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Spring 1998
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HIGH PARK

Q u a r t e r l y

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Park:
125
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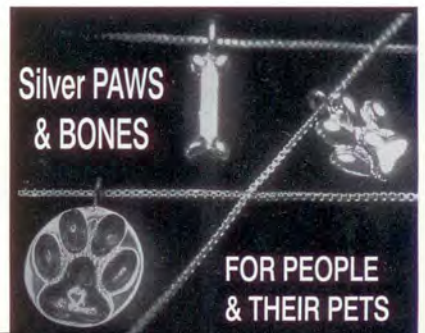
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HIGH PARK

Quarterly

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 by D.W. Dorken

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Departments

Econotes.....16
 Park politics.....16

Features

Love amongst the leaves
 Check out five romantic locales in High park now that the season of love is upon us6

High Park 125

High Park founder John Howard became the first municipal pensioner when the city of Toronto accepted his offer of land, that created the public greenspace in 1863.....8-9

Picture perfect

The jury is in on High Park Quarterly's first photo contest. Feast your eyes on the winning images.....10-11

Columns

Column K9

Microchipping your pet is security against the day when she might go missing.....12

Historic recipes

Hot cross buns are a long-standing Easter tradition that arrived in Canada from England with 19th century immigrants.....13

THE MANNER OF GIVING IS WORTH MORE THAN THE GIFT.

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drawing by Mario Maceda

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Hummingbird, Grenadier Cafe in tune

One of Toronto's major music venues has something in common with High Park's newly renovated Grenadier Restaurant.

The designer of the hummingbird on the outside of the Hummingbird Centre is also the designer and builder of a life-size red maple tree located in the middle of the now re-named Grenadier Cafe and Teahouse.

The Grenadier re-opened March 4 after several months of renovations that have seen both the interior of the building, and the landscaping surrounding it, completely transformed.

"The Grenadier was a concrete jungle in the middle of the park. Our major objective was to bring the Grenadier to the park," said Sam Caragianakos. Caragianakos' family has run the Grenadier Restaurant and the

snack bars in the park for almost 20 years. Besides landscaping, major changes to the old restaurant's exterior include two outdoor patios that will seat a total of 450 people.

Inside, twin woodburning pizza ovens signal a new menu. "We have a lot healthier foods," Caragianakos said. "The menu has changed drastically. The prices are going to remain reasonable."

Couches will be arranged

around the cafe's fireplace to create a library where newspapers from around the world will be available to read.

Also, conference and meeting rooms in the back of the Grenadier will be available to community groups. "We are going to be very friendly to non-profit organizations,"

Caragianakos said.

-GS



City Councillor David Miller

*High Park is 125-years-old in '98.
Help keep it special by
volunteering for Park Watch or VSP*

Suite 228 - Metro Hall
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Road closure open for discussion

A promised community meeting regarding traffic and road closures in High Park is scheduled for March 26 at the Keele Community Centre.

The meeting was called in the wake of complaints regarding the trial closure of Colborne Lodge Drive in High Park's south end. The road is the only southern entrance into the park

from Lakeshore Boulevard and The Queensway.

According to Toronto parks staff, the road was closed to stop commuter traffic from cutting through the park. A parks staff memo also indicated the road was closed to deter men from parking their cars there to cruise for gay sex.

The meeting starts at 7 p.m.

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Park home to five high romance hot spots

by Ken Winlaw

*I ain't no Shelley, Byron or Donne,
'Tho I've read them for a lark,
But if romance is your idea of fun,
Take me to High Park*

Singing –

*Kiss me here, kiss me there,
Kiss me after dark –
But if romance is your idea of fun,
Take me to High Park*

Romance has always been a part of High Park's fascination, as this little ditty illustrates. This simple song might have been sung around the parlour piano at the turn of the century – might have been – except that I just made it up about five minutes ago. But I think I've made my point.

It's spring, after all, and we all know what a young man's heart turns to this time of year, don't we? That's right. RRSPs.

But almost immediately after March 2, a young man's fancy turns lightly to thoughts of – you guessed it – professional baseball. I'm kidding of course. With the way the Jays look, unless they can really do something about improving the talent in the bull pen this year and tighten up some of those infield positions, our chances for a pennant look worse than last year, unless...

Where was I? Oh yeah. A young man's fancy light turns to thoughts of love, of

course. And by love, I mean romance.

But romance needs atmosphere like the Jays need a few decent hitters. High Park's so loaded with atmosphere, you need a diving bell some days just to walk the dog.

But you can't just stumble in the main gates with a jug of wine, a loaf of bread and good old what's-her-name, and expect romance to bloom.

In High Park there are romantic places. And then there are *romantic* places. Nudge nudge, wink wink.

