

Toronto's magazine for park lovers

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Summer 1998
Vol. 5, #2

HIGH PARK

Q u a r t e r l y

**High Park
125:
The party
continues**

**Blazing
a trail:
This
burn's
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**Faerie
lore:
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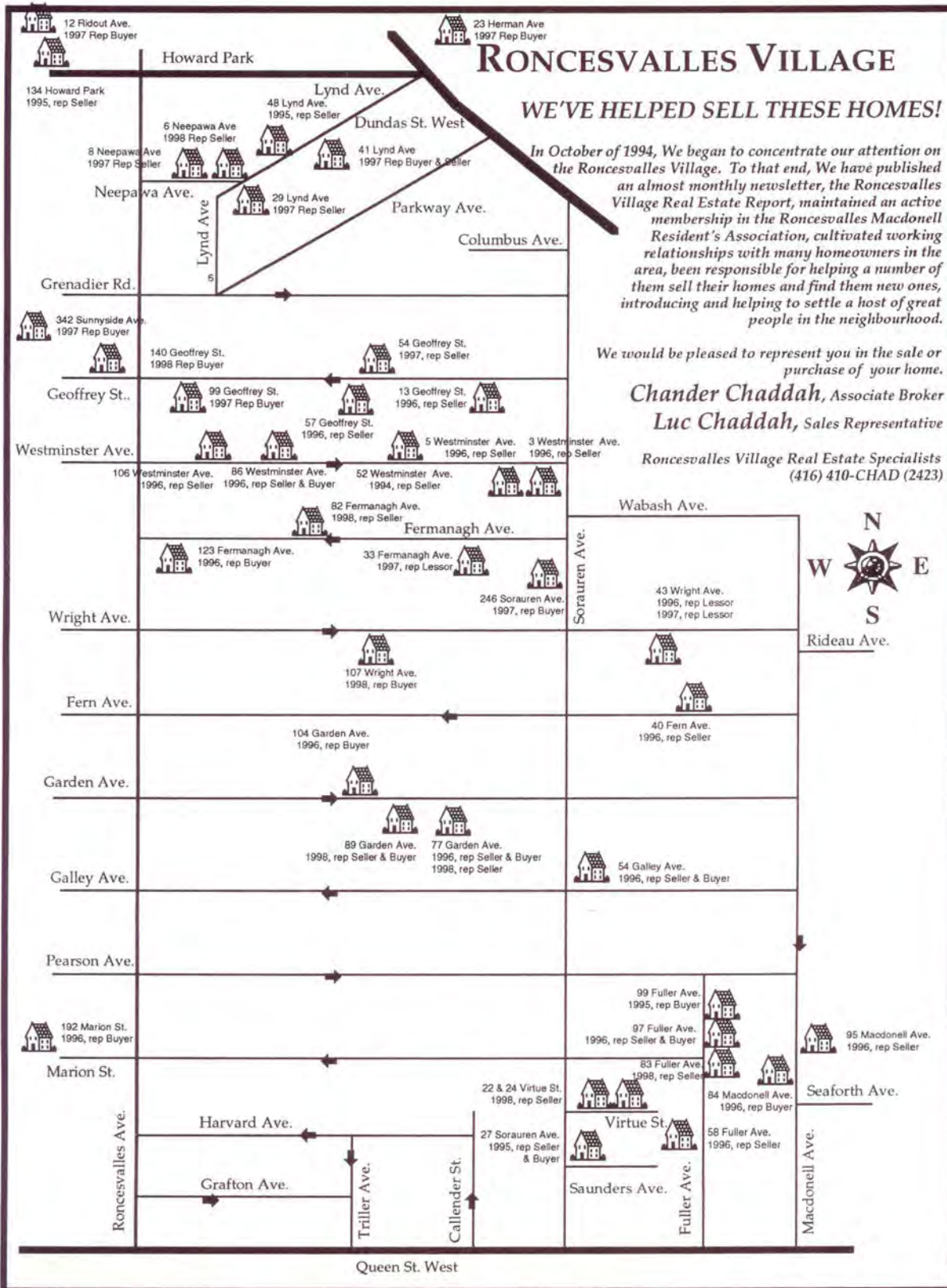
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HIGH PARK Quarterly

