

ESCARPMENT *Views*

Reflecting
Niagara Escarpment
lifestyles & values

5th Anniversary Issue!

Focus On:

Escarpment Artists

**What's So
Special About
the Niagara
Escarpment?**

**Publishers Tour
Manitoulin Island**

**War of 1812:
Isaac Brock at
Queenston Heights**

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Your Window on the Entire Niagara Escarpment

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Calendar of Events...Much More!

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Views

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View From the Editor's Desk:

Celebrating Our Fifth Anniversary

This issue, Autumn 2012, marks the completion of our fifth year publishing this magazine. Our first issue came out in Jan. 2008. It was a difficult time to start a business, because in early 2008 the economy, especially in the U.S., took a severe downturn. While there was immediately a lot of interest in our unique vision, many prospective advertisers slashed their marketing budgets. We were further alarmed to hear that some business owners might tell us to wait three years and if we're still in business, to give them a call then. Yet we also heard that we would benefit from the first signs of economic recovery, as the most successful businesses would resume advertising quickly. Everyone knows that to do well, your business has to advertise in publications that people pay attention to.

We have worked hard to create a magazine that reflects life along the entire Niagara Escarpment in Canada, and we are tremendously pleased at the response we get. Readers and viewers from ages eight to 80 tell us they love the magazine as much as we love creating each issue.

Getting It Right

We're also gratified to see that we've helped raise vital awareness of the importance of the Niagara Escarpment, in other people. We've noticed town and regional tourism communications mention the Escarpment when they didn't before. We've also seen references to the Escarpment by other publications who before we appeared, simply ignored this wonderful feature. We think this is just great! There is so much to explore on and around the Niagara Escarpment, that there is an endless supply of fascinating subject matter for all to share. Gary Hutton does this well in his work for this issue, on the topic of what's so special about the Niagara Escarpment.

Well protected at Fort Willow Conservation Area, by re-enactors dressed as War of 1812 soldiers of Royal Newfoundland Regiment in red, and Royal Artillery in blue. From left: Lyn Downer, Gloria Hildebrandt, David Brunelle, Seaghan Hancocks.

PHOTO BY MIKE DAVIS.



Anything that increases appreciation of this World Biosphere Reserve is welcome. We should be an example to the world, of how to get the right balance between development and nature.

A New Look

In honour of our 5th anniversary, our Art Director Branimir Zlamalik, who has been with us from the challenging very beginning, has redesigned the magazine. We've kept the same emphasis on our gorgeous photography, much of it by our principal photographer, my co-publisher Mike Davis. Our redesign gives similar weight to our writing, because we are proud of the high quality of our magazine journalism by professional writer-photographers like Chris Mills, who contributed the feature on Isaac Brock and the Battle of Queenston Heights in this issue.

Our new design gives room for more white space, which lets the eye and mind rest and absorb our rewarding content.

The biggest change is on our cover, with a neater, tighter masthead. It identifies the magazine more strongly and serves to distinguish it from others who may have been trying to follow our lead. We believe the new look will give us more opportunity for creativity.

This issue is also our annual look at some visual artists who work near the Niagara Escarpment. Added to our interesting columns on cooking without recipes by our longtime contributing expert Misty Ingraham, and sustainable gardening by Sean James, we believe we have an impressive 5th anniversary issue, our biggest yet.

Customer Appreciation

The celebration doesn't stop with this issue. We will host another, bigger Customer Appreciation Day this fall. If you're an advertiser or subscriber, you're invited! If you missed getting your invitation, please contact me at editor@EscarpmentViews.ca or 905 873 2834. We're looking forward to you joining us.

As a final note, if you can identify the mushroom in Mike's photograph on page 50, please let us know. We tried but gave up. Can you help?

Gloria

Gloria
editor@EscarpmentViews.ca

P.S. Wild animals need wild spaces. Keep wild spaces wild!

ESCARPMENT
Views



We love your messages and letters. Write us at editor@EscarpmentViews.ca or **Escarpment Views, 50 Ann St., Georgetown ON L7G 2V2.** There's exclusive online content at our website www.EscarpmentViews.ca and you can "like" us on Facebook: www.facebook.com/escarpment.views.



Readers & Viewers

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Protecting our Escarpment

The Niagara Escarpment has become the most visible symbol of Ontario; travel posters, Niagara Falls, and the Bruce Trail have all seeped into our definition of ourselves.

Only about half of the Escarpment south of Tobermory has been protected and less than a third of its Ontario length is safe from development. That same Escarpment on Manitoulin is neither a World Biosphere Reserve nor protected by the visionary Niagara Escarpment Plan. Our iconic cliffs are being blasted apart for gravel extraction. Even on bucolic Manitoulin excavation is proceeding at a great rate.

Protecting the Escarpment and its rare species is a challenge for our generation; each property that comes up for sale may be destroyed forever. Our Escarpment Conservancy has conserved seven properties now recognized as Escarpment parks. Four more are in progress. We host the Bruce Trail as it runs through seven of our reserves. On our Manitoulin nature reserves, we have built 10 pieces of Escarpment trail with the Cup and Saucer the most spectacular. 10,500 people hike there every year, then spend \$385,000 in the community. Now there is no government money for parkland, EBC tries to work with landowners willing to donate land or using a conservation agreement where they retain title, but give up some of their development rights in exchange for a big income tax receipt.

Ontario's landscape and rare species can only be protected by concerned citizens, especially those fortunate enough to own the land. Our website illustrates our success to date.

Contact:
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Escarpment Biosphere Conservancy
503 Davenport Road
Toronto, M4V1B8
888-815-9575
rbarnett@escarpment.ca
www.escarpment.ca



Just ran across the magazine when we got it at Foodland in Hillsburgh – and love it! ... Continued success!

Bruce Hood, email



Your magazine should be commended for its great content and gorgeous photos!! It is both an educational tool as well as a great tourism resource for those interested in our uniquely beautiful area!

Kristin Luoma,
Economic Development Officer,
Town of Northeastern Manitoulin and the Islands



We received *Escarpment Views* today in which I read that your father died last month. We express our deepest sympathy to you and your sister Barbara. I was in Austria April 20 to May 7 and after my return planned on sending him an email telling him how I envisioned him riding his bicycle, along with a friend, from Passau to Prague (I believe) at the age of 75. We drove along the Danube and saw many cyclists along the way; that is when I thought of him. He was a man very much alive and in tune with all aspects of it.

Jerry and I visited your father late last summer when he walked us around the property with Thomas the dog always by his side, telling us how he had developed the property over the years. When we left he gave me a copy of his beautiful "THE LIVING GARDEN" which I treasure and enjoy reading. We continued to be in touch by email so became aware of the issue with his lungs. I hope he did not have to suffer greatly.

Marianne Schroeder & Jerry Sawchyn, Hamilton

I'm sure your father Charles made the transition to the "other" reality with a heart full of peace – having participated in the work of caring for the natural world in a noble way. Here's to a life well lived.

Pamela Friendly, Brampton

I enjoyed reading the tribute you wrote to your dad in the magazine. It would seem that he started the work you and Mike are continuing and that all of the Niagara Escarpment will be a richer place because of you and your family.

Sarah Yates, Winnipeg

A friend and I decided to hike along the Bruce Trail in the Pretty River Valley Provincial Park on Canada Day. We made it to the highest point on the Niagara Escarpment, marked at 540 meters above sea level on signage provided by the Bruce Trail Conservancy. The Pretty River Valley is located 83 km southeast of Owen Sound and is part of the Niagara Escarpment Parks system, the Niagara Biosphere Reserve and is also part of the Blue Mountain Watershed system. I snapped this photo of a Pretty River tributary that cascades alongside the trail close to where we parked our vehicle on the Pretty River road.

Rita Waterman, Simcoe



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Thunderbird Twin Zip Line Now Open

Scenic Caves Nature Adventures now offers one of the longest zip lines in Canada, the Thunderbird Twin Zip Line for two riders at a time. You can control your speed as you leave the 50-foot tower atop the Niagara Escarpment and shoot along the line with a panoramic view of Georgian Bay, Collingwood and Blue Mountains. Thunderbird is open in the autumn on weekends to the end of October. See our Winter issue for a Publishers' Diary experience of this ride. sceniccaves.com 705 446 0256 ext 227. PHOTO: MIKE DAVIS



Downtown Hamilton's Localicious Festival

Downtown Localicious Experience Culinary Festival features 12 Hamilton restaurants offering locally grown food prepared in flavourful new ways. The festival takes place Sept. 21 to Oct. 14. The festival starts with a launch party at the beautiful Art Gallery of Hamilton on Sept. 18. Several food stations offer samples prepared by Downtown chefs. Music plays, local wine and beer are available and the Food Jammers will give a cooking demonstration. They are "three backyard mechanics who make homebrew cooking equipment using junkyard parts, found objects, and locally sourced ingredients. Cooking is an excuse for them to build things." downtownlocalicious.org 905.523.1646. FOOD JAMMERS PHOTO COURTESY DOWNTOWN HAMILTON BIA

Griffin House National Historic Site Receives Plaque

Griffin House in Ancaster received a Historic Sites and Monuments Board of Canada commemorative plaque in August. The pre-Confederation house and 50 acres were bought in 1834 by Eneals Griffin, a Black settler who fled slavery in the U.S. by the Underground Railroad. The four-room house remained owned by the family until 1988, when it was bought by Hamilton Conservation Authority. The plaque recognizes the house as associated with the diversity of Black settler experience, as it was not situated in an organized refugee community, and was more elaborate than most homes of Blacks of the time.