Here's my top five:

1) Stone Bridge off Spring Road:

If I were a wedding photographer, this is where you'd find me almost every weekend. All this bridge needs is an old rowboat nearby, and you'd have a painting by Monet. Or is it Gauguin? Some French guy, anyway. The bridge arches majestically over a pair of settling ponds, where rain run-off sheds eroded soil and road salt. It might help your paramour's romantic mood if you didn't mention that part.

2) Spring Road:

A winding, paved road sheltered by green trees in the summer, crimson leaves in the fall, and an ivory blanket of snow for entirely too much the rest of the year, if you ask me.

3) Pathway winding up to Bloor:

Red is the colour of love, and you'll find no

shortage of it here. Majestic red oak and supple red pine line the secluded walkway. Plenty of friendly dogs to sniff parts of your anatomy you usually reserve for close friends.

4) The picnic hut on Spring Road:

Don't let the squat, utilitarian appearance fool you. Make-out artists swarm to this place just to lock lips. There's a little ticket machine like the ones in the butcher shop. Serving number 51. This place just oozes romance – I advise rubber boots.

5) The Dream Site:

I know. Row after row of concrete seating doesn't exactly stoke the fire down below, does it? The new-and-improved location for Shakespeare In The Park is a bit like reuniting with an old flame and realizing – hey – implants!

But trust me. Show up with a couple of cushions, a big blanket, some finger foods and your favourite non-alcoholic beverage (a chilled Pol Roger would be better, but it would set park founder John George Howard a'spinnin' in his grave, not to mention any personal feelings Pol Roger might have) and see if I'm not right. And wait til they start the 'wherefore art thou, Romeo' jazz.

I'll have you whistling *Love is a Many Splendoured Thing* in no time.

Kids' adventure plays out

The new High Park Adventure playground is on track for its build date of May 26-31.

The organizing committee for the ambitious community project met a critical challenge at the end of January, recruiting 1,600 volunteers, well above the target number of 1,200 people needed to keep the playground project in flight.

"There's the general feeling we'll be in good shape," said Jamie Bell, co-chair of the organizing committee for the playground.

The new playground will replace the present one at the south end of the park, beside Parkside Drive.

Over 3,000 volunteers are expected during the five build days to help piece the new playground together.

For more information, phone 392-1748.

Call me for assistance regarding municipal issue



Ward 19
City Councillor
**Chris Korwin-
Kuczynski**

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Park Watch celebrates first anniversary

by Gigi Suhanic

A light-coloured van, driven by a perverted exhibitionist; an irate, out-of-control jogger – each Park Watch shift starts with a briefing on recent events that volunteers patrolling the park need to keep an eye out for.

Today's shift is the first of March, and Park Watch coordinator Nadine Harris calls those assembled to order. She has received a report from High Park's supervisor that during the last week of February a woman reported to police being pushed in the park against some phones by a male jogger who objected to her dog being off-leash.

According to the report from the woman, she and the jogger first crossed paths down at Grenadier Pond, where she said he told her to leash her dog. They met later at a different point in the park. He again told her to put her dog on leash, the conversation eventually leading to her being pushed.

The weekend previous, Harris was asking Park Watch volunteers to keep an eye out for a light-coloured van. Police had received reports that a man driving such a vehicle had been frequenting parks including High Park, Marie Curtis Park in Etobicoke, and Sunnyside Park, performing sexual acts in public.

Harris has only generic descriptions of both the man and the van. "I don't know what we can do, but just keep your eyes out," she says.

As Park Watch rapidly approaches its first anniversary, the message that continues to be stressed is that the volunteers are the eyes and ears of the police and park staff.

The program's premier was April 13. Since then volunteers have logged just over 1500 hours in the park, patrolling on weekends from 1-3 p.m.

Park Watch has established itself as an information/host program. Volunteers, identified by the bright yellow vests they wear, patrol the park in pairs, with cell phones with pre-programmed emergency numbers, helping park users who are lost and need directions. Also, Park Watch has accepted the difficult task of informing people of the rules and bylaws of High Park, regarding issues like off-leash dogs and off-road bicycle riding.

"If I was a betting person, I would have bet we wouldn't have made it through the winter. I'm so surprised we made it," Harris said. She said she was fully expecting to have to shut down the program during a winter month because of a volunteer shortage. But she said commitment from core groups has meant Park Watch hasn't missed a weekend since it started. Young and old, Park Watch volunteers come from different walks of life. One is a poet. Another is a minister. According to Harris, their love of – and concern for – High Park keeps their commitment to the program strong.

"Now that I've joined up I pay attention. I've taken more ownership of the park," says six-month volunteer John Hardi.

