

Escarpment Views



SPRING 2010

Reflecting the lifestyles and values of people along the Niagara Escarpment

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Commerce
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Tulip Perfection at Royal Botanical Gardens

**Species at Risk:
Ontario's
Protected
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**Grimsby Wayzgoose:
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**Young's Pharmacy
is Worth the Visit**

**Misty Ingraham on
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Paul Morin Paints an Escarpment View

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Escarpment Views

Spring 2010

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PHOTO BY MIKE DAVIS



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View From the Editor's Desk: Ways to Help Good Causes



Escarpment Views was a media partner for the Guelph Organic Conference in late January. At a conference dinner, Gary Hirshberg, chairman of organic yogurt producer Stonyfield Farm, explained that the biggest objection people have to buying organics is not the principle, which most people agree with, but price. He pointed out that the cost of non-organic food keeps going up because the need for such inputs as fertilizers and chemicals keeps increasing. Organic agriculture, on the other hand, actually costs less over time because natural, sustainable practices keep enriching the soil. He also suggested that people don't have to buy all organic food in order the help the organic industry be able to lower prices. He said that even buying a few organic products on occasion will help organic agriculture thrive and grow. I hadn't thought of this before and I find it a manageable idea.

Help For Haiti

Also in January, our blog at www.EscarpmentViews.ca was busy sharing information about how to help Haiti. We heard from a couple of organizations based in Escarpment-area communities that are working to help the country survive and rebuild: Helping Hands for Haiti, out of Halton Hills, and Habitat for Humanity Halton, of Burlington. Then there was the son of shopkeeper Noëlle Smith of ellénoire of Dundas, who was excited about a swim meet the Golden Horseshoe Aquatic Club of Hamilton was holding to raise \$10 from each swimmer to benefit Haiti. Of course even as you read this, Haiti will continue to need assistance.

Yet as Hirshberg said, small amounts add up to make a difference.

Help the Niagara Escarpment

Here's another way to help with a small amount. *Escarpment Views* has teamed up with the Escarpment Biosphere Conservancy (EBC) to give them \$5 from each new or renewing subscriber who asks us to. EBC works to conserve natural spaces close to the Niagara Escarpment. In total so far, they have protected over 29 sq km. They say that every \$5 they receive allows them to acquire the land under 15 trees. To benefit EBC when you subscribe

or renew, just let us know you want \$5 to go to them.

Award Nomination

I'm pleased to share the news that *Escarpment Views* has been nominated for Halton Hills Chamber of Commerce Entrepreneur of the Year Award, enthusiastically supported by two of our Halton Hills advertisers, Foodstuffs and Jill Johnson of Johnson Associates. The award goes to businesses established for less than three years, making the magazine eligible. We're starting our third year of publishing *Escarpment Views*. We enjoy taking part in our local Chamber of Commerce, and are happy with this support.

Original Art

We are honoured to have won the attention of an impressive artist, Paul Morin, who has a studio on Main Street in Erin. He approached us with the unusual idea of painting an original work of art depicting a spring view of the Escarpment, as our centre spread for our spring issue. Who could resist such a compliment from such an accomplished fine artist? I'm deeply touched to share his work "Sunrise, Spring Equinox, Limehouse" in this issue, and I'm interested to find out what you think of featuring paintings like this instead of photographs. While we will continue to pub-

lish photographs, we're open to including fine landscape art like Morin's on occasion. Is this a good or bad idea?

Spring Issue

Also in this issue, we present our annual feature on maple syrup festivals. March is a great time to look forward to the increasing warmth of spring by treating the family to a celebration of our local natural sweets. This year we explore the old First Nations' method of producing maple syrup. It should make you appreciate the ease of going to a farm or specialty store and picking up a bottle.

We bring you up close to Ontario's only venomous snake, the misunderstood and often persecuted Eastern Massasauga Rattlesnake. Our photographer Scott Currie wants to advise everyone to stay clear should you see one, and not to attempt a close up without a telephoto lens.

If you're more of a literary person, you will enjoy reading about the print and paper lovers who bunch up at the Wayzgoose in Grimsby each year.

But pretty much everyone will enjoy the views of the tulip gardens at Royal Botanical Gardens each spring. The season of delicate beauty is again upon us!

Gloria

Gloria Hildebrandt, Editor



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or ads@EscarpmentViews.ca



Views From Our Readers

Here are some of the letters, messages and notes we've received from readers and viewers. We appreciate hearing from you by Canada Post or email.

Thank you for your insightful editorial in this issue [Autumn 2009] of *Escarpment Views*. As a resident of rural north Burlington, I could not agree with you more regarding development in this area. Developers have the staff, the time and the money to push their causes, and unfortunately, money seems to talk when it comes to the OMB as well as some other levels of government. When will cities and towns stop thinking about their infrastructure and the money that development throws into their coffers and start to think about the environment and the people for whom they owe their existence?

Those of us who have lived in this area for more than two generations see people want to live in this area not realizing the stewardship required to maintain the rural flavor of our communities. Anecdotally, we have seen subdivisions arise on farmlands, only to have the families who so wanted to live in the country leave after only living here a short period of time. Or, these same families move into our community, realize that living with a well and a septic bed require some work, having mail delivered is not always perfect, roads are difficult to navigate in inclement weather, garbage is not as easily picked up as it is in the city and then demand that we change to accommodate their needs!!!! Just recently, our community was informed that our rural mail addresses were changing to accommodate inefficiencies related to GPS technology. I didn't move, why can't you find me now???? I feel that we, the residents who have lived in these areas for years are being pushed out, if not inconvenienced greatly because certain of us want more than the environment is capable of giving. Please don't stop speaking out for our cause! Thanks again, Gloria, you nailed it!

Cindy Powell, Burlington

[Editor's note: Through our blog at www.EscarpmentViews.ca, there's been discussion on various topics, including responses to Prime Minister Harper. All the comments received were similar in attitude to this first one:]

I think the Prime Minister's proroguing of Parliament is both cynical and dangerous to Canadian democracy.

Joan Vinall-Cox

[We got this lovely note about the feature on Frogpond Farm that we published in our autumn issue:]

After reading your article about Frogpond Winery we added a new stop to our travels. During our visit at Frogpond we sampled some excellent wines...beautifully balanced in flavour, colour and aroma. We left with a few bottles of the Chambourcin and Riesling tucked into our saddle bags. Since bringing it home we have shared them with family and friends who were all as pleased as we were with the quality of this wine. We continue to buy all kinds of wines but it is with great interest we watch the development of the wine business in the Niagara area and the increasing emphasis on alternative growing methods and fermenting techniques. Keep up your great work in profiling these new and up coming agri-businesses. We can all learn from them and truly work towards supporting sustainable agriculture systems.