Editor - Gigi Suhanic

Contributors - D.W. Dorken,

Mary Lou Kumagai, Mario Maceda, Ken Winlaw

Cover photo of Park Watch volunteers by D.W. Dorken

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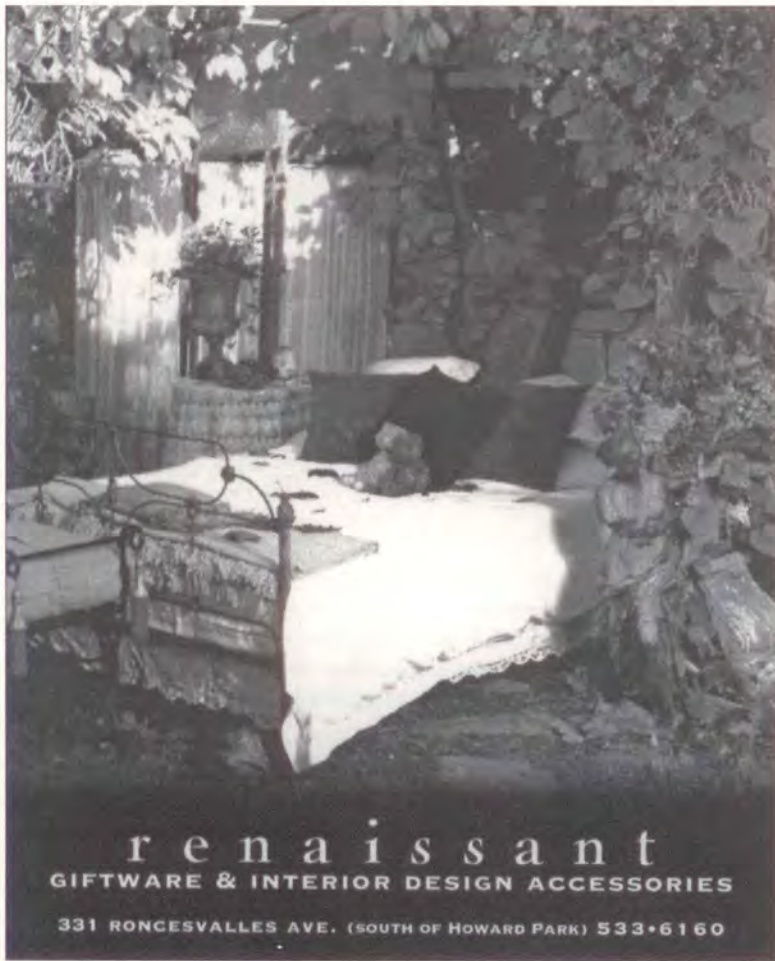


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Name that pond

The search is on for a name for a pond in High Park.

The High Park Citizens' Advisory Committee wants a name for a sedimentation pond that was built two winters ago.

It is located just above the north end of Grenadier Pond and Wendigo Creek feeds into the sedimentation pond.

Two names that have been suggested are, "Wendigo Lagoon", and "Wendigo Pond".

Wendigo was suggested because Wendigo Creek runs into the unnamed body of water. Also, Wendigo Way is a nearby street.

The Wendigo is the Canadian far-north's version of Big Foot or the Sasquatch.

Poet Ogden Nash captured the Wendigo's essentials in his 1936 poem, *The Wendigo*, published in his 1969 collection, *Bed Riddance: A Posy for the Indisposed*:

The Wendigo, The Wendigo! Its eyes are ice and indigo!

*Its blood is rank and yellowish! Its voice is hoarse and bellowish!
Its tentacles are slithery, And scummy, slimy, leathery!*

Its lips are hungry blubbery; And smacky, Sucky, Rubbery!

*The Wendigo, The Wendigo! I saw it just a friend ago! Last night
it lurked in Canada; Tonight, on your veranda! As you are lolling
hammockwise; It contemplates you stomachwise; You loll, It con-
templates, It lollops. The rest are merely gulps and gollops.*

Phone 392-1748 and leave a message registering your pleasure for "Wendigo Pond" or "Wendigo Lagoon".