PHOTO OF DESCENDANTS OF ENERALS GRIFFIN COURTESY HAMILTON CONSERVATION AUTHORITY



Standing up for the Niagara Escarpment



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Monique Taylor
MPP Hamilton Mountain
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Michael Mantha
MPP Algoma-Manitoulin
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Events Along the Rock

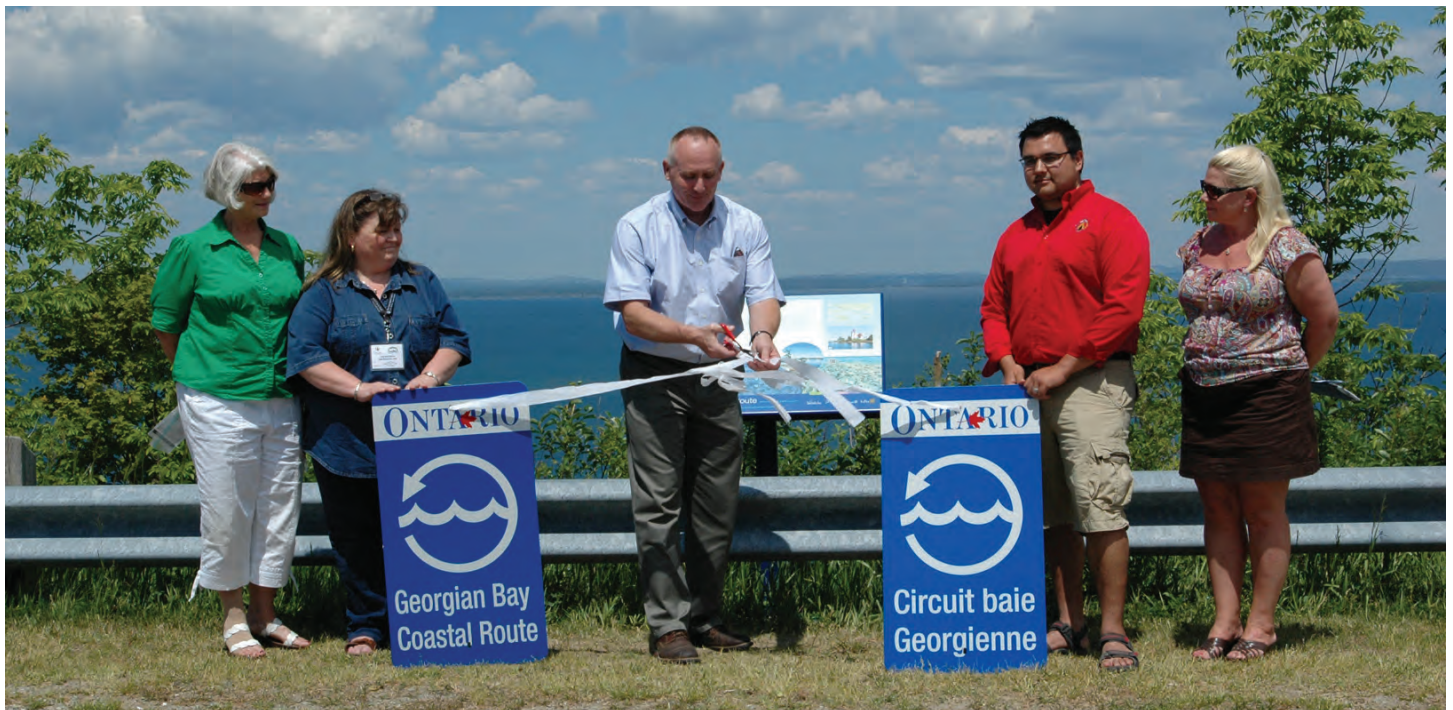
Photos by Mike Davis except where noted.



▲ Georgetown Globe Musical Productions invited VIPs to the first night of their weekend book sale on May 11, to benefit their restoration of The Old Armoury in Georgetown Fairgrounds. The restored building will be a centre for arts, culture and heritage in Halton Hills.

The Peak to Peak Escarpment Challenge took place on May 12. Here in the Singhampton Caves are Tara Lackey, Carey Nickels and Everett Nickels, the youngest participant encountered that day. On the right, other hikers pass by. ►





▲ On June 7, Joe Chapman, mayor of Northeastern Manitoulin and the Islands, cut the ribbon at 10-Mile Point on the north shore of Manitoulin Island to launch the signs for the Georgian Bay Coastal Route. The other dignitaries are, from left: Mary Nelder, Lacleche and Business Assistance Corporation, Lois Keller, Manitoulin Tourism Association, Kevin Eshkawkogan, Great Spirit Circle Trail and Donna MacLeod, Rainbow Country Travel Association. PHOTO BY ALINE TAILLEFER.

Met on the trail near Duntroon: Lorie Vanvalkengoed, Sandra Whitehall, Patricia Van Diepen and Tammy Gunn, all from London and area, hiking The Bruce Trail from end to end, on weekends. They began in Nov. 2010 and hope to finish in Oct. 2012. ▼



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▲ Co-sponsors Scenic Caves Nature Adventures and Scandinave Spa, Blue Mountains on June 8 presented a \$5500 contribution for the production expenses of *The Mystery of Irma Vep*, Theatre Collingwood's first show of the 2012 summer season. From left, Chris Cable, Harold Bickerstaff, Rob Thorburn Sr., Steven Thomas, Mylisa Henderson, Ruben Rosen, Deb Piggott and Irene Thomas. PHOTO BY BRYAN DAVIES.

A walkathon called "Strut Your Mutt" was held on June 9 in Beautiful Joe Park, Meaford. Proceeds will help pay for a monument to Margaret Marshall Saunders, author of *Beautiful Joe*. Around 27 dogs and 20 humans raised \$1,000 in this first walkathon for the Beautiful Joe Heritage Society. More information is at beautifuljoe.org. PHOTO BY EVELYN DEAN. ▼





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Events Along the Rock

Please see www.EscarpmentViews.ca for more photos & listings!



◀ The Georgetown Allotment Gardens Group garden was part of the June 24 Georgetown Horticultural Society's tour.

The group exhibit "EXPOsition" opened on July 26 at Williams Mill, Glen Williams. Participating artists from left, Eileen Menzel, Linda Semple, Robin Hollingdrake, Susan Dain. Absent from photo: Rena Sava. ▶

◀ Owner Nina Barker led her two-year-old filly through an Annual Inspection by the American Hanoverian Society hosted July 20 by Windswept Farm II of Georgetown.



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▲ Organic meats, flash-frozen fruits & vegetables are available at MacMillan's of Acton.



▲ Store manager Blake Martin with his parents, Lynda & Roy Martin, and a selection of frozen foods.

Studio Tours, Festivals,
Business as Usual:

Our Annual Look at Artists Near the Escarpment

By Gloria Hildebrandt Photos by Mike Davis

Many communities have artists opening their studios to the public on one or two of the colourful weekends in fall, when a day driving through the countryside is a lovely pastime. Yet the best ideas can use refreshing occasionally. The long-time Purple Hills Studio Tour in and around Creemore, is changing this year to a wider arts festival that includes music, theatre and children's events as well as the visual arts, which remain a big focus. Yet whether studio tours, festivals or just business as usual, visual artists continue to thrive close to the Escarpment.

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▲ Two showrooms and a studio open onto each other in Maplestone Gallery of Creemore.





▲ Beautiful Babe and owner Suzanne Steeves welcome walk-ins to their Mill St. gallery in Creemore.

◀ Suzanne Steeves, artist-owner of Maplestone Gallery, also teaches mosaic art from her gallery studio. Here, she explains the techniques she will use to create this large heron piece on Wedi board.

On the main drag of Creemore, which is Mill St. in this town, the Maplestone Gallery is a corner storefront space. It's easy to pop in here to see what's new. Everyone who enters is personally inspected by a relaxed, friendly border collie whose sign of greeting is to lift her black and white head and yodel. Not howl, but give a musical, lilting yodel of many notes.

"She learned it from our dearly-

departed Tigger, a pound rescue we had for 11 years," says her owner and the gallery's owner, Suzanne Steeves. She is proud of the fact that her gallery is the only one in Canada specializing in contemporary mosaic art. Works by Canadian and international artists who are famous in the field are carried.

Marian Shapiro of Australia creates stunning feminine shapes covered with a multitude of colourful pieces

that she calls goddess sculptures, and which sell swiftly. Spanish artist Liza Wheeler's portrait "Ebony," of a black horse's head, is so realistic that it resembles a photograph. Grace Blowers of Colorado incorporates natural elements like wood and moss, as can be seen in her piece "In the Middle of Nowhere." Michigan-based Lin Schorr is often inspired by striking frames that surround each creation. Newfoundland's Terry Nicholls

created a realistic male figure in "The Busker." Jean Loney of Fergus designs realistic fruit, flowers and animals; her work called "Columbine" has the most beautiful colours of green and blue. Works in the gallery range from \$95 to \$9,500.