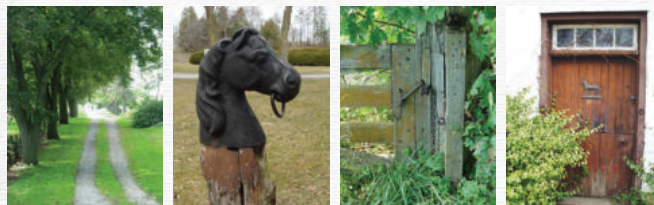
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Lilacs

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Events Along the Rock

Here are just some of the events that have been happening near the Escarpment lately. To invite



On Jan. 14, The Art Gallery of Hamilton (AGH) announced a multi-million-dollar donation by Joey and Toby Tanenbaum, of more than 100 works of African art. At the unveiling of some of the pieces were, from left, Hamilton Mayor Fred Eisenberger, AGH president and CEO Louise Dompierre and Erick Spencer, representing the Tanenbaums. The African art will be on exhibit May 22 to Sept. 6.



Amy Sky, Dan Hill and Marc Jordan performed at the River Run Centre in Guelph on Dec. 17. Carolyn Martin of Georgetown was the winner of two free tickets in a draw held on the *Escarpment Views* website.

Margaret Atwood and Graeme Gibson read from their latest books to a packed hall at Royal Botanical Gardens on Nov. 26. Event organizers were A Different Drummer Books of Burlington and Bryan Prince Booksellers of Hamilton.

A poster for "Jukebox Jamboree" featuring a central image of a vintage jukebox. Surrounding the jukebox are various black and white photographs of famous musicians and bands, including Elvis Presley, The Beatles, and The Rolling Stones. The text "Jukebox Jamboree" is written in large, stylized letters. Below it, it says "Georgetown's 100 voice Community Choir performs 100 Years of popular music". At the bottom, it mentions "Conducted by Jack Morrison • Accompanied by Lorraine Lohnes" and provides the date and location: "April 16th and 17th, 8:00 pm, Georgetown Christian Reformed Church, 11611 Trafalgar Road". It also includes a website "www.georgetownchoral.ca" and the "GEORGETOWN CHORAL SOCIETY" logo.

An advertisement for "LAKESHORE LIVING" featuring a photograph of a swimming pool with a patio set. The text "CELEBRATE THE OUTDOORS" is at the top. Below the photo, it says "LAKESHORE LIVING OUTDOOR ELEMENTS" and "Unit 113 - 1100 South Service Road Stoney Creek". It provides a phone number "905-643-6888" and a website "www.lakeshorelivinglife.com". At the bottom, there is a logo for "beachcomber HOT TUBS".

An advertisement for "WATERDOWN CLINIC" featuring a photograph of a white water lily flower in a pond. The text "For lasting healthcare solutions" is at the top. Below it, the "WATERDOWN CLINIC" logo is shown, followed by "of Naturopathic Medicine". It lists "Teri A. Jaklin ND" and a phone number "905 690 9151". At the bottom, the website "www.waterdownclinic.com" is provided.



In January, artist Paul Morin showed Gloria Hildebrandt, editor of *Escarpment Views*, his painting "Sunrise at Limehouse," done for publication as the centre spread of this issue. See page 16 or visit his gallery in Erin.

Coming Events

March 14	Sultans of String Halton Region Museum halton.ca/museum
March 18	Waterlife: The Story of the Last Great Supply of Drinking Water on Earth Erin Canadian Legion Hall creditvalleyca.ca
March 19, 20	Chamber Concert Georgetown Bach Chorale georgetownbachchorale.com
March 27	Elimination Draw, Dinner & Auction Niagara Peninsula Conservation Foundation npca.ca
April 10	Vivaldi's Four Seasons Georgetown Bach Chorale georgetownbachchorale.com
April 15	H2Oil Erin Canadian Legion Hall creditvalleyca.ca
April 16, 17	Jukebox Jamboree Georgetown Choral Society georgetownchoral.ca
April 22 & 24	La Bohème Opera Hamilton operahamilton.ca
April 30	Save the Frogs Day savethefrogs.ca
May 8	Concerto Auction Georgetown Bach Chorale georgetownbachchorale.com
May 15	Friends of Westfield Plant Sale Westfield Heritage Village
May 20	Food, Inc. Erin Canadian Legion Hall creditvalleyca.ca
May 29	Christie Classic Antique Show Christie Lake Conservation Area antiqueshowscanada.com/christie.htm



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the Georgetown Bach Chorale

Chamber Concert

Two Pianos, Violin and Cello, Reception to follow.
Friday, March 19, 2010, 8:00 p.m. and Saturday, March 20, 2010, 8:00 p.m.
**157 Main Street South, Georgetown • Tickets: \$40.00

Vivaldi's Four Seasons

The choir will perform some of Vivaldi's beautiful choral works and delicate arias between movements of the Four Seasons.
Saturday, April 10, 2010, 8:00 p.m., Knox Presbyterian Church
116 Main Street South, Georgetown • Tickets: \$25.00, students/children \$10.00

Concerto Auction

Pianists: Ron Greidanus and Kathryn Tremills
Please visit our website for additional details about this unique event.
Saturday, May 8, 2010, 7:00 p.m.,
**157 Main Street South, Georgetown • Tickets: \$50.00

**Tickets for events at 157 Main Street must be purchased in advance.
Tickets may be purchased at two locations in downtown Georgetown:
Foodstuffs, 89 Main Street South, Georgetown, 905-877-6569
The Freckled Lion, 56 Main Street South, Georgetown, 905-873-1213
Tickets may also be purchased by credit card on the website.

www.georgetownbachchorale.com





Misty's View of Culinary Inspirations

Even though everyone expected me to be the first in line to see it,

I avoided the culinary-hype film *Julie and Julia* when it was in the theatres. Somebody had told me that Meryl Streep's knife skills in her role as Julia Child were unprofessional. That cinematic oversight bothered me. I wondered why they hadn't hired a female stunt chef to do the close-up shots of her hands. I would gladly have volunteered to do it!

Fortunately, the film eventually came out in DVD format so I got to see it after all. My husband put it in my stocking on Christmas Day and as we watched the movie together, I was relieved to see that the Cordon Bleu instructor did, in fact, teach the proper techniques, so I could in good conscience relax and enjoy the story.

In life, Julia Child possessed the skills of an industry chef, but knew that many household wives, "those servant-less American cooks," needed her to adapt French recipes in order to teach America new methods. So she created her famous "fool-proof" recipes that allowed the stuck-at-home cook an opportunity to experience the world of France.

As much as *Julie and Julia* is supposed to be about food and cooking, I think this film is more about finding a source of inspiration in one's life. For the kitchen-phobic, it might turn out to be discovering the joy of cooking, for others it might be something like becoming completely "green" and finding ways to reduce your family's environmental footprint. Others still might have a memoir or novel aching in their soul to be expressed. Discovering a new passion in life is like turning the clock back in

time: we return to our youth when discovery was a daily event.