Hardi says, "I had elderly ladies who said, 'We're so glad you're in the park. We're coming back because of you'."

Commitment to Park Watch is fairly simple – a two-day training session, plus a minimum of two, two-hour shifts a month.

The training sessions, led mainly by police and park staff cover conflict resolution and instruction in park bylaws, and federal, provincial, and municipal laws. Scenarios, with auxiliary police as actors, are played out to put the training to the test.

According to Harris, the training is also used to screen volunteers and weed out people potentially not suited for the program. "All it would take is for one volunteer to handle things poorly for us to be in the doghouse," she said.

"People in the group are genuinely interested in the park and in making a difference. It's not that hard work," Harris said.

A new training session for Park Watch is scheduled for June 6 and 13, 8:30-4:30 p.m. at the Training Centre in High Park. For more information call 392-7276, ext. 311.

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time to salute all the
volunteers working
through the High Park
Citizens' Advisory
Committee to keep the
park a special place.

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Park founder pocketed more than \$16Gs for 'gift'

by Sandra Black

John Howard did create High Park by deeding his suburban estate to the city of Toronto for public use. But the transaction was not a donation. Howard's agreement with the city of Toronto was, in effect, the first pension plan ever awarded to a former city employee.

John Howard had served Toronto well as first City Surveyor and first City Engineer. A prodigious worker, he also practised as an architect and was drawing master at Upper Canada College. Juggling four occupations had its costs and rewards: ill health prompted his retirement at the young age of 52.

That year (1855) John and Jemima Howard moved permanently to High Park, the 165-acre property they had purchased for 500 pounds



Jemima Howard

in 1836. As a surveyor, Howard had an eye for interesting land. His rural retreat, Colborne Lodge, was built in an unspoiled landscape on a picturesque site overlooking Humber Bay.

The couple enjoyed gardening and watercolour painting, settling well into country life. But as the years passed, Howard became absorbed in a new enterprise: the creation of a public park on their estate. Ever resourceful, he approached the city fathers with his proposal.

They debated the offer for six weeks before voting 13 to 2 in favour. The minutes record their consensus that "if ever Toronto expands to the west, Mr. Howard's estate might become useful farmland".

As usual, J.G. Howard was way ahead of them. He knew the city would one day engulf his land and so he envisaged the park as a place of recreation for "the working class generally, also the Sunday School children and the different charities picnics."

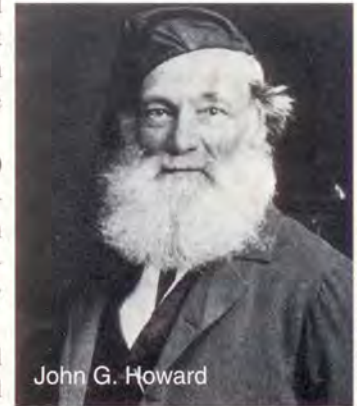
In 1873 an agreement was reached whereby 120 acres stretching north to Bloor Street would become a public park. The remaining 45 acres around Colborne Lodge would be added to the park when the Howards died. In return, the couple would receive \$300 a year until the death of one spouse; then the payment would jump to \$1,200 annually.

Preferring a yearly allowance to a lump sum payment, Howard advised the city that since he and his wife were both around 70 "our joint lives cannot be considered worth many years' purchase". The city fathers agreed and gambled with the odds seemingly in their favour.

Sometime later, Jemima Howard fell ill and eventually died of cancer at the age of 75 in 1877. But John Howard lived on, and as honorary Forest Ranger, he remained actively involved in the development of the park. Photographs show him as a twinkly-eyed octogenarian, quite happy with his lot.

John George Howard died in 1890 at the grand old age of 86. His retirement had spanned 34 years, an unusually long term for his generation. He had gambled with the city and won.

Under the terms of his parkland agreement, Howard had received \$300 for four years and \$1200 for 13 years. For his services as Forest Ranger from 1876 on, he received the token amount of one dollar a year. In all, Howard's pension earnings totalled \$16,815 - quite a tidy sum - and likely quite close to the fair market value of his property at the time. In the end he was fairly compensated for his gift.



John G. Howard

125th celebrations begin

This year High Park celebrates its 125th anniversary. At Colborne Lodge, the restored home of park founders John and Jemima Howard, two special projects are planned to mark this anniversary. Volunteers are invited to participate in a restoration project which will recreate the site's once extensive floral gardens. Volunteers are also sought for a new oral history project which will allow those with special memories of High Park to share and record them. To find out more about these projects, telephone Colborne Lodge at (416) 392-6916. Or visit the site for a first-hand experience of High Park's rich and fascinating heritage.

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Howard on the high seas

High Park founder John Howard and his wife Jemima endured an 11-week sea voyage from England to Upper Canada. Below is an excerpt from Howard's journal in which he recorded some of their high sea adventures.