Steeves herself is a mosaic artist. At the time of our interview, she had little of her own work on display, having sold out of most pieces. She created a series of black crows that

◀ Mosaic glass in bright colours from Italy and gold-covered pieces lift the spirit in "Sunrise" by Suzanne Steeves.



Artists

was enormously popular. Her studio is at the back of the gallery, where she's currently creating two pieces, one an image of a rooster and the other, a large heron. "I do a lot of birds," she points out.

"Mosaics are very tactile and colourful," she adds. "It's a very meditative art form. You have to give a lot of concentration to what you place beside each piece. You have to mix colour with your eye, and you have to step back all the time to see the effect from afar. It's a lot harder to undo work in mosaics. If properly done, it lasts forever. Think of Pompeii."

Steeves shows how texture is created by varying the size and material of each small piece. The technique called "crazy paving" gives the impression of dynamic movement. She indicates how the backgrounds and spaces between pieces are important to the work as a whole. "The best artists spend a lot of time on their backgrounds," she says.

Maplestone Gallery, at 705 520 0067, is completing three years of existence this fall, and will be part of the Creemore Arts Festival on Sept. 22 and 23. More information is at www.phahs.ca.

Feeling vs. Seeing

Further south, in the historic village of Alton, painter John Reid works on the second floor of the large Alton Mill Arts Centre, in a large room shared with another artist.

"The fellow artists at Alton Mill are very supportive of each other," he notes. "It's a very nice environment to be part of." While he's been at Alton Mill for one year, he's been painting full time for about six. He says he retired "long ago" from working as a commercial artist.

"The biggest difference between working as a commercial artist and painting now, is time," he says. "Commercial art is always working to a deadline. As well, the subject matter varies a great deal. Today painting and drawing is what I want to do, and the technique is totally different."

Reid enjoys working *en plein air*, or outside in the open, and finds it easy to make black and white



▲ John Reid painting a watercolour in his Alton Mill studio.

A work in progress and tools of the trade owned by John Reid. ►





▲ Finished works for sale adorn grid stands at the perimeter of John Reid's studio.

◀ Old Barns in Caledon prompt John Reid to capture them as vanishing landscapes.

Photo by John Reid



sketches. Then he may colour in with watercolours. He also paints from his own photographs from his travels and sketching holidays. He was planning to go to Manitoulin Island this past summer.

"Watercolour is a very challenging medium," he adds, "but for me a rewarding one when I get it right. The transparency of colour is what makes it 'sing.' Pen and ink on the other hand, makes me really



Hero of the Battle of Queenston Heights: Who was Sir Isaac Brock?

Written and photographed by Chris
Mills except where noted

Sir Isaac Brock's renown survives to this day as the hero of Upper Canada, an able administrator and a beloved leader of Canada's British subjects. But 200 years ago in October, he leapt from his horse to lead fewer than 300 men on foot against more than five times as many Americans entrenched atop Queenston Heights before he fell in an onslaught of U.S. lead and cannon fire at the foot of the Niagara Escarpment.

◀ Cannon overlooks the Queenston docks today. This isn't the exact location or the exact gun of the 18-pound cannon that the British spiked when they were overwhelmed at the top of Queenston Heights, but it has a good view of the Queenston Docks where the attacking Americans landed.





▲ The Battle of Queenston Heights took Isaac Brock's life on Oct. 13, 1812. From where the cannons were placed, first the British, then the Americans had this strategic view of the Niagara River and the village of Queenston.



It was an act barely four months into the War of 1812 that produced a rallying cry to "Avenge the General!" that may have helped galvanize British resolution to repulse an invader more than 10 times its population, and that helped save Canada from becoming another U.S. state.

Because of this, Major General Sir Isaac Brock now has named after him the Brock Medal, Sir Isaac Brock Public School, the Brock Monument, Brock University, not to mention Brockton and numerous streets.

◀ **War horse memorial: brass sculpture of Brock's horse Alfred. At Brock's death, his aide-de-camp Lieutenant-Colonel John Macdonell mounted Alfred to charge again, but both Macdonell and Alfred died in the attack.**

Even the Americans wrote laudably of him.

He may have proven himself because he defied the passivity of the Canadas' governor who insisted in the face of U.S. military preparations that Britain should take only defensive measures in order to avoid riling the U.S. Upper Canada, they decided, was essentially indefensible since it was so far from Montreal. Better to let it go and save Lower Canada.

Or perhaps the British Empire Loyalists who fled the 1776 American Revolution approved of the man who criss-crossed Lower and Upper Canada enlisting, arming and training local militias, reinforcing decrepit forts, and pushing his superiors to fund suppliers, guns and militia.

ESCARPMENT
Views



Sir Isaac Brock



▲ The Brock Monument is a 56-metre-high tomb atop the Niagara Escarpment at Queenston Heights along the Niagara Parkway. The first pedestal monument, inaugurated in 1824, was destroyed by an explosive in 1840, purportedly set by an Irish-Canadian with anti-British sympathies who participated in the 1837 Upper Canada Rebellion. The current monument, inaugurated in 1859, is made entirely of cut stone. Within the lower portion are the remains of both Brock and his aide-de-camp Lieutenant-Colonel John Macdonell.

ESCAPMENT
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Or maybe the population approved of a general who led not by pointing at the enemy and saying, "Go get 'em boys," but by standing in front with his sword and crying, "Follow me!"

Brock was born in St. Peter-Port, Guernsey, in the English Channel Islands in 1769, buying an ensign's position in his brother's regiment at 15.

Posted to Canada in 1802, far from the action against Napoleon in Europe at the time, he commanded respect and admiration over the next 10 years in his various roles as administrator and military leader. He eventually attained the rank of major general and president of Upper and Lower Canada.

Although not widely educated,

◀ No one can say with precision where Brock fell, but this Queenston parkette is as close as anyone can guess. Near William MacKenzie Printery, it's also the site of several commemorative plaques and this stone set in 1860. The inscription reads "Near this spot Major General Sir Isaac Brock KCB Provisional Lieutenant Governor of Upper Canada fell on 13 October 1812 while advancing to repel the invading enemy." In the distance is Brock's Monument.

Brock studied military history and literary books, and took a keen interest in U.S. politics, including its investment in shipbuilding on the Great Lakes, militia conscription and officer appointments.

Battle of Queenston Heights

So when President James Madison declared war against Britain on June 18, 1812, Brock and his forces strode into action. Upon returning from an engagement in Fort Detroit, where Brock accepted the surrender of about 2,000 U.S. soldiers, he sailed back to Fort Erie to find 6,000 Americans gathering for attack on the east side of the Niagara River.

When the U.S. crossed to the Queenston Docks at 4 a.m. on October 13, 1812, about 300 British troops mounted a defence with muskets and cannon, but the Americans soon gained the cannon's site on the Escarpment high above the river.

Eleven km away at Fort George, Brock heard the cannon. He quickly dressed and rode south. He didn't know if he faced a full invasion or just a diversion. Thus he called for only a small force of soldiers and a small party of Native warriors to follow him. He arrived to find mayhem



▲ Although Tecumseh is associated with other events of the War of 1812, he wasn't at the Battle of Queenston Heights. This action included 300 warriors led by his Native brother John Norton. A tribute to Tecumseh sits at the foot of Brock's Monument.

and the Americans in control of the high ground at the Heights overlooking Queenston.

U.S. soldiers drove back his first frontal assault on the heights.

As the first wave of reinforcements of the 49th Regiment arrived, he prepared again.

Now, a more guarded general might have held back and waited

▶ Continued on page 34



◀ American view: inside Old Fort Niagara, New York. Through the entrance is a view of a lighthouse across the river, in Niagara-on-the-Lake, Ont. PHOTO BY MIKE DAVIS.

Ontario's Great Wall: What's So Special About



Written and photographed by
Gary Hutton except where noted

The Niagara Escarpment is the most significant natural landform in Ontario. Yet few know much about it and how valuable this crown jewel is to a rapidly expanding southern Ontario. Everyone knows about Niagara Falls and thousands of motorists zipping along Highway 401 in Milton see the Escarpment Country signs or catch a glimpse of the dramatic cliffs at the Kelso/Glen Eden Conservation Area. Yet many people have little understanding of the Escarpment's huge linear footprint, the intriguing story of its formation and world-class designation, and why it's so important to the six million people living within 90 minutes of the great wall.

▲ Ontario's Niagara Escarpment stretches 750 km with elevations that reach 510 metres. Shown here is the Georgian Bay shore of the Bruce Peninsula.

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the Niagara Escarpment?