Adventure bill less than \$200Gs

As preparations started on the new High Park Adventure playground, estimates put the costs to-date of the project at just under \$200,000.

Park staff say \$120,000 in materials, and \$35,000 in fees for playground architect Robert Leathers, have been spent so far, by the city. Playground organizers also raised over \$30,000, before construction began. Big-ticket donations of \$10,000 came from Canada Trust

Friends of the Environment, and \$5,000 from Cardinal Funeral Homes.

Donations were will coming in during construction.

The grand opening is June 6, 11 a.m.

Dredging up reminder

Work will begin this summer on the marsh in Grenadier Pond's north end.

The work will included dredging, needed to improve water flow into the pond, and improve conditions to expand and enhance the wetland in that area.

Dredging was initially scheduled for this winter. Warm weather postponed the work.

Leopard frog spotted

Frogs are considered an excellent gauge to measure the health of a body of water.

When frogs are present and abundant, biologists consider the the pond, stream, or lake to be a healthy, functioning ecosystem. When there are no frogs that means the ecosystem is sick.

The absence of the croaking of amphibians in the park is deafening. Research on Grenadier Pond has failed to uncover amphibian communities.

Happy news arrived that local birder Bob Yukich discovered a leopard frog near Spring Creek recently. Maybe water quality is looking up. The leopard frog is native to Ontario.

-GS

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drawing by Mario Maceda

— to volunteer (or report an incident in the park):
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Taking a crack at oiling Canada Goose eggs

by Gigi Suhanic

More aggressive goose control measures have begun in High Park and other waterfront parks in Toronto. Toronto Parks and Recreation staff have started oiling Canada Goose eggs in an effort to control burgeoning populations of the birds in the city's green spaces.

However, according to city councillor Chris Korwin-Kuczynski, the first oiling was less than an all-out success, because geese laid their eggs earlier this year.

Korwin-Kuczynski (K-K) says, as a result, many goslings were able to hatch before the oiling program began.

Wildlife experts are predicting that the geese may lay a second round of eggs, in which case parks staff will have another crack at oiling them.

Oiling is one several techniques aimed at hitting the geese right where they nest. Oiling with liquid paraffin creates a hard outer crust on the egg that cuts off oxygen to the embryo, suffocating it. The goose will sit on the egg waiting for it to hatch to the point where it is too late to lay more eggs. Other aggressive techniques include addling (shaking).

Canada Geese build their nests in April. Four to six olive coloured eggs are laid. After four weeks the goslings hatch, their down a yellow-green. They reach flight age when they are two-and-a-half months old. Adults moult, losing their flight feathers when the goslings are one month old. The moulting stage lasts about four weeks.

A report about goose control prepared by several Greater Toronto cities says that more than 72 per cent of eggs need to be removed to affect the population. The report, "A Strategy for the Management of the Canada Goose in the Greater Toronto Bioregion", says 95 per cent of eggs must be removed to achieve a 75 per cent population reduction over 10 years.

The report looks at other areas of goose reproduction including the possibility of goose vasectomies. (If that isn't aggressive, what is?)

"As geese are monogamous and generally pair for life, this method could prove useful," the report says.

A goose vasectomy takes 15 minutes plus capture and release time, according to the report.

Increased divorce rates

Before the the method could be implemented research would need to be done, "to see if infertile pairs will prevent fertile pairs from nesting, and examine if increased divorce rates and extra-pair matings become confounding problems."

Feeding the birds continues to be a problem. Korwin-Kuczynski has said the city will ticket people who feed the geese.

"Culling" flocks, as was threatened in Mississauga, is seen as a last resort, K-K says.

Today, the report estimates the goose population at 250,000, with the birds numbers doubling every five years. The average lifespan of

an urban goose is at least four years, with some examples of banded geese surviving to the age of nine.

Because Canada Geese are such good reproducers, researchers have calculated that urban populations can withstand a 40 per cent mortality and their numbers will still increase.

"The upper level of the population may not yet be in sight; Canada Geese can be relatively slow to colonize new sites and there are many other areas in the GTB that appear to be suitable but are unoccupied at this time."