Passion for Cooking

Since cooking, teaching and eating are my passions in life, I have a few suggestions to consider should you decide to enter the kitchen and make it your passion place too. And since you are most likely a servant-less Canadian cook, I offer you new avenues to explore on your mission to put food on your table for your family, your guests, and for your own satisfaction.

Watch food network reality shows. I mean really watch what the chefs do and how they layer their tasks; there is a sequence and a pattern to cooking that you will notice.

Also watch how they cook without printed steps. They know the steps in their heads and you can too, with a little more exposure and experience.

Simple steps are the foundation to all dishes. Sometimes all it takes to create a wonderful new dish is to look in your fridge and apply what you have learned by watching those simple steps. Be observant and courageous.

Read cookbooks and look for recurring ingredients or methods. Browse through food magazines to deepen your understanding of the fundamental elements you have begun to see showing up in each recipe. The LCBO magazine offers vetted recipes! I know, since I was asked to test them for LCBO kitchens. Use these sorts of reliable guides to get you started and allow you to experience success!

But don't leave your triumph behind as merely a memory of kudos. File it in your mind. What did you do to create this winner? Seek to deepen your understanding of the process that transformed your lowly, raw ingredients into the loving, tasty gift you offered your guests.

Then recreate the dish within the next week or two. It actually only takes the act of

repeating a culinary success a few times to be able to add your own interpretation to it. Make sure you are being mindful of what you are doing and you will begin to own your new repertoire!

And remember always that the food itself will tell you if you have done it right or not. Be responsive to what is happening in your pans, pots and bowls. Analyse for taste, texture, and doneness. The recipe in your book cannot do that for you. You are the creator of the food you cook! A recipe is just a list of steps and ingredients that may or may not guide you to ultimate success.

In the 1960s Julia Child translated her formal French cooking knowledge into recipes that all Americans could follow. These recipes were founded on the basics. Today, however, chefs are creating beyond these foundational methods. You can be like these new chefs. Just discover the core of cooking, practise it with your family and friends, then let the fresh market and your taste preferences turn you into an über-fusion chef! Make sure to thank Julia too!

Misty Ingraham and Bill Sharpe of Ancaster own the catering business The Portable Feast at Home.

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Size: 9,500

Employees: 65

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Ruth and Neil Young in the consultation area. Neil calls the dispensary the heart of the pharmacy.



More than a drugstore! The gift shop has beautiful, unusual products for home, garden and personal use. With stock changing frequently, there's always something new.



Special hats, wigs, sun protection, bathing suits and lingerie for cancer treatment and recovery in the new Renaissance Woman boutique can mean avoiding a trip to Toronto.

Spring Glory: RBG's Tulip Garden

By Gloria Hildebrandt Photos by Mike Davis

There's a hidden treasure in the Niagara

Escarpment, almost a secret garden. It's the oldest garden at the Royal Botanical Gardens (RBG) on the border of Hamilton and Burlington. Created in 1932 in an abandoned quarry, it is called simply the Rock Garden.

Getting to it from the parking lot is a dubious walk near a highway and beneath an overpass, but once you arrive, it is worth it, especially in spring when the tulip display is in full splendour.

What RBG staff regard as the Rock Garden is three large areas: the west side, which is 3.5 hectares, the parking lot side, at three hectares, and the bowl, or former gravel pit, at 1.2 hectares. The bowl, with its terraces formed with rocks that were introduced long ago, is enchanting. Paths lead everywhere through it from top to bottom and to the top again, luring you ever on with gorgeous scenes and vignettes. Its beauty and neatness at first amaze, then prompt the realization that this is a lot of work.

Between 80,000 and 100,000 bulbs are planted each fall, then lifted out after flowering

and sold to the public each June. This year's sale will be held on June 19 from 9:30 to noon. Four staff members work full time in the Rock Garden and are joined by eight others for the fall planting. Peter Wickett is the Rock Garden's head gardener.

"He is meticulous about the work," says Belinda Gallagher, head of horticulture.

All the beds are first dug over before planting is done after Thanksgiving Day.

"The soil is pretty fertile there," adds Alex Henderson, a horticulturist and curator of collections with RBG. "Not much amending is done." Bulbs are planted according to formal

park tradition, spaced five to six inches apart in neat rows.

"Park plantings look amazing," says Gallagher. Last year, landscaping students from Fanshawe College helped with the planting, and Wickett instructed them on everything from how to use a trowel to how to protect their backs from strain.

In the spring, the chores include cleanup from winter and weeding, sometimes removing stray tulips. "You get funny things like the odd display with the wrong colour in it," explains Gallagher.

All the tulip beds are labelled for the public's reference. After the bulbs are lifted, the beds are dug again in preparation for the planting of annuals which glorify the garden for the rest of the year.

\$20,000 of Beauty

The tulip display is not cheap. The annual budget for bulbs alone is close to \$20,000. The bulbs are renewed each year for two reasons, to get the size of bloom that is advertised for each tulip, and for esthetic reasons.

"With the Botanical Gardens' emphasis on beauty and perfection, we can't have the green leaves dying back in the garden," says Gallagher.

It is the job of Jodi Vanderheyden to order the bulbs according to the gardeners' plans.

"They consider what worked last year," she explains, "and I compile one gigantic order. I make substitutions to replace what's not available any more. I get new catalogues for them to see what they might like. But we're leery of



Yellow tulips beneath blooming forsythia double the sunshine of a spring garden.

How to Care For Tulips

1. Make sure bulbs are firm.
2. Follow planting instructions.
3. Dig a hole the right depth: at least 2.5 times the diameter of the bulb.
4. Plant bulbs the right way (pointed tip) up.
5. Plant up to one foot deep to protect bulbs from squirrels.
6. Plant bulbs even if they've lost their "tunic" or brown paper covering.
7. Plant with proper spacing: planting too closely makes tulips weak, while planting too far apart gives a poor display.
8. To deter squirrels, try covering beds with chicken manure.
9. Don't plant in wet, soggy sites. Keep bulbs high and dry with good drainage.
10. After flowering, let the leaves feed the bulb.

Spring Glory: RBG's Tulip Garden



Paths wind lazily throughout the enchanting Rock Garden.



planting new varieties in big spaces in case they don't work."

"The breeding mania for tulips continues," observes Henderson.

"We also like the tried and true," Gallagher points out.

Henderson describes the two main ways to plant tulips: in beds or in lawns. "Both have their place," he says. "If you plant them in a lawn, they have to look naturalized and you have to leave off mowing until the leaves have died off."

Gallagher suggests the way to get a naturalized look. "Toss the bulbs in the air and plant them where they fall. Don't plant in rows and plant more than you think you should."

