn inside out.



Got skirt? Charmine Kong models Ruth McCallum's milk and juice carton creation.



Ready for a red carpet: Kelly Lou models an evening gown made of black fabric and red plastic, designed by Artists Anonymous.



Farhana Alam flounces down the runway in a plastic bag skirt designed by Virginia Stonehouse.

Other materials were used creatively. Aluminum pop cans were flattened and connected into a strapless short shift. Bunches of shredded paper were combined into a delightful pom-pom of a skirt. There was a skirt made of brown paper towels folded into flounces. Duct tape was unrolled to create a smooth blouse and a dress, and more tape was bunched up into floral accents.

Old clothing was reused in new ways. An old half slip was worn as a strapless mini dress and

had decorative detailing down one side, made of paper cupcake liners. Large pieces of fabric and old clothing were used to drape and form new fashions for men as well as women.

Nezy Lacdao is another designer who participated in the show. For one of her creations, she used plastic yellow and blue forks and spoons to form an abstract design across the bodice of a short strapless purple dress.

"I wanted a material that is convenient, can be easily manipulated and utilized for the effect I

was going for," Lacdao explains. "I like to incorporate unusual materials. I pick materials to use first, then let the materials inspire my designs. My philosophy is 'Resources should not hinder your creativity, but instead let it inspire you. Innovation is the key.'"

Another of her designs was made of flat metal pieces that were hammered and curved into a bustier and an elaborate over skirt of curled strips of metal.

"I was playing with the idea of conformity versus vulnerabil-

ity," she says, "and how the metal dress symbolizes the hard exterior we all have because we are afraid of being vulnerable and showing our true self. It symbolizes our tendency to put up barriers so we are less inclined to get hurt."

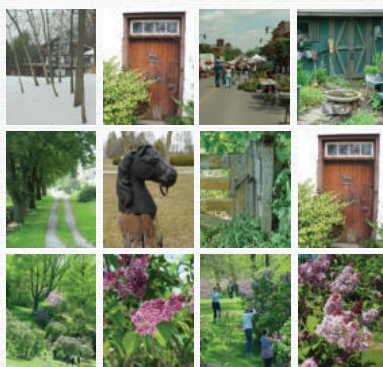
RevWear is the idea of Sapphire Singh and was hosted in partnership with the McMaster Student's Union. Several community groups and organizations helped to sponsor the event, which ended with refreshments and two bands performing. ■

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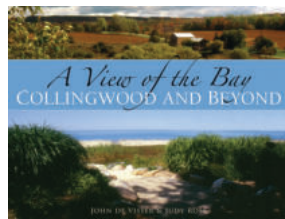


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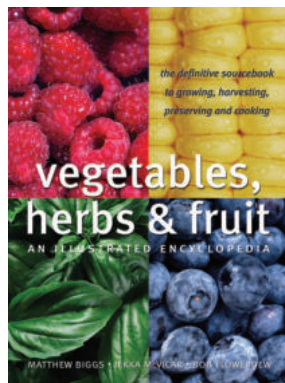
A View of the Bay: Collingwood and Beyond

By John de Visser & Judy Ross

The team of John de Visser and Judy Ross, which has brought us several picture books about Muskoka, now presents the Collingwood area. De Visser's wonderful eye has again captured lovely, informative photographs, this time of Niagara Escarpment properties, community events, beautiful old houses and fascinating interiors. Ross's chapters enrich the photos with charming detail about the region's history and present.

Attention is focused on the ship building heritage, Currie's Market, Creemore Brewery, Thornbury, Blue Mountain and more. After this, every community along the Escarpment is sure to want its own coffee table book.

The Boston Mills Press, 2008, hardcover, \$39.95.



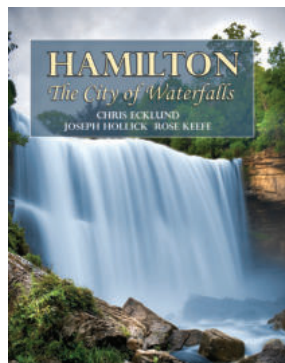
Vegetables, Herbs & Fruit: An Illustrated Encyclopedia

By Matthew Biggs, Jekka McVicar, Bob Flowerdew

Describing itself as "the definitive sourcebook to growing, harvesting, preserving and cooking," this book has the appearance and organization of well-known herb expert Jekka McVicar's earlier *The Complete Book of Herbs*. Each plant is described and shown in a full-colour photograph, with instructions on growing and suggestions on using as food. The book is divided into sections on vegetables, herbs, various categories of fruits, and nuts, with a final section on gardening techniques.

All three authors are English, so everything included here might not be applicable to gardens in southern Ontario, but this is a good, comprehensive and interesting resource.

Firefly Books Ltd., 2008, hardcover, \$29.95.



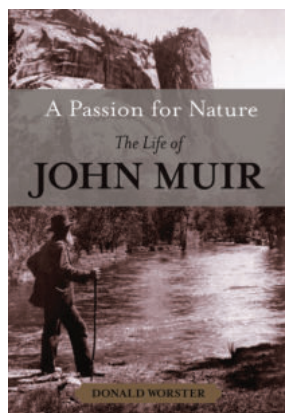
Hamilton: The City of Waterfalls

By Chris Ecklund, Joseph Hollick and Rose Keefe

A movement has begun in the City of Hamilton to change its identity from steel town to the city of waterfalls. Community members like Chris Ecklund want to celebrate and promote the fact that Hamilton has more than 100 of them.