Call me for assistance regarding any municipal issue



Ward 19
City Councillor
Chris Korwin-Kuczynski

*Thank you to all who helped
build the new Adventure
High Park playground*

392-7919

Sarmite D. Bulte, M.P. Parkdale-High Park



*Plan to attend the
High Park Citizens'
Advisory Committee's
annual general
meeting on June 17,
6:30p.m.,
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Best wishes to all
my constituents
for a safe and
happy summer.*

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Controversy still brewing over condo project

by Gigi Suhanic

Controversy continues to brew over a development on the site of a former gas station abutting the north-western tip of High Park.

A proposal to build a six-storey, luxury condominium at the corner of Ellis Park Road and Bloor Street West has some neighbours worrying about the impact of the project on High Park and its waterways.

Anxiety levels over the project further erupted at the end of April when work being done by the developer caused the site's slope to collapse.

The developer was taking soil samples and excavating near to the foundations of the old gas station when the upper slope caved in, causing a mud slide almost to the base of the slope. Following the cave-in, neighbours reported a strong smell of solvent and diesel fuel. The city issued a cease and desist order, since the developer had not obtained a permit for the work.

Samples of the soil have been tested by a consultant hired by the developer. The results have since been sent to the environmental protection office at the city of Toronto and the Ministry of the Environment. At press time results were not available.

The present owner of the site – 1947-1997 Bloor Street West – is a company called Elcarim Inc., with whom condominium developer Urbanpark Development has an option to buy under an arrangement with Elcarim.

Plans available to the public show a proposal for a six-storey building with 59 units of one-two-and-three-bedroom condos, some with rear-landscaped yards.

Opposition to the project has rallied on two fronts.

There is concern about the project's impact on High Park since the site's south-east corner comes right up against the park's north-western tip, and also rear-ends the park's sole pedestrian-only access.

Opponents also says the variances the developer is seeking in height, density and floor area are major ones and should not be granted.

Four public meetings have taken place between November 1997 and March 1998. According to the architect, those meetings result-

ed in some changes to the plans, including a reduction in height from seven to six storeys, and a reduction in density. The present plans still exceeds the permitted height of 14 metres by 4.8 metres.

"This site is very difficult to develop and therefore required some flexibility and latitude in how the zoning by-laws are applied," says architect Stan Makow. There is a 45-degree drop at the south east corner which abuts High Park, and landfill to approximately 14 metres below the site's grade.

Those in opposition say the condo should go ahead only when it strictly meets zoning requirements.

"If there is to be a building erected on this site, we strongly recommend that only one which complies with existing by-law density limits be granted approval," writes the High Park Citizens' Advisory Committee to the city of Toronto.

Also in a letter, ward 19 councillor David Miller says he does not support any variances to the building's height and density.

There are neighbours who support the project.

David Kirkpatrick lives at 20 Wendigo Way, directly behind the site and is one of two neighbours who will be intimately affected by the project. He believes development at this location is inevitable. "I feel I should be co-operative to achieve something that I can live with," Kirkpatrick says. In the past, the basement of Kirkpatrick's home has flooded with mud running off the site.

In March, Urbanpark's plans were turned down by the city of Toronto's

Committee of Adjustment refused to grant the project variances to the zoning by-laws.

The developers are appealing the Committee of Adjustment's decision at the Ontario Municipal Board (OMB), where a hearing is scheduled for September. New plans have been filed with the OMB, which, according to Stan Makow, incorporate some "improvements" – although Makow won't say what. A freedom-of-information request is necessary to see the new documents.

This is the second proposal to come forward for 1947-1997 Bloor St. W. In 1989 Zenon Developments received approval for a multi-level office building for one of the two lots that make up the whole site. The architect is planning a community meeting for June.



The slope at 1947-1997 Bloor St. W.



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CD-ROM a first in North America

High Park is the first municipal park in North America to have a digital record made of itself. "Welcome to High Park" is a new CD-ROM of the local green space, launched at the end of May, after a three-year development and production period.

The CD-ROM is the product of a partnership between Toronto Parks and Recreation, the Toronto Urban Studies Centre (TUSC) and Heritage Toronto.