July 4th - "...I then took my double-barrelled gun, and we went in chase of some divers, one of which I shot; likewise some of Mother Carey's chickens, a very curious web-footed bird, larger than a swallow, with head and bill like a pigeon's. They are never seen on land, and they generally indicate a storm. We were so intent on our sport that we did not observe that a breeze had sprung up; and, looking round for the ship, we found that she had sailed at least five miles from us...We therefore threw off our coats and fell to work, but all to no

purpose, as the ship began to disappear from our view. The gale freshened, and one of us was obliged to take the helm and keep the boat's head to sea, which now began to run frightfully high...We now began to upbraid one another for leaving the ship...I noticed that the boat had sprung a leak, and as well as I could I raised myself up and called to my companions, saying: "...Cease your wrangling and bail out the boat, or we shall soon go to Davy Jones'..."I had for some time watched the rigging of the ship as it was fast disappearing from our view, when the rays of the setting sun illuminated the sails, and plainly proved to me that the ship had tacked about. She was at least fifteen miles from us, and the sun was going down, so that we feared we should not reach her that night..."

1873 deal still blocks booze

The agreement between John George Howard and the city of Toronto that was the basis for the founding of High Park in 1873, didn't come without any strings attached.

Besides yearly payments that Howard received from the city, he also stipulated a few rules regarding the public park. One that blocks the sale or consumption of alcohol in the park persists to this day.

Below is an excerpt from the Nov. 15, 1873 agreement between Howard and the city, covering trees, buildings, and booze.

"...And also that the said



John and Jemima Howard's tomb in High Park

Corporation and their successors will not at any time...cause suffer or permit any timber or timber-like trees or ornamental or shade trees or shrubs or saplings or second growths whatsoever growing upon the said lands...to be felled, cut down or rooted up. And also will not at any time hereafter cause or suffer any house building or erection whatever now or at any time hereafter to be erected or built or standing on the said land and premises or any part thereof to be licensed or used as a drinking booth alehouse saloon or tavern or permit or suffer any spiritous or malt liquor or other intoxicating drink to be sold upon any part of the said land and premises. And also that the said Corporation and their successors...shall and will...sufficiently maintain and keep in repair and in good order...the grave plot and tomb stone to be laid out and erected upon the piece or parcel of the land reserved for that purpose..."

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Nature



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Woodland sunflower by Paul Grajauskas



Third place
Contrasts by Yvonne Parti



**First place
Dogsledding by Denise Oliver**



**Second place
On Grenadier Pond by Annette Matuszek**



**Third place
Playing by Michele Knox**



A trillium, photographed in High Park by volunteer Linda Goldstein, in 1997.

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- planting

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Park,
Lover's

KOLUMAN K9

Fido has a chip on his shoulder

Microchipping is a method of pet identification that is proving successful in reuniting lost animals and their owners. A tiny microchip enclosed in a special capsule is implanted under the skin between the animal's shoulders. The chip is about the size of a grain of rice, and the implanting procedure is similar to receiving a routine vaccination.

How does microchipping work? Each microchip is programmed with a code number and emits a signal on a specific radio frequency. A portable scanner held over the animal's shoulder reads the number.

When a stray comes into the Toronto Humane Society shelter, the first thing staff do is scan the animal. If the stray is microchipped, the special number is read and phoned in to operators. A check of the

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Is microchipping a safe?

Some people are concerned that the chip might move. After it has been implanted, a layer of connective tissue forms at the site. This anchors the chip and prevents it from migrating.

Why should I microchip my pet? A pet that wanders or is stolen may have lost its collar, or had it removed. Fifty percent of lost dogs are never recovered. A microchip is with a pet for life and can greatly increase the chance of recovery.

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Historic Recipes

From Colborne Lodge

Colborne Lodge, the home of High Park founders John and Jemima Howard is a restored historic house museum reflecting gracious country life in the 1870s. From its summer and winter kitchens, these period recipes from 19th century cookbooks are typical of what is produced for demonstrations of historic cooking. For museum hours and additional information about the recipes, please call 392-6916.

Hot cross bun a Brit tradition

Hot Cross Buns

"Hot cross buns, hot cross buns, one-a-penny, two-a-penny, hot cross buns."

One of the foods most associated with Easter is the traditional hot cross bun, a spiced fruit bread with a cross slashed across the top. This bun was sold or made around Easter time to be eaten at the end of Holy Week. This British tradition would have arrived in Canada with 19th century immigrants.

At Easter time, the dining room table at Colborne Lodge is set with home made hot cross buns and other foods associated with this religious holiday. Try your hand at the following traditional recipe, adapted from Elizabeth David's *English Bread and Yeast Cookery*. (Markham, Penguin Books Canada Ltd., 1979) pp. 476-477.