The Escarpment is a massive ridge of natural rock that begins at Queenston on the Niagara River and winds

its way north and west through southern Ontario to Georgian Bay and then up the Bruce Peninsula to the islands off Tobermory and on through Manitoulin Island. It also extends west into the United States where it forms the Door Peninsula in Wisconsin and down into Illinois where it ends. In Ontario, the rock wall can be 510 metres high at its greatest elevations and 750 km long in its serpentine trek north. The spectacular limestone cuesta is a rich mosaic of cliffs, waterfalls, forests, farms, rolling hills and parks amidst a band of thriving villages, towns and cities.

Robert Bateman, international artist and former Escarpment resident said "The Escarpment has wildness without remoteness. It can be rugged and secluded yet accessible and to a large extent has a subtle blend of human heritage and nature. Some of the most charming and eloquent places in the world have a gentle and compatible interface with nature."

Ontario's great wall has some of the most scenic natural settings in the province. From the deep Niagara gorge with its thundering waterfalls to the wave-cut sea stacks on Flowerpot Island, the Escarpment landscapes provide a myriad of macro and micro images of nature laid out like a glistening string of pearls.

Two mighty waterfalls pour over the Niagara Escarpment at the border in Niagara Falls: the American Falls, left, and Horseshoe Falls. ►

PHOTO BY MIKE DAVIS.



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▲ The Niagara Escarpment at Milton is clearly seen from Hwy 401, the busiest highway in Canada. PHOTO BY BRANIMIR ZLAMALIK.



▲ Flowerpot Island off Tobermory, with its distinctive rock formations, is but one of 100 sites of geologic significance in the Niagara Escarpment.

Building Blocks of the Great Wall

To understand how Ontario's great wall was formed, one has to delve into the complexities of science and geology. The Escarpment is actually the outer rim of a giant saucer that was once occupied by a warm shallow sea about 450 million years ago. Viewed from outer space, the saucer would have looked like a huge horseshoe centred in the State of Michigan and engulfing part of southern Ontario and all of Lake Huron and Michigan.

Rivers flowing into this ancient sea, known as the Michigan Basin, carried sand, silt and clay resulting in thick layers of sediment. Skeletons of lime-rich sea creatures were also deposited. After millions of years, this layered medley of limestone grit compressed into massive bands of rock. With further lapses in other geological time zones and several periods of glaciation, accompanied by erosion by rivers and changing lake levels, the Escarpment was sculpted into the landform of today. Its formation is ongoing as layered soft rock erodes underneath harder cap rock. Our great wall includes more than 100 sites of geologic significance with features like waterfalls, potholes, underground rivers and caves, karst lakes and deep fissures.

Escarpment Ecosystem

The Escarpment's ecosystem contains habitat for 300 species of birds, 53 mammals, 36 reptiles and amphibians, and 90 kinds of fish. Located in two major forest zones, the Carolinian and the Great Lakes-St. Lawrence, the great wall has more than 1,500 species of vascular plants, 50 ferns and 37 species of wild orchids. The great wall is also home to Ontario's oldest growth forest: small knurled Eastern White Cedars that cling to cliff edges and can be over 1,000 years old.

I was on a hike with Doug Larson from the University of Guelph shortly

Continued on page 28 ►

Ancient cedar growing out of crevice of the Niagara Escarpment at Rattlesnake Point. ►

PHOTO BY MIKE DAVIS.









▲ The Bruce Trail, which celebrates its 50th anniversary this year, is a public footpath that follows the Niagara Escarpment from Queenston in the south to Tobermory on the Bruce Peninsula. Stone cairns mark each end. PHOTOS BY MIKE DAVIS.



after he discovered the Escarpment's ancient forest in 1988 at the Kelso Conservation Area in Milton. He enthusiastically reflected on his findings. "After years of studying cliff ecosystems, my students and I realized we had discovered the oldest and least disturbed forest in eastern North America. Nothing will ever match the euphoria we felt that day when the truth about this cedar forest was beginning to be revealed to us."

The Escarpment's amazing ecosystem is perhaps its most important feature. This ribbon of wild land within Canada's industrial heartland is a natural corridor which supports a healthy ecosystem that should enable the movement of wildlife, maintains biodiversity of species, protects stream and river headwaters, and provides regional connections to other natural areas. It also creates a rich natural research area where we can continue to learn more about ecosystem health and its close relationship to human health.

Canada's Longest Footpath

Atop Ontario's great wall is Canada's longest footpath, The Bruce Trail. Conceived in 1960 by Hamilton naturalist Ray Lowes and school teacher friend Robert Bateman, not yet a famous artist, the trail marks a milestone this year with the 50th anniversary of the first hike.

In 1997, I interviewed Ray Lowes who reflected on that first ground-breaking hike. "In 1962, I was privileged to participate in a trail-blazing hike with six friends who were enthusiastic about a proposed Bruce Trail that would cross Ontario from Queenston to Tobermory. The old Toronto Telegram provided transportation and daily front-page coverage of our progress. We started the hike near Mount Nemo in Burlington. The 185-km hike from Halton to Georgian Bay was an astounding contribution to what would become a world class hiking trail."

Continued on page 40 ►



▲ The Escarpment's unique alvar habitat, or limestone pavement, hosts many rare plants and animals, such as these Lakeside Daisies at Dyer's Bay.

Niagara Escarpment: Special by the Numbers

- 6 million people live within 90 minutes of it
- 510 m high at the highest points
- 750 km long
- millions of years old
- more than 100 sites of geologic significance
- 300 species of birds
- 53 mammals
- 36 reptiles & amphibians
- 90 kinds of fish
- 2 major forest zones
- 1,500 species of vascular plants
- 50 ferns
- 37 species of wild orchids
- Eastern White Cedars can be more than 1,000 years old
- most accurately dated prehistoric native village in Canada
- exact number of waterfalls: unknown but count increases yearly!

Ball's Falls near Jordan is one of 70 major waterfalls that cascade over the Niagara Escarpment. ►

PHOTO BY MIKE DAVIS.







▲ The Heritage Swing Bridge that joins Little Current to the mainland gave us a display. The bridge will have its 100th anniversary in 2013.

Publishers' Diary: Tour of Manitoulin Island

By Gloria Hildebrandt Photos by Mike Davis

In June Mike and I were given a two-day group tour of Manitoulin Island by Manitoulin Tourism Association and Great Spirit Circle Trail. It was a fully packed schedule that took us from east to west and north to south on the island, seeing towns, tourist attractions, wonders of nature and meeting many people with a love and great knowledge of their island. Here are some personal highlights of the tour.

Wikwemikong

Much of the eastern end of Manitoulin belongs to the First Nation of Wikwemikong, who never entered a treaty giving away rights to their land. They welcome tourists, and have a Historical Plaque Tour of 10 plaques at four sites. They have also recently completed Bebamikawe Memorial Trail, a 14-km walking trail without steep inclines, that leads to three lookout decks. They offer powwows, canoe trips, teepee camping and more, as a way to experience their cultural heritage.

Heritage Swing Bridge

Next year will be the 100th anniversary of Little Current's heritage swing bridge that connects the island to the mainland. And just for our group, the bridge made an unscheduled swing.

Great Spirit Circle Trail

In the palisaded yard behind the offices of Great Spirit Circle Trail, we were treated to fascinating First Nations culture. We were welcomed by men singing and drumming on hand drums, and sat around the turtle fire pit to learn about the "voice of the drum." Then we were invited to move among stations set up to display aspects of their culture. Most popular was the chance to taste Native food like bannock and berries, which was delicious, cedar tea, whose strong peaty taste was favoured by the men in our group, mint tea, more palatable to the ladies, and garden herb salad with an exceptional sweet onion sauce.

We also saw the crafting of dream catchers and medicine pouches, entered a birchbark wigwam, and inspected a large teepee set up for "glamping" or glamour camping. A quilt-covered double bed on a hardwood floor with a fur rug would not mean roughing it in the bush.



▲ Members of Great Spirit Circle Trail gave a traditional drumming welcome as our group entered their palisaded yard.



▲ Who knew that a teepee could be so luxurious? Great Spirit Circle Trail offers "glamping," or glamorous camping.



▲ Uncle Steve's Park & Cabins offers basic cottages and room for RVs on a sandy stretch of Lake Manitou.

Uncle Steve's Park & Cabins

For us, accommodation was in a lakefront cottage in family-friendly Uncle Steve's Park & Cabins.

Perivale Gallery

Located in a lovely woods north of Spring Bay on Lake Kagawong, Perivale Gallery displays works by artists in a variety of media. They are the exclusive gallery on

Manitoulin for landscape painter Ivan Wheale.

Gore Bay Farmers' Market

Fresh baking, early spring produce, bedding plants and crafts were for sale at the Farmers' Market in Gore Bay, in the pretty waterfront park.

Zhiibaahaasing First Nation

Mike and I had attended a powwow here last year, so we were familiar

with the community park, but we learned that the wooden drum, peace pipe and dream catcher on permanent outdoor display are the largest in the world.

Misery Bay

Misery Bay Nature Reserve on the south side of the island protects an alvar, a globally endangered habitat that is a flat landscape on limestone or dolostone bedrock. It is home

to the rare Blanding's Turtle. Mike left the tour group to hike to the shore and take photographs. A new Visitors Centre contains plenty of interpretive displays.