Besides its one-of-a-kind status, the CD-ROM is also unique because its information was gathered by grade 7 and 8 students from five west Toronto schools – Fern Avenue, Parkdale, Runnymede, Swansea, and Park.

According to TUSC principal Barry Stroud, the CD-ROM contains over 600 photographs; its content equalling that of 100 books.

High Park is a popular destination for class field trips. The intention behind the project was to create an educational tool with a specific body of information available to students and teachers, especially environmental information, so that classes will use the park in a sensitive way.

Much of the environmental information was collected by the schools. During a two-week period in the fall of 1996 the classes conducted surveys and collected data on certain plants. Other students did surveys of the built structures in High Park. Students also took photographs using digital cameras provided by Kodak Canada.

Later the kids went to the TUSC computer lab to input their findings.

Student surveys, including poems, essays and opinions about the park – are a few of the many

are available to explore on the CD-ROM. Other information thumbnails

include a visitors guide, glimpses of the past, test your knowledge, flora/fauna, and more.

It has also been beautifully produced by software designer Doug Gifford.

The CD-ROM opens with familiar urban images. As we get closer to the park, both images and sound morph into those of High Park.

"I tried to make it operate like a park in the sense that every time you come into it it's a little bit different," says Gifford. The colours and shapes that the photographs are imposed on are constantly shifting. Gifford has also created different versions of the introduction.

The CD ROM is available to schools for \$30. It is MacIntosh compatible. –GS



*Oh, High Park place of memories
where children laugh and play
you've been here for so many years
I hope that you can stay*

*When I walk your long trails
I admire the big trees
and look up at the birds
chirping in the breeze*

by Alejandra, Oct. 1996
grade 8 student, Swansea Public School
• from *Welcome to High Park*

'ABCs' of plants contained in new children's garden

The new children's garden in High Park has big plans for a little bit of space.

The garden is an assemblage of brightly coloured containers – orange, yellow, blue – arranged in an "ABC" pattern, that has transformed a former parking lot on Colborne Lodge Drive.

Through summer-long programming, co-ordinator Jane Hayes and instructor Evan Pilkington will promote a wide variety of food and environmental ethics to kids from all over the city.

Staff welcomed the first group of youngsters to the garden, located on Colborne Lodge Drive, on May 22.

According to Hayes, 450 school kids are already signed up to visit the garden, until the end of June.

Once school lets out, the garden will be playing host to recreation programs and day camps.

"Because it's a pilot project we are experimenting with the programming," says Hayes.

One of the goals of the garden is to grow varieties of vegetables and herbs that are biologically unique.

The "Three Sisters Garden" (squash, corn, beans) is being grown from rare seeds donated by Seeds of Diversity, an organization that promotes Heritage varieties of plants.

The herb garden will include pineapple sage, cinammon basil, and lemon balm. There will also be a pumpkin patch, and a sunflower garden. A composting program will show children the benefits of worms, and the "ABCs" of composting.

The garden opens officially on June 13 with ceremonies at 12 noon, and activities from 10 a.m.-2p.m. Space is available. Call 392-1111.

Summer 1998



Containers in the High Park Children's Garden are arranged in an "ABC" pattern. Below, Evan Pilkington shows a group of children from Garden Avenue Public School how to plant seedlings.



photos by Gigi Suhanic

More traffic lights this summer for treacherous Parkside

There's only one thing standing between High Park and the people living on its east side – Parkside Drive.

This traffic-choked road is like a formidable moat full of crocodiles that park users must cleverly and bravely navigate to reach their nirvana on the other side.

Happily, thankfully, finally, it appears some relief is in sight to make it easier to cross this great divide.

Two sets of traffic lights, one at Indian Trail, adjacent to the Howard Park Tennis Club and another at Garden Avenue, are scheduled for installation this June, according to councillors David Miller and Chris Korwin-Kuczynski. The lights will be pedestrian activated, and will remain green unless someone wants to cross.

This relief can't come too soon. Parkside Dr. and Keele Street (north of Bloor St. W.) have been the

scene of several accidents in 1998, at least two of them fatal.