It may come as a surprise that beyond the work of digging over the beds, planting, labelling, some weeding, then lifting the bulbs, nothing much has to be done with the tulip beds. RBG doesn't fuss with special fertilizers, bone meal, blood meal or other additives or deterrents to discourage squirrels and other garden pests.

"Tulips have evolved to grow in tough conditions," points out Henderson. "I believe that you should treat them mean and keep them keen. They don't need much."

"The volume of tulips we have keeps squirrels satisfied," says Gallagher. "But squirrels are clever, so after planting the bulbs, it's good to make the ground look undisturbed."

Deer can also be a problem in rural gardens or beds that are close to natural spaces. At RBG

How to Get Great Effects With Tulips

1. Consider flowering times. It's possible to get six weeks of flowers.
2. Choose a hot colour scheme, a subtle colour scheme, or introduce hot spots within subtle colours.
3. Plant single colours in specific shapes, such as contrasting colours in a yin/yang pattern.
4. For a formal look, plant rows of single colours and species in large numbers.
5. For a naturalized style, toss bulbs in the air and plant them where they fall.
6. Interplant tulips with other plants that echo their colour. Remember that vertical planting is just as important as horizontal planting.
7. Always plant more bulbs than you think are enough.

The steps up the Rock Garden inspire photographers and fine artists alike.



From 80,000 to 100,000 tulip bulbs
are planted and lifted each year.



Hot colours dazzle on cool spring days.

Spring Glory: RBG's Tulip Garden

a few years ago, all the tulips were eaten by deer. Now there are 12-foot fences surrounding the Rock Garden.

Not everyone has the resources to create tulip displays like those at the RBG, yet they work well in small scale.

"People should plant bulbs," urges Gallagher. "People get tired by the fall, but gardens are so enhanced by spring bulbs. We see the first ones and think 'Thank God we made it through winter!'" ■



Belinda Gallagher's Top 10 Tulips

1. Tulipa 'Gavota' - a triumph tulip which is a rich shade of burgundy with cream and yellow and fares well in a container planting
2. Tulipa 'Deidre' - a viridiflora with a sculptural shape
3. Tulipa turkestanica - a lovely little pale yellow species tulip with terrific seed heads
4. Tulipa 'Little Beauty' - small and early flowering is bright magenta with a navy blue centre and fragrant
5. Tulipa kaufmanniana 'Waterlily' - big, big flowers on short plant, creamy white with red streak
6. Tulipa 'Queen of the Night' - a Darwin that is almost black and a good returner
7. Tulipa 'Antoinette' - bouquet or multi-flowering and the colour changes in 3 stages
8. Tulipa 'Monte Carlo' - fragrant, double early tulip that is Big-Bird yellow
9. Tulipa clusiana - my favourite species, looks delicate but is tough as nails. The cultivar T. 'Cynthia' is the most readily available.
10. Tulipa 'Negrita' - a triumph tulip that is dark purple and also a good returner

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Sunrise, Spring Equinox, Limehouse
By Paul Morin

Maple Moon: Sugar Making on the Escarpment 600 Years Ago

By Gary Hutton



Laura Crichton, interpreter, holds a sweetwater demonstration inside the reconstructed Native village with longhouses behind.

Ontario's Niagara Escarpment is a repository of some of the richest archaeological resources in Canada. And there is no better place that demonstrates this than the reconstructed Iroquoian village at the Crawford Lake Conservation Area in Milton.

The pre-historic village is the most accurately dated archaeological site in North America and the nucleus of hundreds of native settlements that dotted the Niagara Escarpment in this vicinity. Today visitors can step back in time for an intimate view of life as it was almost 600 years ago before the arrival of Christopher Columbus.

The village and spectacular conservation area are open year round and include educational programs that are themed around the seasonal calendar of the indigenous Iroquoian people. Early spring harkened the maple moon or sweet water season. It was a time when the magic of making maple sugar was an annual village pastime. Maple moon was also a time of great celebration. The rigours of winter were coming to a close as the sweet water season be-

gan. An ancient dance, dedicated to the maple, was performed in hopes that warmer weather would cause the sap to flow.

With imaginary moccasins, you can walk the forest trails at Crawford Lake and visualize the sugar camps where native families, donned in snowshoes, would be gathering sap in birch bark vessels. The sweet water was harvested by making crude V shaped slashes in maple trees. Flat pieces of wood or reeds were then wedged into the cuts to direct the sap to the bark pails placed on the ground. The sap would then be carried back to the camp or village to begin the timely process of boiling.

Not yet having metal pots, the Iroquoians poured sap into large hollowed-out logs. Hot rocks, repeatedly heated in nearby fires, would be picked up with forked sticks and dropped into the watery trough. After much sizzling and even

more steam, the water in the sap would evaporate and eventually transform into maple sugar. Large clay pots were also used for boiling sap.

From early historic accounts, there were three kinds of maple sugar made by native people. Grain sugar was coarse and granulated and looked a bit like brown sugar. Cake sugar was poured into wooden moulds to become hard blocks that were easy to store and transport. Wax sugar was made with extra thick syrup that was poured over snow. "Sugar on snow" or maple taffy is still made as a sweet treat by sugar farmers today.

Skilled interpreters at Crawford Lake demonstrate native sugar making in the village while providing intriguing information about these early Escarpment inhabitants including legends about how maple sugar was discovered. One legend tells the story of an Iroquoian chief



Cindy Palleck, interpreter, talks about the maple moon inside one of the reconstructed longhouses at Crawford Lake Conservation Area.

Some Maple Syrup Festivals

White Meadows Farms, Pancake Weekends: full breakfasts plus numerous maple selections, from Jan. 9. Sugar Bush Adventure: self-guided tour of themed stations with staff in period costumes, from Feb. 13. Details: 905 862 0642.
Conservation Halton, Maple Syrup Time from Feb. 27. Crawford Lake, native-style sweetwater presentations (905 854 0234); Mountsberg, Maple Towne Sap to Syrup Story (905 854 2276).

Westfield Heritage Village, Sweet Taste of Spring Maple Syrup Festival from March 7. Maple syrup production demonstrations by methods of First Nations, 19th century pioneers and modern times. Details: 1 800 883 0104.

Maple Moon: Sugar Making on the Escarpment 600 Years Ago

who threw his axe into a maple tree one early March evening. When the axe was retrieved for hunting the next morning, a clear liquid was noticed coming from the cut in the tree. The chief took some home to his wife who added the liquid to venison that she was cooking. The family was delighted with the irresistible flavour of the meat.

Maple sugar was more likely discovered by native people eating 'sapsicles.' Icicles of frozen sap often form at the ends of broken twigs. As the ice forms, some of the water evaporates leaving a sweet treat hanging from the tree.

Discovery of the Ancient Native Village

As an intriguing historical analogy, it was another frozen icicle of sorts that led scientists to the discovery of the Crawford Lake village



PHOTO BY MIKE DAVIS.