This self-published book contains photos of 116 known waterfalls in alphabetical order, most taken by Joseph Hollick, starting with Albion Falls and ending with Westcliffe Falls. Each waterfall is described by height, width and type. Some have their history provided. Directions on how to get to each falls is given. More waterfalls continue to be discovered, leading to the claim that Hamilton is the waterfall capital of the world.

www.cityofwaterfalls.ca, hardcover, \$35.



A Passion for Nature: The Life of John Muir

By Donald Worster

John Muir, born in Scotland in 1838, was one of 300,000 emigrant Scots who fled poverty and other difficulties in 1848, for North America. Always a lover of natural, open spaces, Muir was fond of wandering and collecting plants. During the Civil War he avoided hostilities by moving from the U.S. to Canada. He explored what was then Canada West, "a ruggedly beautiful landscape of dense forests, lofty limestone ridges, tumbling rapids, and dark, mysterious wetlands..." This colony sprawled from Lake Ontario to the Ottawa River – some of it flat and fertile, but much of it bisected by a rocky escarpment that ran northwestward from Niagara Falls to the Bruce Peninsula."

Yet it was the mountains of Yosemite Valley in California that inspired him the most. Muir is credited with helping to create the United States' national parks and wilderness areas, and for founding the Sierra Club, intended to defend conservation achievements in the Sierra Nevada Mountains.

Muir was ahead of his time in his awareness of the need to protect wild spaces.

Oxford University Press, 2008, hardcover, \$37.95

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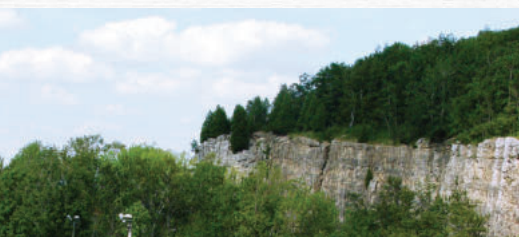
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Seana's View: Performing Nude



Twice, in fact. In two plays with many performances.

The first time was in Chicago in a production of *Passion Play* at the Goodman Theatre when I was 31. I was playing an urbane photographer who was having an affair with a married man, and many of the scenes were the man's fantasies. At the end of the play, I was to drop a fur coat and reveal all.

The director, Frank Galati, handled the whole thing with the utmost sensitivity. I never was required to remove any clothing in rehearsal, and it was only when we had left the rehearsal hall and were doing the final dress rehearsal in the theatre that he prepared me for the "coat drop." It was to be full frontal. But just at the last mo-

ment, as I geared up for my exposure, he changed the blocking and told me to turn, walk up the stairs and drop the coat as I moved, letting it fall behind me. I must say I was relieved. It was a huge cast, and full of very young beautiful actors as well as seasoned professionals. There was wonderful lighting and beautiful music as I ascended, and the dreamlike image was to represent the constant yearning for the unattainable, the fantasy. The high heels helped.

After that first nude rehearsal, the cast were very supportive and respectful, assuaging my insecurities and nerves.

Empowered by Nudity

But the first audience was nerve-wracking. The fact that they were strangers, who lived in a strange city in a foreign country helped. I would never have to greet them at the grocery store two months later. Gradually, after a few performances, my self-consciousness about the flaws of my body gave way, and I began to feel empowered by my nudity, if even for a moment at the end of the play. "This is what a 30-year-old body looks like. If you have a problem looking, don't look."

The second time I dropped clothing was also at the very end of play, but was startlingly different. I was now 41, and had recently had my son. I was not dropping a fur coat behind me, but a hospital gown. My head was hairless, my feet were bare. I was playing Vivian Bearing in Margaret Edison's *Wit*, a woman who had just died of ovarian cancer. She leaves the bed as the doctors are noting the time of her death, and lets all the clothing, all the pain, all the heavy trappings of life slip off, and reaches toward a bright light. The lights dim as she moves towards it, naked as the day she was born.

In both plays, the nakedness continues to tell the story visually in a way that words could not communicate. In the theatre, you are in the same room with that naked body onstage. The bodies are not airbrushed, and are often not Hollywood beautiful. That is the point. One is confronted with our common mortality, with the differences in our bodies, the process of aging, the glory of youth, the sheer fragility of our outer casings, our vulnerability. It can be uncomfortable to witness, but that may not be a bad thing if one asks why. There are warnings about nudity onstage in the program or in the lobby for those who might be shocked or disapproving.

No Body Doubles

Of course, I have seen nudity on stage that I did not think helped the production, which would be my definition of "gratuitous." It was merely distracting, or was "set-dressing" and perhaps exploitative of beautiful young actors. One rarely sees many naked elderly people on stage, and perhaps that is an omission that should be addressed. "This is what a naked 80 year old looks like."

There are no body doubles in the theatre. You are looking at the actor's body, but the actor is letting his body serve the play and his character. If the actor is not comfortable being naked, the audience will worry about the actor and be drawn out of the play. But try to imagine *Hair* without nudity. A body unclothed symbolizes all that the youth of the '60s were aspiring to: freedom.

As I button my collar, put on my cape and nun's bonnet, it has been almost a decade since I last shed my clothes for my art. I don't anticipate any future public disrobings, but if the play honestly requires it, and I am still around, I may be that nude 80 year old you were warned about.

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