Hunger Satisfied

Delicious, generous meals on the tour were provided by the newly completed Rainbow Ridge Golf Course, Abby's



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◀ Mike noticed this Blanding's Turtle, a rare and threatened species, on a driveway near the North Channel of Manitoulin Island. This is the 60th species that Escarpment Biosphere Conservancy counts as being protected on their properties.

Family Restaurant, where we saw a square dancing presentation, Meldrum Bay Inn at the sunny, breezy, beautiful west end of the island, and among gorgeous flowers, bird and bees, Garden's Gate Family Restaurant.

Blanding's Turtle

A memorable highlight was coming upon a large turtle on a driveway at the shore of the North Channel. About the size of a Painted Turtle, it had an oval instead of a round shell and didn't have the coloured lines circling the shell. Mike took photos and the turtle was watchful but unafraid as Mike got increasingly close. Back home, we were able to identify it as a Blanding's Turtle.

The turtle was on property protected by Escarpment Biosphere Conservancy (EBC) so we informed executive director Bob Barnett. EBC's environmental biologist confirmed that the photo was indeed of a Blanding's Turtle.

"Very exciting!" says Barnett. "Blanding's Turtle is now deemed a threatened species in the province, found on a very limited number of sites. Data on sightings is being tracked by the Ministry of Natural Resources."

EBC has much to be proud of, as this is the 60th rare or endangered species found on their 114 conservation properties. Mike did well, too, in spotting the turtle and getting good photos for identification. **EV**



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◀ Shannon McMullan in Perivale Gallery



◀ Misery Bay at the south shore of Manitoulin Island protects very rare alvar habitat. This view is along Wolf Den Trail.

John Diebolt serving dinner in Garden's Gate Restaurant.



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War of 1812

Sir Isaac Brock
Continued from page 21

for more reinforcements. Another general might have circled around and attacked from behind. Another general might have had breakfast, given that Brock had been up until midnight preparing Britain's defences.

Instead, he climbed from his horse, and reportedly said, "Take breath boys. You'll need it in a few minutes."

Then he personally led the foot charge at double time into the face of the enemy, all 6'3", brilliant red coat, general's hat, and a sword in hand. He died when a sharpshooter's ball struck him in the chest.

Over the course of the next few hours, Major General Sheaffe's reinforcements along with about 300 Natives and the Coloured Corps drove the Americans from the summit and forced the surrender of almost 1,000 of them.

Brock a Hero?

So why is Brock revered and not Sheaffe?

Retired history professor Wesley B. Turner, author of several books on the War of 1812, including *The Astonishing General*, *The Life and Legacy of Sir Isaac Brock*, says, "Every society has heroes and heroines and, probably, those who have died achieving that status are most revered."

Other war heroes, like Wolfe, Nelson, Wellington and Simcoe, couldn't claim Brock's appeal in the United States.

Turner adds, "Brock demonstrated his belief that Upper Canadians mattered, (that) they were not just an insignificant population on the fringe of the British Empire. What they had worked hard to achieve would not be abandoned to invading Americans."

"This is a man!" cried Tecumseh, Native leader and an ally of the British during the war, when he heard Brock planned to attack Fort Detroit.

Brock is currently buried within the 56-metre high



▲ Today's Fort George at Niagara-on-the-Lake has been beautifully restored to an era predating the War of 1812. Artifacts from Sir Isaac Brock are here, including his hat. Barracks, officers' quarters and dining are all part of the visitor's experience.

The Americans soon gained the cannon's site on the Escarpment high above the river. Eleven km away at Fort George, Brock heard the cannon.

St. Saviour Brock Memorial Church in Queenston. Originally constructed from 1812 to 1820 above the Queenston Docks and overlooking the Niagara River, it was destroyed by lightning in 1839, then reconstructed in 1879. It was consecrated by Thomas Brock Fuller, godson of Major General Sir Isaac Brock. ▶

Continued on page 36 ▶





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Tour of Sir Isaac Brock's Last Ride

Niagara-on-the-Lake

- ▶ originally called Newark
- ▶ houses a legion of history from the War of 1812, including the walls of Fort George themselves, which were destroyed by the Americans from Fort Niagara across the Niagara River

Fort George

- ▶ the old barracks and officers' quarters have been rebuilt
- ▶ artifacts from the 1812 era include dinnerware, bottles, uniforms, muskets, pistols, sabres and even Sir Isaac Brock's hat.
- ▶ ask for the theory behind the cat skeleton found with the buried dinner plates!

Brock's Bastion

- ▶ a lookout and cannon battery just outside the fort
- ▶ where Brock's remains were initially interred following the battle at Queenston Heights.

Navy Hall

- ▶ a supply depot downriver, dating back to 1765

- ▶ Lieutenant-Governor Lord Simcoe's residence when Newark became the first capital of Upper Canada
- ▶ destroyed during American cannon fire in 1812, but has been rebuilt

Butler's Barracks

- ▶ outside the fort, across the Common
- ▶ reconstructed Butler's Barracks, named after the famed Butler's Rangers, British Loyalists who founded Newark (Niagara-on-the-Lake) after the 1776 American Revolution
- ▶ constructed beyond the range of American cannon
- ▶ were occupied by First and Second World War trainees on their way to Europe

McFarland House

- ▶ upriver about five km
- ▶ constructed by the McFarland family about 1800
- ▶ one of the few buildings that survived cannon attacks and burnings on both sides of the Niagara River
- ▶ was occupied by British then Americans during the War of 1812

Village of Queenston

- ▶ once the portage location for everything that came from Europe via water to the central part of the Canadas
- ▶ now off the main route in the shadow of Queenston Heights

Sir Isaac Brock
Continued from page 35

Maybe the population approved of a general who led by standing in front and crying "Follow me!"

monument at the top of Queenston Heights along the Niagara Parkway.

A plaque at the foot of the monument indicates where visitors can hike down through the surrounding forest along a portion of the trail that leads to Queenston and the docks below. Hikers pass both the MacKenzie Printery containing one of only a handful of the oldest working printing presses in the world, and a cannon overlooking the docks.



- ▶ has many buildings dating back 200 years, including Laura Secord's homestead, faithfully reconstructed

St. Saviour's Anglican Church

- ▶ dates to the 1800s
- ▶ was burnt down by lightning strike
- ▶ rebuilt and consecrated by the godson of Sir Isaac Brock

MacKenzie Printery

- ▶ circa 1824
- ▶ home of William Lyon MacKenzie's newspaper the Colonial Advocate
- ▶ site of launch of the 1837 Rebellion in Upper Canada
- ▶ home to a Louis Roy Press, one of only a handful of the oldest still-functioning printers in the world
- ▶ across the lawn are memorials to Sir Isaac Brock's horse Alfred, Natives who fought with the British, and a marker of Brock's approximate location when shot.

Cannon overlooking Queenston Docks

- ▶ a trail from Brock's Monument passes MacKenzie's Printery and leads to a cannon on a concrete pad overlooking the Queenston docks

Wooded trail to Queenston Heights

- ▶ trail continues up the Escarpment to Queenston Heights
- ▶ British soldiers from the 41st and 49th regiments, Natives, the Coloured Corps of freed slaves, and Americans fought for control of the west side of the Niagara River on October 13, 1812

Brock's Monument

- ▶ site of Brock's remains
- ▶ reach the tiny portholes at the top beneath Brock's statue via the spiral staircase inside monument
- ▶ the original 1824 monument was irreparably damaged in 1840
- ▶ current monument was raised in 1856

Coloured Corps

- ▶ plaques around the monument testify to the bravery of the British and Coloured regiments

Tribute to John Norton

- ▶ tripod of sticks with feathers and pictures of John Norton, primary native leader, and Tecumseh, a famous warrior
- ▶ commemorates the bravery and integral contribution by the Natives whose war cries and ferociousness in battle helped force American invaders to throw down their guns and surrender, or else leap from the top of the Escarpment into the Niagara River to escape them

While commemoration ceremonies have been ongoing all summer, the pinnacle event for many will be the October 13-14 weekend when hundreds of re-enactors from the U.S. and Canada will re-enact the famous battle at Queenston Heights.

On Sunday, they'll re-enact the funeral procession from Queenston to Fort George and the burial of Brock. **EV**

Chris Mills is a Niagara-based writer and photographer. He can be reached at chrismills.ca. His last article for EV was "Sugar Bush Adventure at White Meadows Farms," Spring 2012.

For another War of 1812 feature see "DeCou's House of Heroes" by Adam Shoalts, Winter 2011.

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▲ Treasure on the island. Jewellery, paintings, clothing, pottery and more fill the beachfront studio of Manitoulin's Ursula Hettmann.

Ursula Hettmann, an artist on Manitoulin Island, has a dedicated following who buys her unique jewellery to complement her original fashion designs. ►

look at something and see what it is I am drawing. With watercolour, it is a feeling I get when I look at something."

Reid has a series of landscapes with old barns, which he likes to paint while they still exist. He calls this series "The Vanishing Landscape."

The works in his studio range in price from \$350 to \$800 depending on size. He will take commissions for pet portraits and residential paintings. "Anything else is open for consideration." You can reach Reid at 905 542 8911. He is usually at the Mill on weekends.