Native sweet water harvest tools: forked stick, hollowed log, hot rocks.

575 years later. In 1971, Jock McAndrews, a botanist from the Royal Ontario Museum, was taking core samples from the bottom of Crawford Lake by way of a fascinating tool called the "frigid finger." A long hollow tube filled with dry ice was pushed down into the lake bottom to capture undisturbed sediment that froze to the outside of the tube. The tube was weighted down and capped with a rubber glove, complete with missing finger, to allow carbon dioxide to escape from the dry ice.

Crawford Lake's unique geology makes it a natural time capsule. The lake is one of very few in Ontario that are known as meromictic. With a small surface area (2.5 hectares) and great depth (24 metres), the lower portion of the lake does not circulate. This results in constantly cold water that is oxygen poor. Everything that falls to the bottom, from leaves to pollen grains, remains perfectly preserved in alternating dark (fall sediment) and light (spring sediment) bands. These double



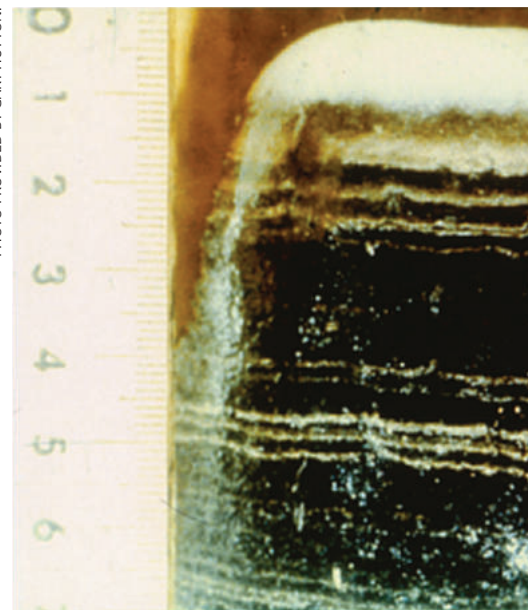
PHOTO BY BRANIMIR ZLAMALIK

PHOTO BY MIKE DAVIS.

Laura Crichton, adds a heated rock to the log containing maple sap.



PHOTO PROVIDED BY GARY HUTTON.



Scientists from the Royal Ontario Museum retrieve bottom sediment from Crawford Lake with Frigid Finger core sampler.



The Iroquoian village at Crawford Lake was reconstructed after scientific and archaeological discoveries in the 1970s.

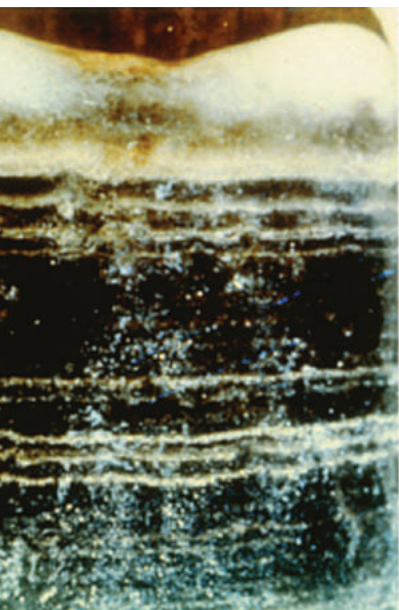


PHOTO PROVIDED BY GARY HUTTON.

A frozen sediment sample from the bottom of Crawford Lake shows alternating dark and light bands; each couplet represents one year of sediment fallout.



PHOTO PROVIDED BY GARY HUTTON.

Archaeologists uncover the outline of the first longhouse at the Iroquoian village at Crawford Lake.

Maple Moon: Sugar Making on the Escarpment 600 Years Ago

bands, called varves, can be counted like the growth rings of a tree to accurately date the sediment.

A heavy concentration of fossilized corn pollen was found in the varves dated between 1434 and 1459 suggesting that native corn fields were planted near the lake. The combination of scientific data from the lake and native artifacts collected from nearby farmers' fields, led archaeologists to the village site in 1973. During several digs more than 10,000 pieces of pottery, stone and bone tools and arrowheads were collected and studied. From cryptic traces of human activity concealed in the sediment of Crawford Lake, scientists pieced together an important fragment of the Escarpment's cultural history.

In the early 1980s, Conservation Halton, the local environmental agency and owner of the popular park, reconstructed the pre-contact village on its original site to protect a unique aspect of the Escarpment's human history. Two of the five longhouses, named turtle and wolf clan, were completely restored. Inside the turtle clan longhouse, animal hides, tools and the smell of wood smoke recall the daily existence of the Iroquoians. The wolf clan longhouse, which has

a simulated dig site and exhibits on native life, helps visitors understand the science of archaeology and the lives of the village's early people.

The Spirit Sings

One of my most memorable experiences at Crawford Lake was spending an overnight in the turtle clan longhouse shortly after it was reconstructed. The adventure was part of an exercise by park staff to develop new education programs for students and families.

It was a moonlit night filled with excitement and great anticipation. The small group of people was about to spend an entire night in the exact location where prehistoric families lived and slept 550 years earlier. Adding to the intrigue were several accounts of park visitors having heard voices from the longhouse after it had been closed for the night. The mysterious sounds heard by different people at separate times, all came from the same location, the far north corner of the longhouse.

Not widely known at the time, this was the same location where the bones of a very young child were uncovered during the first archaeological dig. The Iroquoians believed

that this burial practice would enable a baby to be reborn in its mother's womb.

After much chatter by a crackling fire, we retired for the night to our sleeping bags that were placed on the cedar platforms lining both sides of the longhouse. Of course, our imaginations were running wild with thoughts of connecting with the ancient spirits of the original inhabitants. It was pure magic!

Even though expectations were high, the only sounds heard that night were a couple of chipmunks nibbling on the corn hanging high in the rafters and a fellow staffer snoring. An unforgettable experience, nevertheless, and one that also reflects the unique experience that people have when visiting the Iroquoian village.

The spirit still sings at Crawford Lake today. It sings for a time when early Escarpment dwellers lived in harmony with nature. Visiting the 15th century village during maple moon provides much insight into the lifestyle of Ontario's First People and the magic of making maple sugar in ancient times. ■

Gary Hutton is the author of Halton Hikes and the former director of communications for Conservation Halton.