On Mar. 27 a head-on collision between two cars just north of the High Park Blvd./Parkside Dr. intersection resulted in one of the occupants of one of the cars having to be cut out of his vehicle. He survived his injuries.

A few days prior to that incident an older man was struck and killed jay walking across Keele St. at Bloor St. W. Earlier this year a young man was killed at the cross walk at Humberside Blvd. and Keele St.

High Park committee needs more members

The High Park Citizen's Advisory Committee holds its annual general meeting June 17, 6:30 p.m. at the Grenadier Cafe and Teahouse. Elections will be held at this meeting to fill seven member-at-large positions. Also, the committee's executive positions are up for renewal. If you love the park and want to be in on decisions made about its future, then you should attend this meeting and consider becoming a member. For more info phone 392-1748.



Construction on the Adventure High Park playground got off to a booming start May 26 and was slated for completion May 31.



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New drill for Colborne Lodge Drive

Drivers in High Park can expect more changes to the roads.

Colborne Lodge Drive is the only road offering access into the park from the Queensway and the lakeshore. Colborne Lodge also allows cars travelling south from Bloor St. access to these major roads. However, parks staff and police say commuters are abusing the route.

Colborne Lodge will soon become a through street southbound to the Queensway and the Lakeshore. Northbound cars will still be able to drive into the park but will be forced to turn around just below the Grenadier Cafe and Teahouse.

This is a pilot project.

Last summer and early fall Colborne Lodge Drive was closed between the Queensway and the Grenadier Cafe.

Park Politics

— a guide to grassroots involvement in High Park

HIGH PARK CITIZENS' ADVISORY COMMITTEE meets every other month, the third Wednesday of that month. The next meeting will be in July, Howard Park Tennis Club, 6:30 p.m. The annual general meeting will be held June 17, 6:30 p.m. at the Grenadier Cafe and Teahouse.

HIGH PARK NATURAL ENVIRONMENT SUBCOMMITTEE meets June 10, 6:30 p.m.,

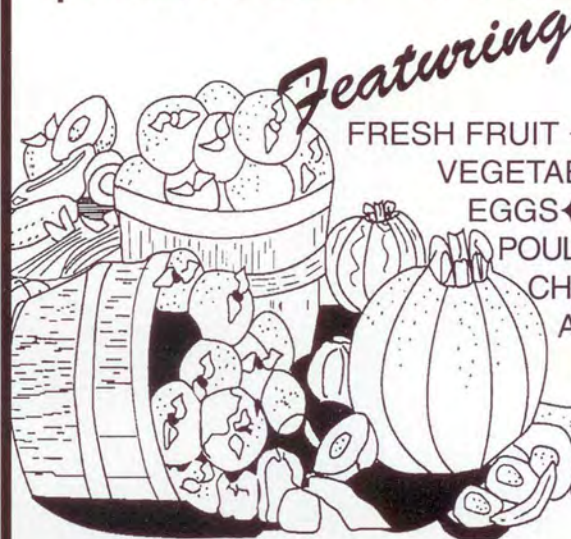
Howard Park Tennis Club. **PARK WATCH** meets every second Wednesday of the month, 6:30 p.m., Annette Library. Newcomers welcome.

HIGH PARK ADVENTURE PLAYGROUND holds its grand opening June 6, 11 a.m. at the new playground located just south of the High Park Blvd. entrance into the park.

HIGH PARK TOGETHER FOR CHILDREN holds a day of activities, June 6, starting at 10 a.m., located at the Bloor St. W. entrance to the park.

CHILDREN'S GARDEN has its official opening June 13, 10 a.m.

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Historic gardens restored

by Sandra Black

Calling all gardeners! If you enjoy traditional country gardens, why not volunteer to help restore the historic gardens at Colborne Lodge? This picturesque country house, located at the south entrance to High Park, will soon be surrounded by lovely Victorian gardens. These plantings will recreate the garden landscape which once graced the home of John and Jemima Howard, the founder of High Park. Since 1998 marks the 125th anniversary of the creation of a public parks on the Howard's 165-acre estate, the restoration of their once extensive gardens is a fitting and timely tribute.