Traditional Recipe

175 mL	milk	3/4 cup
1 oz.	yeast	1 oz.
1 L	flour	4 cups
5 mL	salt	1 tsp.
10 mL each	allspice, cinnamon	1/4 tsp.
	nutmeg, mace	
50 mL	brown sugar	1/4 cup
50 mL	butter	1/4 cup
2	eggs	2
125 mL	currants	1/2 cup
Glaze:		
15mL	milk	2 tbsp.
15 mL	icing sugar	2 tbsp.

First warm the milk to blood heat and use a little for creaming the yeast. Warm the flour in a big bowl. Add the salt, sugar and spices. Make a well in the centre, pour in the creamed yeast, then add the softened butter, the whole eggs, one at a time, and the rest of the milk, or as much of it as can be absorbed by the dough, which should be soft but not too liquid. Stir or mix by hand until all the ingredients are well amalgamated. Finally, add the currants, and mix them in carefully, so that they are well and evenly distributed throughout the dough.

Cover the bowl and leave the dough to rise for about two hours, or until it is at least double in volume, light and puffy.

Now break down the dough, knead it briefly and, using a tablespoon, fill the prepared form moulds to two-thirds only of their size, doming up the dough to achieve the right plump and rounded shape. Smooth each one over with a palette knife.

Cover the trays with a sheet of waxed paper...and leave in a warm place..until the dough has recovered from the moulding and once more grown and doubled in volume...Bake the buns in the centre of a fairly hot oven, 375 degrees for 15-20 minutes. Just before they are ready to come out of the oven, boil the milk and sugar glaze until it is bubbly and syrupy. Brush the buns with this glaze while they are still hot, giving them two successive coatings.

Notes and variation: 1. The brown sugar combined with the spices give the finished buns a brownish crumb which seems part of their charm, but, taking into account the public mania for white bread, even in the case of fancy goods such as buns, the bakers at one time decided that it would be more advantageous to use white sugar and a more or less colourless spice essence instead of powdered spices.

Spring 1998



1997/98

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HIGH PARK
recital series

Bilingual Bruce, a real tongue-wagger

"You call this winter?" I said to Bruce, as we strolled through a decidedly soggy High Park. Bruce is a large, hairy dog who talks – if you're in the mood to listen. "Where's the drifting snow?" I asked him. "What about the bitterly cold winds, the sleet in your face? Everything is melting, for heaven's sake – and are those pussywillows over there?" Bruce grinned up at me.

"Printemps! Printemps!" he bow-wowed. His grandmother on his father's side was a French poodle.

"It certainly does feel like spring," I had to agree, "but it's only February. We're supposed to get six more weeks of winter – the groundhog saw his shadow, remember?" Bruce licked his chops – Memories of Groundhog was one of his favourite flavours. He bounded off the path to look for one, and promptly sank several inches into sucking black muck. With some effort, I hauled him back onto terra firma. On the side of the path, a woman was extricating a dainty boot from the mess.

"This is April muck," she pronounced. Unfortunately, in the doggy calendar, April muck is pretty much a prelude to April Love.

"Muck, Muck, muck!" said Bruce excitedly, and he bounded off to the playground, dragging my leash arm (which was followed painfully by the rest of me). When it came to muck, count on Bruce to find the Mother Lode. The place was full of toddlers indulging in facial mudpacks – kind of a spa for the crumb-snatcher set. Anxious grandmas followed around behind, spitting on hankies and wiping faces. Exhausted moms, having sensibly given up the chase, lay sprawled on benches, soaking up rays, I could get used to that, I thought longingly. Quite a few people were showing signs of not getting used to Bruce, however. And one little kid seemed to think Bruce was a pony and he had a ticket to ride, so we moved along.

The whole park was turning into waterworld – mini-Niagaras rushing down slopes, trees up to their ankles in icewater. "Maybe Kevin Costner will sail into view on a picnic table," I joked (badly).

"Ha, ha, ha" said Bruce. He can be quite sarcastic, at times.

"Didn't like the movie?" I asked. He expressed his artistic dissatisfaction on a handy tree trunk. "You're right," I told him, "that picture

was a dog, er, turkey." His ears perked up hungrily. What was I saying?" I meant bomb," I said. Wrong word again. Bruce exploded into action. He had spied a target.

"Lunch! Lunch! Lunch!" he barked, splashing across the watery landscape. On ground zero, pigeons of "good eatin' size" in Bruce's opinion were nonchalantly bobbing and weaving, oblivious to the furry missile headed their way. At the last possible second, pecking up one last corn kernel for the road, they wheeled up into the trees, where they sat serenely and maddeningly out of reach. A gang of punk starlings jeered and blew razzberries from a nearby branch. Bruce looked up at them, muttering dark thoughts and unprintable doggy words of angst.