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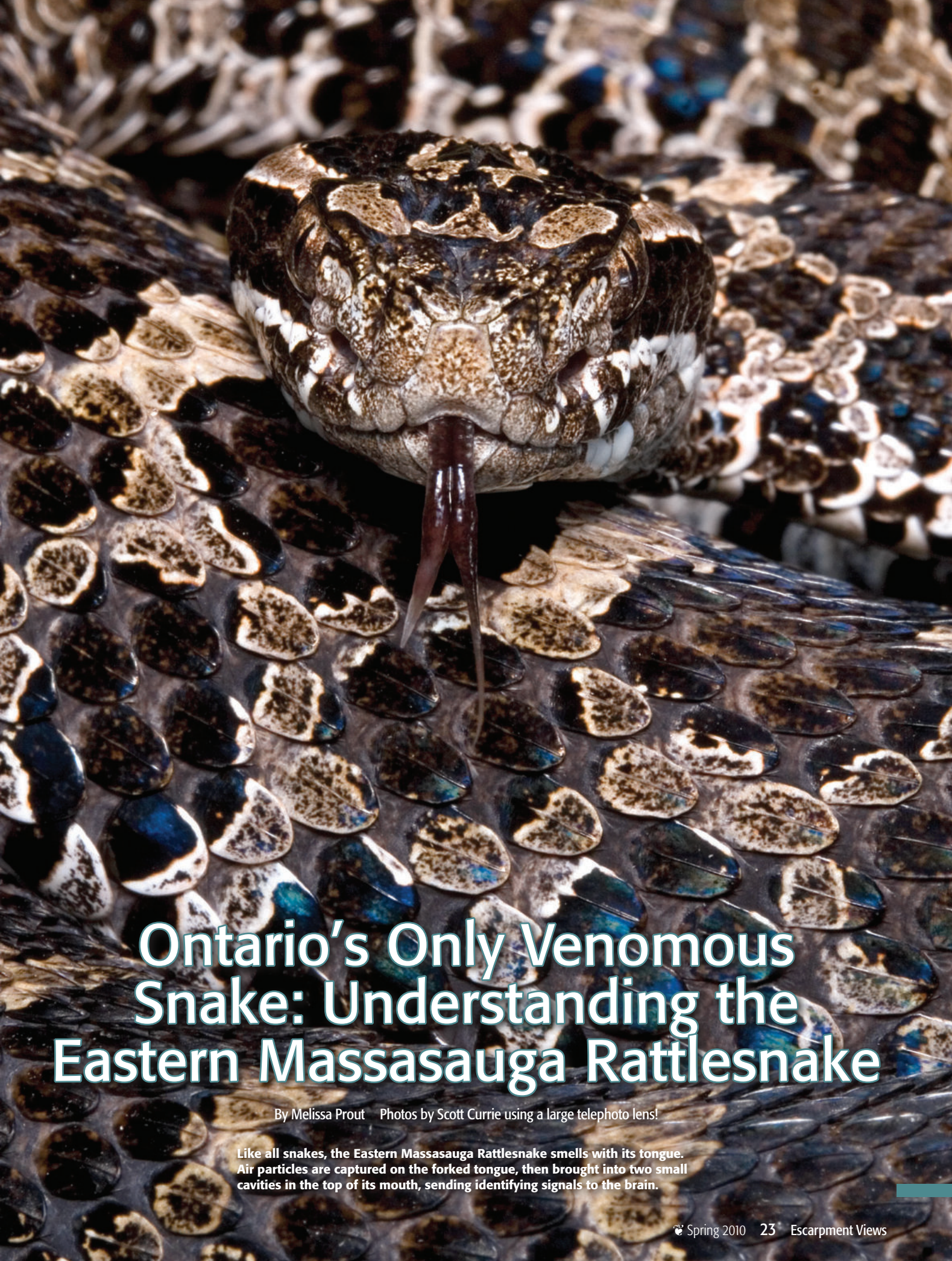
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Ontario's Only Venomous Snake: Understanding the Eastern Massasauga Rattlesnake

By Melissa Prout Photos by Scott Currie using a large telephoto lens!

Like all snakes, the Eastern Massasauga Rattlesnake smells with its tongue. Air particles are captured on the forked tongue, then brought into two small cavities in the top of its mouth, sending identifying signals to the brain.

Ontario's Only Venomous Snake: Understanding the Eastern Massasauga Rattlesnake



Found on the Bruce Peninsula at the northern end of the Niagara Escarpment, the Eastern Massasauga Rattlesnake prefers open rocky areas and grasslands.

While walking along the Bruce Trail on the northern Bruce Peninsula last June, I stopped to admire a tiny orchid when I heard a distinctive high-pitched buzz. I couldn't find where it was coming from but peering at the sandy rocks, under a low lying cedar, I finally spotted the source, an Eastern Massasauga Rattlesnake.

Reaching an average adult length of 65 to 70 cm (two feet), the Eastern Massasauga Rattlesnake (EMR) is a fascinating and often misunderstood creature. Once found throughout southern Ontario, the EMR can now be found in only four places in the province: the

Eastern Massasauga Rattlesnake (*Sistrurus catenatus catenatus*)

Description:

- ♦ blunt tail, usually with a rattle on the end
- ♦ thick midsection and short body
- ♦ wedge-shaped head with white stripes along the jaw
- ♦ brownish-greyish body with dark saddle-shaped blotches
- ♦ about 60 cm (2 ft) long

Diet: primarily small mammals, other snakes, frogs, fish

Dominant Habitat Type: open rocky areas, open grasslands

Tips for Hiking Safely in Rattlesnake Country

Bites are uncommon, but may occur if someone steps directly on a snake, or tries to pick one up. If you leave this snake alone, it will not bother you.

- ♦ Stay on established trails.
- ♦ Keep your dog on a leash.
- ♦ Wear sturdy footwear.
- ♦ Watch where you place your feet and hands.
- ♦ If you hear a rattlesnake: stop, locate the snake, give it lots of space, back away, and walk around it.

If Someone is Bitten

It is extremely unlikely that you or any member of your group will be bitten by an EMR, but if you are, keep the following in mind:

- ♦ Stay calm.
- ♦ Clean the wound.
- ♦ Wrap the infected area with a firm bandage.
- ♦ Seek medical attention.
- ♦ Do not apply ice or a tourniquet.

Each person will react differently based on age, health, and amount of venom injected.



The Eastern Massasauga Rattlesnake relies on camouflage to hide, only rattling its tail when threatened, rarely striking anything larger than small rodents. It is a species at risk, protected by law throughout Ontario.

Ojibway Prairie Complex in Windsor, the Wainfleet Bog near Port Colborne, Eastern Georgian Bay, and the Bruce Peninsula.

Although the Bruce Peninsula is home to the second largest population of EMRs in Ontario, most people will never see one because of its secretive behaviour and incredible camouflage.

Whether the EMRs are resting on a sun-dappled forest floor, on a rocky outcrop, or in an open grassland, the colouration and pat-

tern of their scales make them masters of disguise. Their talent of appearing from out of nowhere may surprise passing hikers, but the ability to conceal themselves serves these snakes in two very important ways.

First, EMRs rely on their camouflage to avoid becoming food for another animal such as a hungry broad winged hawk.