Island Inspiration

Ursula Hettmann, who was included in the Manitoulin Island feature in the Summer 2012 issue, has been building a new home and studio on the south shore of the island west of Spring Bay. Large windows look out on a dazzling sandy dune beach, matching the sparkle of her jewellery designs. In addition to creating silver jewellery complemented by amber, stones and pearls, she designs and creates clothing, and paints using acrylic in a watercolour style.

"People who visit my studio have been here before or are curious about this place in Dominion Bay," she says. "There are ladies who come solely for an outfit and others to enhance their outfit with my jewellery."

Hettmann has been in the art business since 1980, and is open from May to October. Her number is 705 377 4625. Like many other artists who work close to the Niagara Escarpment, she shows no sign of slowing down in the fulfilling work of translating inspiration into things of beauty that others can treasure. **EV**

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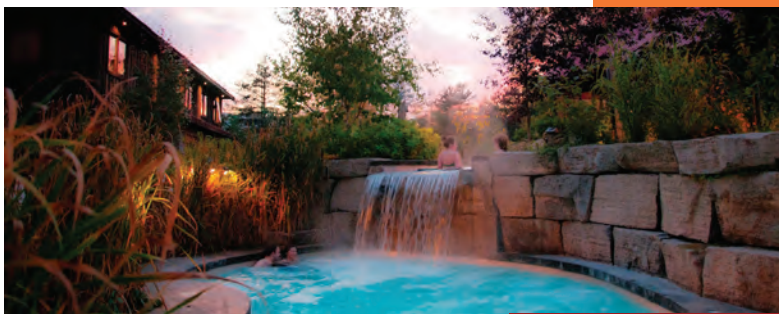
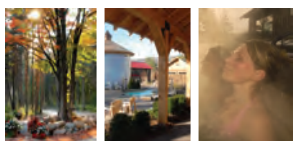
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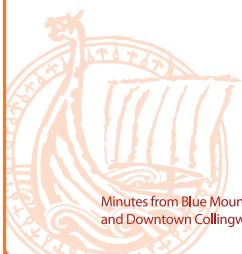
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Stockbroker turned farmer, Walt Wingfield, is in his 7th year 'on the land'. Persephone Township's worst drought in 25 years brings him face to face with climate change and his ecological footprint. The most recent in the series of witty rural comedies.

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Niagara Escarpment
Continued from page 29



Today The Bruce Trail has become a monument to public agencies that have acquired significant lands for conservation, to private land owners who allow access and to countless volunteers who maintain it. Ontario's great wall with The Bruce Trail and hundreds of parks provides countless recreational and tourism opportunities to residents and visitors alike.

World Recognition and Canada's First Environmental Protection Plan

On April 4, 1990, the Escarpment was declared a World Biosphere Reserve by the United Nations Educational, Scientific and Cultural Organization (UNESCO). As a Conservation Halton staff member at the time, I attended the proclamation event on that cold bright spring morning. There was a buzz in the air as the Premier's helicopter touched down near the Gambrel Barn at the former site of the Ontario Agricultural Museum in Milton.

After accepting the UNESCO proclamation Premier David Peterson

said, "The Niagara Escarpment is one of Ontario's very special treasures that dramatically enhances the quality of life for people living in this great province. We are determined that the natural and human aspects associated with this unique and valuable geological feature will be preserved for our children and grandchildren in perpetuity."

Ontario's great wall received this prestigious designation for its significant natural ecosystem along with its plan for protection. The plan's development was a long and arduous process that began with the passage of the Niagara Escarpment Planning and Development Act in 1973 which called for the establishment of the Niagara Escarpment Commission and the development of the Niagara Escarpment Plan. In 1985 Ontario created Canada's first large-scale environmental protection plan that included development controls and a system of parks. Other World Biosphere Reserves include the Florida everglades, Galapagos Islands and Serengeti plains in Africa.

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▲ Crawford Lake Conservation Area, Milton, includes a reconstruction of a Native village of longhouses, based on archaeological finds that date the site to prehistoric times.

A Repository of the History of Ontario

The Escarpment is a repository of hundreds of historical and archaeological sites which mirror the history of Ontario. One site at the Crawford Lake Conservation Area in Milton has the most accurately dated prehistoric Native village in Canada, that was discovered from the sediments of a nearby karst lake. In 1991 this unique Escarpment park even caught the eye of royalty.

During a visit to Canada by Prince Charles and Diana, Princess of Wales, their children, Princes William and Harry, aged 8 and 10 at the time, visited the park for a tour of the village and a walk around the lake. I helped organize the little-known event that was arranged by the RCMP. We were sworn to secrecy to avoid onlookers and the media. The two young princes enjoyed the tour and were most fascinated by the cats that lived in the reconstructed native longhouses to keep the mice in check.

Keeping the Great Wall Great

This overview of the Escarpment has highlighted a few of the great things about Ontario's great wall. Great recreational opportunities for millions of people. Great natural ecosystem to maintain biodiversity. Great cultural resources to preserve our history. Great protection plan for future generations. And great natural capital to grow our economy and enhance human health.

But even with all these great things, the Escarpment needs the constant vigilance of a concerned public to protect it. Take a moment this fall and view one of the Escarpment's 70 major waterfalls wrapped in a blaze of vivid colours, to witness first hand, why we need to keep the great wall great. **EV**

Gary Hutton, author of Halton Hikes and the former director of communications for Conservation Halton, is a frequent contributor to Escarpment Views. His last article was "Green Feathers: Rock-loving Ferns of the Niagara Escarpment," Spring 2011.

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"Moving Beyond Expectations"

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View of Sustainable Gardening

Fall Clean Up the Green Way

Written and photographed
by Sean James

There are easy ways and hard ways of doing things. Most folks think that “eco” simply *must* be harder, since it’s a Good Thing to do. Actually, the only hard part is overcoming old ideas. Perhaps it’s a European thing, controlling our environment, but we’ve been trained to clean up every scrap in the fall and if we don’t, we’re just bad people. In reality, the best way is to leave most

attracted to the seedheads on the perennials and will therefore hang around more to eat pests. Other predators such as spiders, ladybird beetles and many more will have a place to overwinter. Praying mantids for instance lay their eggs on plant stems. Incredibly voracious garden beetles live in leaf litter and when spring breaks they eat everything from snail eggs to caterpillars. But it doesn’t end

has been left standing for the winter has form and interest. Every day is different depending on the light and the way the snow sits on the plants. It has an ethereal beauty. Plus, you can look at it with better eyes and see all the life that’s protected and encouraged within its soothing blanket.

There are exceptions, of course. Any perennial which is suffering from disease should be cut down



▲ After the glorious blooms and harvests of autumn, how much should you tidy up your garden?

things alone until the spring. What are the benefits of this?

Leaving the garden standing through the winter means many things. The plants are able to hold the snow in their crowns and shelter themselves. Birds are

there. This variety of life which balances things in the garden is referred to as “biodiversity” and it’s a very good thing.

A garden that’s been cut down and cleaned up in the fall looks like a barren wasteland. A garden that

to the ground and the waste put in the green bin instead of the composter. Control disease through sanitation. A common example is powdery mildew, that white dusting that appears on leaves and affects many plants including summer



▲ Let it be. Sean James recommends letting dead growth stand through the winter to hold snow, feed wildlife and provide visual interest.

phlox, peonies, and speedwells (*Veronica*). Another example is the disease that affects the queen of the June garden, bearded iris, which suffers from iris leaf spot. It's easy to control, though. All you have to do is cut the leaves down to a six-inch

fan in August and clean up the dead leaves, and then again in October or November. Both are easy to control as long as they're cleaned up at the end of the season.

If there are plants which become weedy from seeding down into the garden, those can be dead-headed and the waste put into the green bin.

The rest can be cut down in early April, right down to the green growth or the ground and composted. This has the added bonus of letting any organic matter, like leaves, break down into the garden soil, enriching it.

Another interesting technique is to mulch leaves into the garden and lawn instead of bagging them up. Why would we gather all the leaves, put them in paper bags, send them away with a diesel engine, mulch them up and turn them with diesel engines to make compost, and if we're particularly on the ball, bring them back to our gardens with a gas engine and apply them to our gardens...when we could just mulch them into the landscape? Put the leaves on the lawn, run over them with the lawnmower and squirt them back into the garden. What stays on the lawn will enrich the lawn and what makes it to the garden will insulate it from the winter cold. It will disappear into the soil by the end of May, promoting the whole soil micro-ecosystem including all the beneficial bacteria that help release nutrients and the mycorrhizae or fungi organisms which help plants take up water and nutrients. All good things! You can mulch up to a FOOT of leaves into your lawn without hurting it.

Isn't it interesting that you can save effort, reduce your carbon footprint, improve your biodiversity *and* make your garden more healthy and beautiful all at the same time? Mother Nature knows what she's doing. Use her as a guide and your gardening life will be better. **EV**

Sean James is the owner of Fern Ridge Landscaping and Eco-consulting and is the Chair of Landscape Ontario's Environmental Stewardship Committee. He's also a past president of the Milton Horticultural Society and sits on the Perennial Plant Association's Environmental Committee. If you have questions or comments, email him through editor@EscarpmentViews.ca or reach him through www.fernridgelandscaping.com/forum.