"Cheer up," I told him, massaging my leash arm yet again, "they were probably full of worms," Bruce rolled his eyes to let me know that parasites would not have been in impediment to gastronomic satisfaction. His tongue was hanging out sadly.

"Drink," he moaned hoarsely, sounding a little like Joe Cocker. Luckily, there was water – everywhere. Bypassing the clear, flowing stuff, however, Bruce headed for doggie Perrier – a scummy, brackish pond under some nearby trees. What causes those frothy bubbles rising to the surface, I wondered. Maybe it is like haggis, where ignorance of the ingredients can only enhance the enjoyment. That was apparently Bruce's philosophy. He plunged his muzzle in, slurped, and came up crunching...peanuts. He'd dipped into some squirrel's frozen assets that had just turned liquid. His tail wagged as he chomped his unexpected bonanza.

"You love spring," I said, "don't you Bruce?" He arfed a question I didn't quite catch, something involving bears in the woods.

...

Several mornings later, we stepped out once again into a frozen, white world. Bruce snapped at passing snowflakes as he skittered across the ice. He was clearly enjoying himself. "I thought you were happy about an early spring," I said to him, "but now it's winter again, and here you are celebrating. How do you explain that?" He grinned sheepishly and made a little half-whining, half-groaning sound.

"El Nino," said Bruce. His grandfather on his mother's side was a Peruvian sheepdog. We have it on good authority.

Park Pundti by mary Lou Kumagai

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From the Greenhouse



Native plants, many of which are steeped in aboriginal and medicinal history, are the rage in gardening and environmental circles. The High Park greenhouses are a major new source of native plants, and are currently growing 150 species from seed for re-introduction in High Park. This column features one-two species per issue "from the greenhouse".

Lady's slipper our local orchid

Orchids are a flower that most associate with exotic rainforests. However, North America supports its own varieties of wild orchids, that grow – whereelse – in the ground, meanwhile their exotic cousins grow on trees.

Yellow lady's slipper is recorded as having been present in High Park, and is just one of many orchids native to southern Ontario.

An extremely popular flower, the National Audubon Society reports

that they have been picked near to extinction in the wild. Yellow lady's slipper blooms from May to June in bogs and moist wood conditions.

The blooms distinctive features include a ballooned yellow pouch, with purple veins. Each leafy stalk will have one to two flowers. Common names for Yellow lady's slipper include Whip-poor-will's shoe, Indian shoe, yellows, American valerian. The family name in Latin – "cypripedium" – means



Yellow
Lady's
slipper

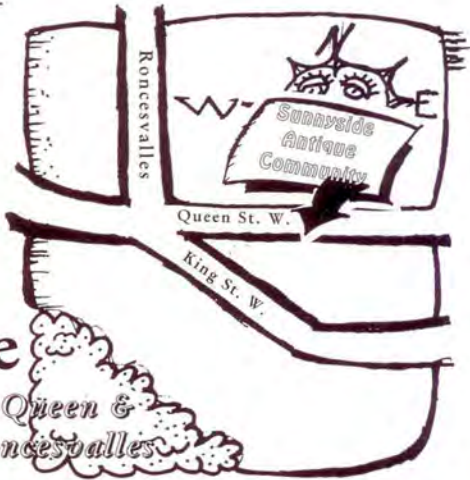
"Venus's slipper".

Yellow lady's slipper had many medicinal uses in native culture and early western medical culture.

One use common to many different native nations included the use of the root to calm nervousness, hysteria, and seizures. Some tribes included lady's slipper in sacred bundles where its purpose was to induce dreams of the supernatural

Doctors in Edwardian times picked up on this tradition. From an 1861 home book of health, "...The root is the part used...It is useful in all cases of nervous irritability, headache, hysteria chorea, restlessness, and wherever a mild and safe nervine is needed. It is often combined with scullcap in severe nervous affectation..." (Scullcap was a plant often prescribed for extreme cases of nerves and spasms. It was also used to treat rabies.) Early medical doctors found lady's slipper preferable to opium because it had no addictive properties.