Second, rather than actively pursuing prey, EMRs are ambush hunters, meaning that they

sit and wait for dinner, typically small rodents, to pass within striking range (which is only half their body length).

Guiding the snake's strike are two small openings on each side of its face between its nostrils and eyes. These heat-sensitive pits sense tiny temperature changes, allowing the snake not only to find warm-blooded prey in complete darkness, but also to pinpoint the warmest part of a rodent's body, its heart.



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Unique Sense Organs

The EMR's other sense organs are also uniquely different than those of other animals, relying primarily on its senses of touch and smell.

While EMRs do not have an external ear or eardrum, they do use a small ear bone to detect sound waves vibrating through the ground.

Although snakes have both nostrils and nasal cavities, the tongue is actually the smelling device. A snake's forked tongue flicks out to capture tiny air particles and then retracts inside its head with the forks fitting neatly in two small cavities in the top of its mouth. These cavities, called "Jacobson's Organs," send a signal to the brain, whereby the brain can identify the smell as prey, predator, or other.

Interestingly, EMRs only need to eat about once every three weeks. Like all other reptiles, EMRs rely on the external environment to regulate their temperatures. And since they don't need energy to heat their internal furnaces, EMRs eat approximately 50 times less food than do birds and mammals of a similar size.

As the only venomous snake in Ontario, an EMR has a highly sophisticated system of obtaining its meal. Attached to the top of its

mouth hangs a pair of hinged fangs that fold up when not needed. These fangs are hollow and act like hypodermic needles for injecting venom.

Unlikely to Strike Humans or Pets

It is important to note that venom is used only to immobilize prey. As venom is expensive to produce, the snake is very cautious about when and how much it injects. Consequently, an EMR is unlikely to waste it on something that it can't eat, like people or our pets.

If a snake feels threatened, however, it will give up on its camouflage and activate its second line of defence, the rattle. A rattle is made up of a series of irregular-shaped, interlocking scales. Every time a snake sheds its skin, which may be three to 10 times per year depending on age and health, a new segment is added to the rattle. Over time, older segments break off from wear and tear, which explains why it's impossible to determine a snake's age by counting the rattles on its tail (a common myth).

When an EMR rattles, it is not an indication that it is going to strike; it is simply telling you that you are too close for comfort. EMRs are shy and only want to be left alone. If you

are lucky enough to encounter one, simply give it lots of space to escape.

EMRs are an integral part of Ontario's natural heritage, however, their future is not secure. Due largely to habitat loss, human persecution, and unintentional road kills, EMRs are a species at risk, protected by law everywhere in Ontario.

Fortunately, such organizations as Bruce Peninsula National Park help protect the threatened EMR by educating the public, providing stewardship programs for landowners, monitoring gestation sites (birthing sites), and investigating road mortality with the hopes of developing long-term strategies to protect this species. When we disregard the myths and unwarranted fears, we can see that they are truly remarkable creatures.

That sunny morning in June, I only had 30 seconds to admire the EMR in front of me before it decided to slowly retreat deeper into the low-lying cedars. Humbly amused by the encounter, I returned my attention to the orchid. ■

Melissa Prout is a naturalist and environmental educator delivering programming about species at risk, including the Eastern Massasauga Rattlesnake.

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Grimsby Wayzgoose: For the Love of Paper and Print

By Gloria Hildebrandt
Photos by Mike Davis

WAYZGOOSE: ANNUAL FESTIVITY OF PRINTING HOUSE

More than 30 years ago, I am amazed to realize, I was a hand papermaker. My university roommate and I were trying to become self employed in our own papermaking business. We had a cute literary name for it, Hobbyhorse Mill. How we came to this scheme is a long story involving an economic recession and an influential University of Toronto English professor, not needed to be explained here. Our self education in the old craft of papermaking led us to an oddly named festival in a small town we had to look up on a map, Grimsby. We were off by TTC and a couple of intercity buses, to the first annual Wayzgoose.

Here we saw printers, small press owners and paper products of every description, and felt that just possibly, our small sheets of unusual paper were decent enough to be exhibited at the next year's Wayzgoose.

It was not to be. Energy and finances dwindled to the point where we realized there were easier ways to make a living than having our hands in cold water pulling pulp all day. Still, the awareness of the world of fine paper and printing endures, so that I was able to have a long, intelligent conversation with an employee of Il Papiro, an exclusive paper shop, in Florence last fall, as he demonstrated the antique art of marbling paper.

Grimsby Waygoose: For the Love of Paper and Print



Tim and Elke Inkster of The Porcupine's Quill in Erin have been displaying their award-winning publications at the Waygoose for 25 years.

Passion for Paper & Print

Attending the 31st Waygoose in Grimsby last spring therefore was a nostalgic experience for me. Two buildings of the Grimsby Public Art Gallery were full of the most amazing, creative and beautiful paper works of art imaginable. All the exhibitors were passionate about paper in general and what

they do with it in particular. They were happy to explain where they were from, what they do and why they bother.

Some, like Tim and Elke Inkster (yes, the name is unbelievably apt), owners of The Porcupine's Quill of Erin, not only make their living from their famous and fine press, they've been awarded, unusually



Tony Crowle of Van Huizen Bookbinding & Finishing of St. Catharines gave away books stamped with gold foil.



Paper treasures are celebrated at the annual Waygoose in Grimsby.



as a couple, the Order of Canada for their distinctive contributions to publishing in Canada.

"We've been exhibiting at Wayzgoose for about 25 years," says Tim Inkster, "probably at first because we were invited by Bill Poole, founder of the event, now deceased."

At their table last year, the Inksters exhibited a selection of recently published books including *Concord of Sweet Sounds* by wood engraver Gerard Brender à Brandis and F. David Hoeniger. The artist was also present. This book was reviewed in *Escarpment Views* in the autumn. In addition, the Inksters released their spring issue of *The Devil's Artisan*, a magazine about the printing arts that they've published twice a year since 1980.

At this year's Wayzgoose, they plan to launch *Wanderlust* by Megan Speers, a graphic novel of 50 wood-cut images that tell the story of life among punks in Sault Ste. Marie in the mid '90s.

Will Rueter, owner of The Aliquando Press of Dundas, has been exhibiting at the Wayzgoose since the very first one. "Last year I showed my 100th book, *Majesty, Order and Beauty*, excerpts from the journals of T.J. Cobden-Sanderson, one of Britain's most influential bookbinders and private printers of the late 19th century," he says. "It was nice to get some good feedback and show the public that letterpress printing is still alive."

"This year," Rueter continues, "I have two slightly less ambitious books: *Diary of an Amaryllis*, with text and drawings by my wife the artist Maureen Steuart, and *Becoming Love with Love*, three poems by the 13th century Flemish mystic Hadewijch, printed in medieval Dutch and English. It's guaranteed to be a bestseller!"