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by Misty Ingraham

All over the world and for centuries, soup has held legendary status. It can fight off evil entities; act as a remedy for the common cold; and even trick miserly villagers into regaining their lost spirit of generosity and community—read the story *The Stone Soup* by Marcia Brown for details of this ancient parable.

Not only does soup have transformational powers, it also can be the training ground for learning most culinary techniques and culinary truths. In fact, if you learn how to make certain types of soups you are learning how to make some of France's classic sauces too! It all comes down to methods and ingredients.

So leave the measuring cups and spoons in the drawer, get out a heavy bottomed, tall pot with a lid, and prepare to follow some simple, yet crucial, instructions.

The editor of this magazine will remember my days at George Brown Culinary College over 25

years ago where I felt the need to teach with evangelical fervour the basic rule of flavour-building, the secret to soup and sauce construction.

Virtually all soups begin with this premise in mind. **Flavour must be developed from a common base of vital building blocks:** diced onions, and garlic if the flavour profile warrants it, sweated in butter or a little oil, along with the herbs or spices with which

Two tones, two flavours ►

Chunky chick pea & herb soup ►

Photos by Mike Davis.

you have chosen to flavour your soup.

Spending time carefully allowing these elements to develop will provide the foundation upon which the liquid of your choice will transform itself over time into a soup. Merely adding these ingredients to a pot of water will not create the same effect.



Onions soften and melt over gentle heat to welcome and absorb the addition of spices and herbs. **If you sample the base you have created, you will have a fairly good idea of how your final product will taste,** mind you in a more concentrated way. Water or stock provides the solution to allow other ingredient to offer texture to your soup. And the use of a thickening agent, if necessary, finishes the look by binding everything together.

There you have it: flavour-builder + liquid+ texture-giving ingredients+ thickening agent = soup.

Within this formula lie infinite possibilities for culinary creation. But you're not there yet, until you have experimented using the equation according to some well-known types of soup.

With cooler autumn weather comes the yearning for a hot bowl of artfully crafted soup. Your pot is beckoning you! **EV**

Basic Soup-building Terms and Facts to Know:

- ▶ Cream soups most often have little to no cream in them; they just look like it because of their smooth texture and, perhaps light colour. Think cream of chicken soup and cream of mushroom soup. It's the thickening agent: butter and flour roux or corn starch and water slurry, that makes them look creamy. So don't be afraid of them since they are actually just a method and not necessarily full of dairy products.
- ▶ Pureed soups begin with a flavour builder to which a main profile vegetable is added to the water, cooked until tender, then pureed until smooth. Think carrots, potatoes, squash, spinach, tomatoes, parsnips. Each vegetable can support any number of flavouring agents such as allspice, clove and cinnamon for old-fashioned carrot soup, or leeks, nutmeg and potatoes for potato soup.
- ▶ Owing to the evenly smooth texture of pureed soups they can even be presented side by side in one bowl. Simply make two pureed soups, say spinach and squash, and ladle them simultaneously with two small ladles into a wide-mouth bowl for a two-toned, two flavour delight.
- ▶ Rustic soups like minestrone or beef vegetable require precision knife cuts of the numerous vegetables. It is vital not to use a food processor to cut the vegetables since the blade bruises and degrades the quality of the onions, carrots, zucchini, etc. resulting in a mushy, watery mess that will not build properly into a good soup. Instead, spend some time learning how to make some of the easier vegetable cuts.
- ▶ One is called *paysanne* or peasant cut. It is simply a half-moon or quarter-moon shape that is easy to make by cutting round vegetables into three-inch stumps and then cutting them in half from north to south and then again in half from east to west. Make sure to keep all of your vegetables the same size so that they cook at the same rate.
- ▶ Finally, clear soups often require the most skill in the kitchen because the broth takes time to perfect. No fear, the market now features well-made, low sodium stocks you can use and reduce to achieve a similar result.

Misty Ingraham of Ancaster owns the catering business The Portable Feast at Home with her husband Bill Sharpe.



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Four Wars of 1812

By D. Peter Macleod

In words and pictures, four different perspectives are given. "For Canadians, the War of 1812 was about American invasions. For Americans, it was about standing up to Britain. For the British, it was an annoying sideshow to the Napoleonic Wars.



For Native Americans, it was a desperate struggle for freedom and independence as they fought to defend their homelands."

Paintings, weapons, uniforms, period photographs and other artifacts are shown, described, explained and put in context in this interesting, brief overview of the war that led to 200 years of peace between Canada and the U. S., but to permanent, negative changes in the way of life for many First Nations.

Douglas & McIntyre, \$19.95, 2012

Honey: Nature's Golden Healer

By Gloria Havenhand

This is a beautifully illustrated book with many full-page and larger colour photographs, full of detailed information about bees' lives, the history of honey,



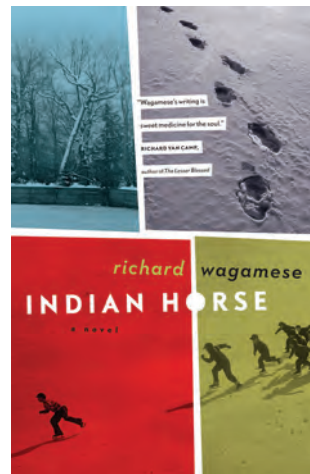
how to cook and bake with honey, the many different kinds of honey, and more. What is perhaps least well known are the innumerable

medicinal benefits of honey, whether eaten or applied as a cream or ointment to burns and even in the eyes! This book also explains the uses of royal jelly, bee pollen, beeswax and propolis, another product made by bees. All sorts of ailments including arthritis, loss of hearing, hay fever, eczema, herpes and influenza are claimed to be helped by bee products.

Firefly Books, \$19.95, 2011

Indian Horse

By Richard Wagamese



Written by an award-winning author in an engaging style, this is a gripping novel of childhood. Although some of its themes, racism, the abuse of residential schools, the

destructive lure of alcohol, are familiar, they are presented with dispassionate power. Playing hockey is an escape for the protagonist Saul Indian Horse, and it is depicted in a way that makes it fascinating even for non-lovers of the game. This is a novel that's hard to put down and ends too soon.

Douglas & McIntyre, \$21.95, 2012

HIGHLIGHTS from The Book Band: a collaboration with Escarpment Views



A Matter of Thanksgiving

by Betty Sanders Garner

An informative book for children about the history

of Thanksgiving in North America, with emphasis on the Canadian scene and the harvest festivals of the Old World. Includes some black and white illustrations.

Image Publications, \$8.95



A Private Man

by Chris Laing

In 1947, WWII veteran and former law-

man Max Dexter opens his own detective agency. Max and his assistant Isabel O'Brien are on the case, from murder to money laundering and organized crime. The author deftly captures the mood and character of Hamilton, Ontario in the 1940s.

Seraphim Editions, \$22.95



Green Light

by Valerie Nielsen

In this collection of poetry and photographs,

Valerie Nielsen shares her personal reflections on a wide range of topics. Themes include writing, nature, love and commitment. Nielsen offers the reader spiritual insights, social justice challenges and a generous sprinkling of her playful humour.

Potlatch Publications, \$17.00



James Gordon - Pipe Street Songbook

Jack Cooper, Ken Brown and James Gordon, editors

A collection of 50 popular songs by Canadian

composer James Gordon including "Frobisher Bay", "Bomb Them With Butter" and "Sweaters for Penguins". The book features comments and stories from Gordon on storytelling through song, the responsibility of a songwriter, and developing a songwriting "voice". Each song is accompanied by chord and melody notation, and complete guitar fingering charts.

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Sept. 3, 10, 17, 24 **Georgetown Choral Society Open House**
Georgetown Christian Reformed Church, Georgetown georgetownchoral.ca

Sept. 7-9 **Meteors, Northern Lights & The Heavens Above**
Tehkummah. gordonspark.com 705 859 2470



Sept. 8
Locke Street Festival Hamilton.
lockestreetfestival.com

Sept. 8–Nov. 5 **Iroquois Beadwork**
Ball's Falls Conservation Area, Jordan. ballsfalls.ca

Sept. 9 **Feast of Fields**
Cold Creek Conservation Area. feastoffields.org 905 859 3609

Sept. 11 **Heritage Tree Hunt**
Centennial Public Library, St. Catharines. climateactionniagara.ca



Sept. 11
Learn to Run 2012
Feet in Motion,
Georgetown. 905 877 3201

Sept. 15-23 **175th Anniversary Art Show**
Melville White Church, Belfountain. belfountainheritage.com



Sept. 16
Telling Tales Festival
Westfield Heritage Village,
Rockton. tellingtales.org



Sept. 17-22
Wingfield Lost & Found
Theatre Collingwood.
theatrecollingwood.com
1-866-382-2200

Rod Beattie in **Wingfield Lost & Found**. PHOTO BY IAN JACKSON.