Sources: *Identifying and Harvesting Edible and Medicinal Plants* by "Wildman" Steve Brill with Evelyn Dean; *Use of Plants for the Past 500 Years* by Charlotte Erichsen-Brown; *Familiar Flowers of North America* by the National Audubon Society; *A Field Guide to Wildflowers* by Roger Tory Peterson and Margaret McKenny; *Forest Plants of Central Ontario* by Brenda Chambers, Karen Legasy, Cathy V. Bentley
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ECONOTES

HOUSE:

- GREEN household cleaners can be inexpensive, effective, and non-polluting. Here are a few recipes for all-purpose liquid cleaners:
 - 1) vinegar and water (1:3 part solution), or 2) one litre hot water, 20 mL soap flakes, 30 mL borax and five mL vinegar. Mix well. For an all-purpose abrasive cleaner try a sprinkle of baking soda and water.
- If you prefer to buy environmentally friendly cleaning products most health food stores carry a good selection.
- Do you have leftover paints, solvents, oils, aerosols, batteries, prescription medicines etc? These toxic items need proper disposal. Please call Toronto Household Hazardous Waste Hotline at 416-392-4330. Free pick-up is also provided for 10 litres or more.

- If you have very young children, you probably have diapers. Fortunately, there is a company that recycles disposable diapers. The Diaper Club at 905-564-1737 provides pick-up of soiled diapers and delivery of new ones for a weekly rate.
- So which plastics go into your blue box? Only small necked bottles or jugs with a #1 or #2 on the bottom. If in doubt keep it out.
- Some house plants are not only attractive but also purify the air. English ivy and peace lily remove benzene found in detergents, paints, plastics, and tobacco smoke. Spider plant, bamboo palm, English ivy remove formaldehyde found in foam insulation, plywood, particle board, paper towels, natural gas and tobacco smoke.

EcoNotes is a community service from the Bloor West Eco-Village. Contact us c/o Swansea Town Hall, 95 Lavinia Avenue, box 107, Toronto On M6S 3H9

Park Politics

- a guide to grassroots involvement in High Park

HIGH PARK CITIZENS' ADVISORY COMMITTEE meets every other month. The next meeting is March 18, Howard Park Tennis Club on Parkside Drive just opposite Indian Valley Crescent, 6:30 p.m. The committee meets to discuss the work of the High Park subcommittees on Safety and Recreation, Natural Environment, and Transportation. All meetings are open to the public and newcomers are welcome. To reach the High Park Citizens' Advisory Committee phone 392-1748.

HIGH PARK NATURAL ENVIRONMENT SUBCOMMITTEE meets the second Tuesday of every month at the Howard Park Tennis Club, on Parkside Drive opposite Indian Valley Crescent, 6:30 p.m. **PARK WATCH** meets every second Wednesday of the month, 6:30 p.m., Annette Library. The next meeting is March 11. Newcomers welcome.

HIGH PARK TRANSPORTATION SUBCOMMITTEE hosts a community meeting March 26, 7 p.m., Keele Recreation Centre, Glenlake and Keele, to discuss road closures in High Park.

HIGH PARK ADVENTURE PLAYGROUND hosts upcoming family activities including a Book Sale March 22 at the Training Centre in High Park, and an Easter Egg Hunt, April 5, 2 p.m., on the park's east side, inside the High Park Boulevard entrance.