Larry Thompson of Greyweathers Press of Merrickville explains his reason for exhibiting: "The standard is high, and it gives printers like myself, who are relatively new to the game, a chance to meet and mingle with veterans of the fine press. The Grimsby Wayzgoose has pedigree, an excellent following, and organizers who value the exhibitors and treat them royally. And the opportunity to sell work and promote one's press."

Last year he and his wife and partner Holly Dean displayed a new series of lin-

cuts and the book *The Vampire and the Seventh Daughter*, among other delightful works. At this Wayzgoose they want to launch *Graven Images: A Collection of 19th Century Wood Engravings, Newly Discovered*.

Thompson shares the story behind this work. "Two years ago, a collector loaned me a box full of 19th-century wood engravings, wondering if I could print them. I could and did, although it proved to be an ordeal. I'm finishing a portfolio of these fabulous prints, and I'm hoping that it will be well received."

Hands-on Demonstrations

Demonstrations are popular at the Wayzgoose. Tony Crowle of Van Huizen Bookbinding & Finishing of St. Catharines had one of the company's four hot foil stamping machines set up, and before I knew what was happening, I was presented with a blank hardcover book with "Escarpment Views" stamped in gold foil on the cover. The paper inside is a lovely cream-coloured laid, for those who care. Treasures are given away here.

In a small room, members of the Book Arts Guild of Richmond Hill were demonstrating with a large old treadle platen press, the Grimsby Library's Pearl Press, showing how it can print individual sheets of paper fed by hand.

Hobby or Profession?

As my university roommate and I discovered, not everyone is able to support themselves from the crafts that are celebrated at the Wayzgoose. They have other reasons for their dedication.

Thompson goes on to reveal "I started Greyweathers Press five years ago not concerning myself with the business side, but rather focusing on acquiring skills and experience. To my surprise and delight, the Press has proven a profitable addition to the rest of our art and craft work. Holly and I make our living creating and producing wholesale craft artifacts, design services, fine art and, in my case, freelance writing. It's like we have a half dozen part-time jobs, but all based out of our studio. And life is rarely dull."

This year the 32nd annual Wayzgoose will be held on April 24, again at the Grimsby Public Art Gallery. ■

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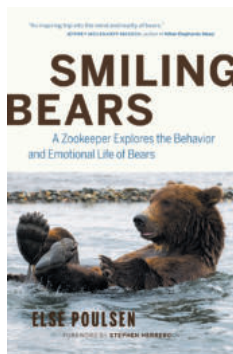
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Members of the Book Arts Guild of Richmond Hill demonstrated the use of the 19th-century Pearl Press, a floor standing, full-size platen press powered by a foot-operated treadle.

Book Views: Buy a Book, Save a Bear

Smiling Bears: A Zookeeper Explores the Behavior and Emotional Life of Bears

By Else Poulsen



Stories of animal rehabilitation can be difficult to read if they dwell on the suffering or mistreatment phase. *Smiling Bears* includes tales of bears that have had a second chance at a better life, but the book avoids “torture porn.” Instead, Else Poulsen details her work at understanding bears’ behaviour and body language in order to give captive bears as fulfilling lives as possible.

The stories of communication are breathtaking. When Poulsen thought an orphaned black bear needed mothering, she sat on the ground in the pen and rocked back

and forth while humming, as she had seen bear mothers do. The orphan immediately sat in Poulsen’s lap and made contented sounds.

Polar bear Misty liked to keep her nest clean, and when Poulsen was late providing new straw one day, Misty brought dirty straw to the window where Poulsen was passing, and dropped it onto her right paw. Poulsen responded with clean straw, then tested this communication by withholding straw for a few days. Misty again brought a mouthful of dirty straw to the window. From then on, Poulsen waited for Misty’s

request, always rewarding the message with clean straw.

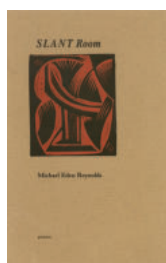
There are many more fascinating stories, showing that bears have different personalities yet are able to communicate with responsive humans. You can do good by buying this book. Some of the proceeds are donated to bear rescue, rehabilitation, and conservation organizations.

Greystones Books, 2009,
hardcover, \$29.95.

Reviewed by Gloria Hildebrandt

SLANT Room

By Michael Eden Reynolds



Prize-winning poet Michael Eden Reynolds lives in Whitehorse but spent most of his childhood in Caledon. “Spring Night in Caledon” shares the sensory observations that

Spring comes up like an onion,
green from its winter heart.
Sharp scent carried on a whiff
of dung.

“Again” begins with “If you come to the edge of the escarpment/out of the damaged woods as I have done” and seems to mourn the loss of nature and how far we’ve come “from true forest.”

Despite his belief that “The world is not as beautiful as it was yesterday,” Reynolds can celebrate nature. In brief, spare images he suggests the annual bird migration

as “the sound of the world turning.”

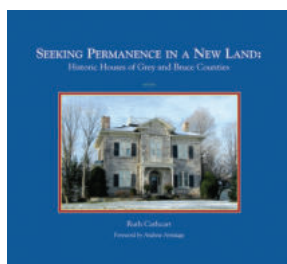
His poetry is minimal, precise and egoless although his approach is intensely personal. Reynolds writes poems that resemble diamonds: small, sparkling and many faceted.

The Porcupine’s Quill, Inc., 2009,
softcover, \$16.95.

Reviewed by Gloria Hildebrandt

Seeking Permanence in a New Land: Historic Houses of Grey and Bruce Counties

by Ruth Cathcart



Grey and Bruce Counties are filled with an amazing variety of houses built over 100 years ago by early settlers. From Kincardine to Lion’s Head and Collingwood Township to Southampton, and every place in between, these architectural gems continue to intrigue day-trippers. Who built them? Why? Who lived there? Historian Ruth Cathcart has profiled 103 of the best examples of domestic architecture, ranging from the modest

to the splendid. A full-page black and white photograph, location, architectural significance and history is provided for each house along with anecdotes about the builders and residents.

Seeking Permanence also includes a short history of early Ontario architectural styles, a glossary of architectural terms and a comprehensive bibliography for further research. In his foreword, former librarian Andrew Armitage encour-

ages readers to study the book at home then bring it along for house watching road trips. “Ruth Cathcart invites you to take a second look at what she has selected as the best of the best,” he writes. Discovering the stories behind the stately houses in Grey and Bruce will animate the history of the region.

The Ginger Press, 2009,
limited-edition hardcover:
\$100; softcover: \$35.

Reviewed by Maryann Thomas



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* Source: 2008 - 2009 Outdoor Power Equipment Institute Canadian Market Share Report for yearly imported gasoline chain saws, gasoline backpack blowers, gasoline cut-off machines and gasoline grass trimmers.

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Based on maps provided by Niagara Escarpment Commission