Sept. 18
Localicious Launch Party
Art Gallery of Hamilton.
downtownlocalicious.org
905 523 1646

Sept. 20&21 **Cultivating A Sense of Place: The Niagara Escarpment, the Great Lakes and Human Perception**
University of Wisconsin – Green Bay, Wisconsin. escarpmentnetwork.org

Sept. 21-30 **World Film Festival** Art Gallery of Hamilton. aghfilmfest.com

Sept. 22 **Mozart & Beethoven Concert**
Hamilton Philharmonic Orchestra, Hamilton Place. hpo.org

Sept. 22 & 23 **Creemore Arts Festival**. phahs.ca

Sept. 23 **Open Streets Hamilton**. openstreetshamilton.ca

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Coming Events

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Sept. 24 **Robert Burcher on The Leather Boat**
Craigleith Heritage Depot Lecture, Town Hall, Thornbury.
thebluemountains.ca 705 444 2601

Sept. 28-30 **Ontario Culture Days.** on.culturedays.ca

Sept. 29 & 30 2012 **Dundas Studio Tour.**
dundasstudiotour.com 905 379 7353

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Sept. 30
**Escarpment Views' 5th Anniversary
Customer Appreciation Celebration,**
Georgetown.
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Oct. 1-4 **Quilters' Line Annual Retreat**
Red Lodge Resort, Manitoulin Island. quiltersline.com 519 986 2244



Oct. 5-8
Ball's Falls Thanksgiving Festival
Ball's Falls Conservation Area, Jordan.
ballsfalls.ca

Oct. 5-8 **Erin Fall Fair.** erinfair.ca 519 833 2808

Oct. 6-8 **Blue Mountain Tour of the Arts 2012**
Thornbury. tourofhearts.ca 519 599 3999

Oct. 6-8, 13 & 14 **Fall Into Nature** Conservation Halton. fallintonature.ca

Oct. 9 **Chris Hamilton on Vultures**
Halton-North Peel Naturalists' Club St. Alban the Martyr Anglican Church, Glen Williams. hnpnc.com

Oct. 12 **Headwaters Health Care Centre 100th Anniversary Tea**
Lord Dufferin Centre, Orangeville. 519 941 2410 x 2302

Oct. 13 **Basia Bulat,**
Hamilton Philharmonic Orchestra, Hamilton Place. hpo.org

Oct. 19 **Niagara Land Trust 2nd Annual Trivia Night**
Black Sea Hall, St. Catharines. niagaralandtrust.com

Oct. 29 **George Czerny on The Collingwood Shipyards**
Craigleith Heritage Depot Lecture, Town Hall, Thornbury.
thebluemountains.ca 705 444 2601

Nov. 10 **Ravel & Shostakovich Concert**
Hamilton Philharmonic Orchestra, Hamilton Place. hpo.org

Nov. 26 **Wendy Tomlinson on The Role of Women in WWII**
Craigleith Heritage Depot Lecture, Town Hall, Thornbury.
thebluemountains.ca 705 444 2601

Dec. 1 **Wicked Divas,**
Hamilton Philharmonic Orchestra, Hamilton Place. hpo.org

Dec. 8 **A Canadian Christmas**
Georgetown Choral Society, Georgetown Christian Reformed Church, Georgetown georgetownchoral.ca

Dec. 15 **Hamilton Philharmonic Orchestra Gala,**
Hamilton Place. hpo.org

Dec. 16 **Messiah Sing-a-long**
Georgetown Choral Society, Georgetown Christian Reformed Church, Georgetown georgetownchoral.ca

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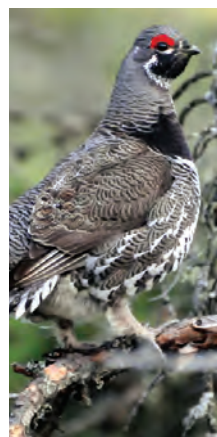
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The seeds of our future are taking root right now, for better or worse. This page shares better, forward-thinking ideas and celebrates significant environmental achievements that can help us lead the way in creating the Niagara Escarpment as a healthy, sustainable example of a thriving World Biosphere Reserve.

Escarpment Towns Get LEED® Gold Certification

Town of Halton Hills and The Blue Mountains have each received LEED® Gold certification for the **construction of buildings with sustainable features**. LEED stands for “leadership in energy and environmental design” and is a program of Canada Green Building Council. Halton Hills’ Acton branch of the public library and The Blue Mountains Town Hall were awarded this certification.

Ontario’s Greenbelt Saves Taxpayers Hundreds of \$Millions

According to the David Suzuki Foundation, the Greenbelt, which includes the Niagara Escarpment, provides more than \$1 billion a year in economic benefits, by **naturally purifying and protecting drinking water and water flow**. Filtering air and storing carbon are additional benefits provided by large natural spaces.

A Garden’s Wild Spirit

“The garden is not the end, it is the beginning, the place where you **preserve the wild spirit that will save the world.**”

John Hanson Mitchell, *The Wildest Place on Earth*, quoted in *The Armchair Book of Gardens* by Jane Billingham, Greystone Books.

Living Snow Fences

Nottawasaga Valley Conservation Authority, County of Dufferin and Grand River Conservation Authority are working together to plant trees at roadsides to form **living snow fences, which reduce blowing snow across roads**. Living snow fences also benefit roadside farms, provide wildlife habitat and can last for 80 years.





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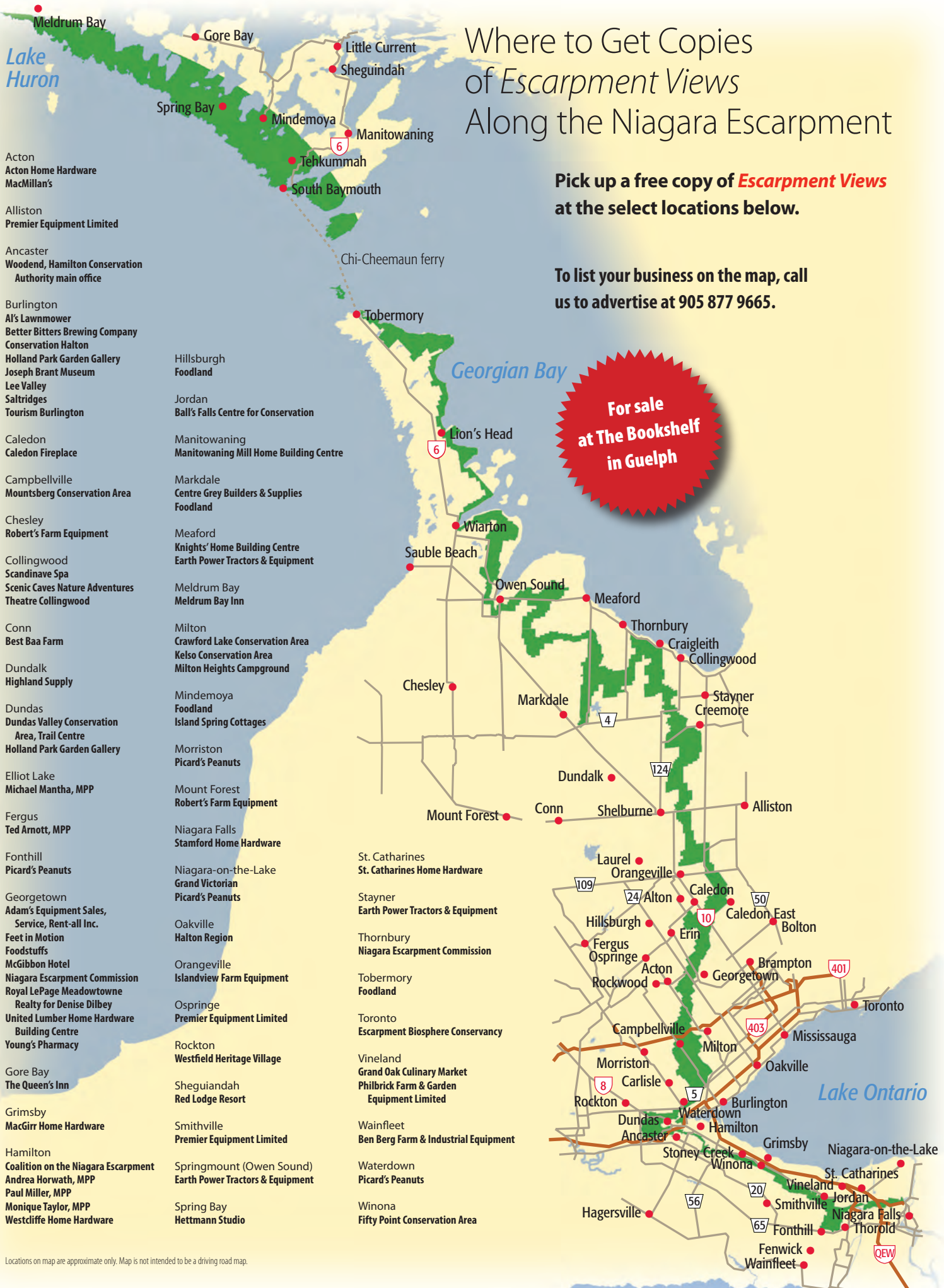
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