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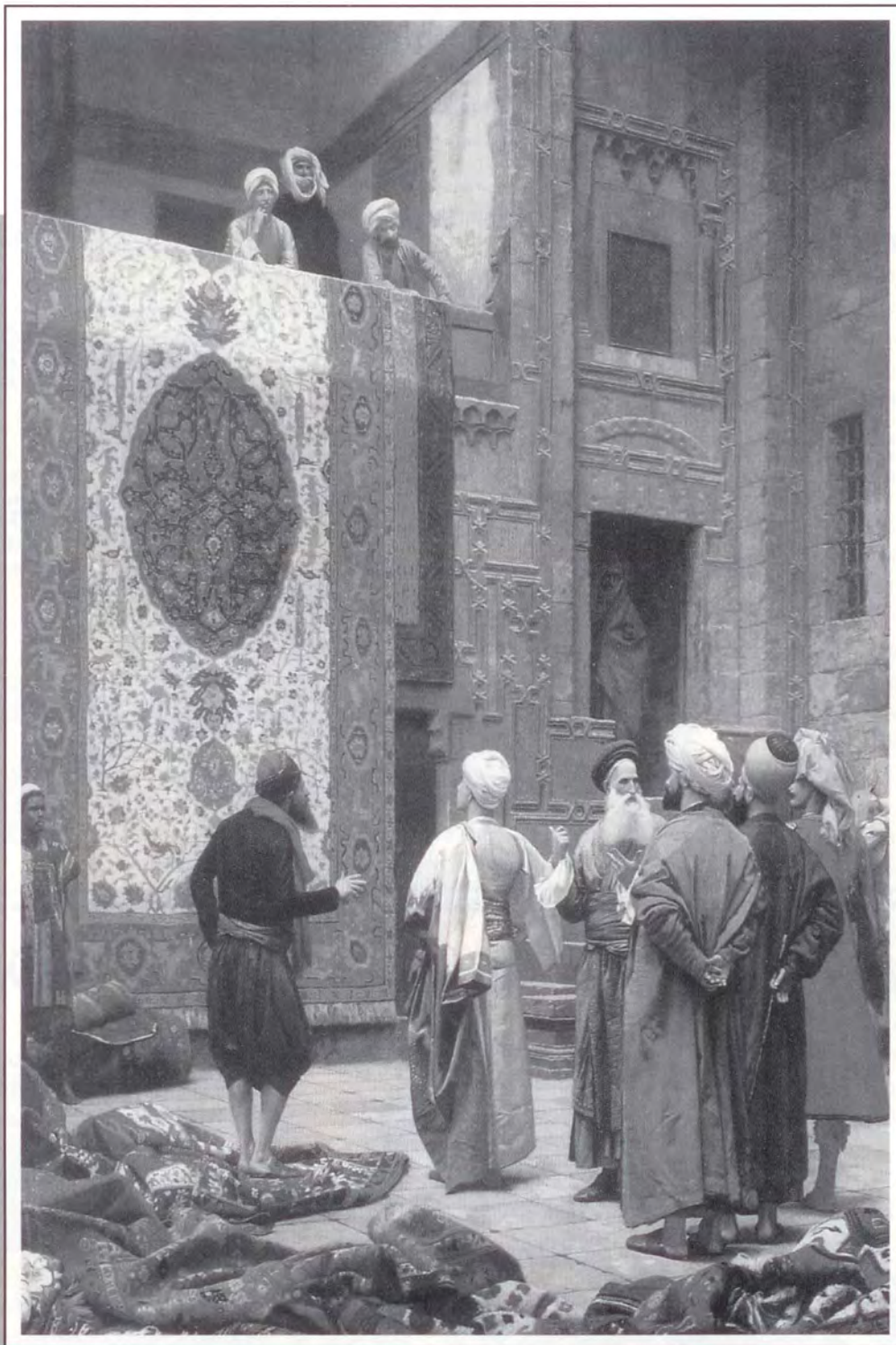
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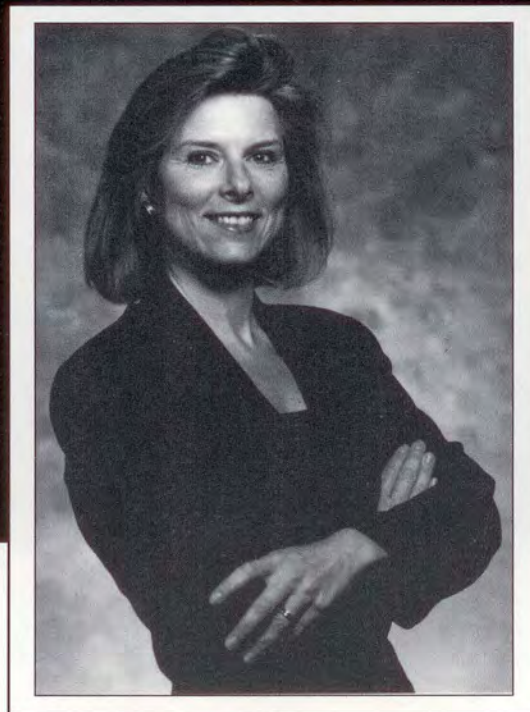
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High Park Spring Walking Tours

The Sunday Afternoon Walking Tours continue into spring. These walks are moderately paced and may go on uncleared trails. Meet at the south side of the Grenadier Restaurant in High Park at 1:15 p.m. Walks take about two hours ending with an optional visit to Colborne Lodge for a refreshing drink and a tour of the premises. A \$2 donation is suggested to support these and other volunteer programs.

Spring Landscapes

Sunday, May 3rd

Signs of Spring

Sunday, May 10th



Explore High Park - Natural & Human History

Sunday, May 17th

Spring Migration

Sunday, May 24th

Help us build our Playground

Sunday, May 31st

Spring Flowers

Sunday, June 14th

Faerie Lore

Sunday, June 21st

Art in the Park (Sculpture Tour)

Sunday, June 28th



Remaining tours on winter schedule:

- March 8 - Birds of Winter
 - March 22 - Spring Comes to Grenadier Pond
 - April 19 - Native Lore (Part of Earth Celebrations at Colborne Lodge)
- Tours leave from the south side of the Grenadier Restaurant at 1:15 p.m.

Organized by the High Park Citizen's Advisory Committee, Colborne Lodge (Heritage Toronto) and the
Depart. of Parks and Recreation (city of Toronto).

For more information about tours or other volunteer programs, call 392-7276 ext. 301