Opportunities for garden-loving volunteers abound. "It will be nice to get the volunteers involved in the whole project and the shaping of it," says Wendy Woodward, Heritage Toronto horticulturalist and garden project coordinator. "We want a group that will be able to carry on independently." Volunteers are currently researching the gardens, and will plant and maintain them on an ongoing basis.

The garden restoration project will gradually alter the landscape surrounding Colborne Lodge to reflect its appearance in the 1870s, when the Howard property began to slowly evolve from a country estate into an urban park. Garden pathways have been recreated, based on John Howard's plans and recent archaeological findings. This summer, vines and annuals are being planted. Further plantings of shrubs, bulbs, perennials, herbs and vegetables will be based on research into John Howard's diaries, which offer a detailed record of garden activity over many years.



High Park Paradise: Watercolour on paper by John Howard of Grenadier Pond.

According to the diaries, the Howard gardens features many "old fashioned" floral species, including hollyhocks, morning glories, peonies, michaelmas daisies, sweet william, dahlias and sweet briar roses, as well as naturalized wildflowers such as ladies' slippers and wild lupines. The site also featured fruit trees, flowering bushes, diverse vegetables and herbs, and vines shading the front verandah. As part of the garden restoration, the open view from the verandah towards Lake Ontario will be recreated by thinning growth on the south hillside, so that Colborne Lodge will once again be a visible landmark along the lakeshore.

As the garden gradually develops and matures, visitors to High Park will be able to ramble the curved pathways around Colborne Lodge and enjoy the enduring beauty of a traditional country garden. To combine your visit with a guided tour of the historic house, visit any afternoon but Mondays during the spring, summer and fall. For more information on the garden restoration project and other seasonal activities, contact Colborne Lodge at 392-6916.

Seed mix extends park range

To introduce some of High Park's indigenous species into your own garden, plant the native plant Meadow Mix, available at the Colborne Lodge gift shop. This seed mixture has been packaged at the High Park Native Plant Nursery. Each package includes four popular

varieties: wild bergamot, black-eyed susan, little bluestem grass and grey goldenrod. By planting these seeds, you can extend the range of native species beyond the boundaries of High Park. Proceeds from seed sales will help sustain public programs in High Park. —SB

Sun prints, poetry

June is "Art in the Park" month in High Park.

Weekends in June – Sun Prints at Colborne Lodge

Children visiting Colborne Lodge with their families can enjoy making sun prints on weekend afternoons. The museum is open from noon until 5 p.m. Admission is \$3.50 for adults, \$2.75 for senior/students and \$2.50 for children.

Sunday, June 7 – Water-colour Workshop

Colborne Lodge offers a water-colour workshop for children aged 7-12 at 2 p.m.

Children can learn traditional water-colour techniques while painting views of High Park. Register by phoning 392-6916. \$7.50 inclusive.

Sunday, June 21 – Poetry in the Park

Sheila Hyland reads her poems on High Park at this annual gathering of poets and poetry lovers at 2 p.m. at Colborne Lodge. Celebrate Father's Day with readings and refreshments at Colborne Lodge. Donations are welcome.

Sunday, June 28 – Sculpture Tour

A walking tour of High Park's sculptures. Meet at the Grenadier Cafe at 1:15 p.m. The tour will be followed by refreshments at Colborne Lodge. Suggested donation, \$2.

Sunday, June 28 – Regency Dancers

A presentation of traditional Regency-era dancing at 2 p.m.

A healing flame



A controlled burn was held April 7 in High Park, when a burn crew from the Ontario Ministry of Natural Resources (MNR) set a torch to three test plots totalling .454 hectares. Prescribed burning is being tested as a possible method to stimulate oak regeneration in the park. The first controlled burn was conducted in High Park last spring. The MNR regularly conducts controlled burns in Ojibway Plains in Windsor and Pinery Provincial Park. Ontario has set fires deliberately since 1930. (Above) Smoke hovers over test plot M as the fire burns itself out. (Right) Ron Burrell pours a mixture of naphtha and diesel to start the fire. (Below) The MNR fire crew includes Fred Bruin, Dave Shouldice, Dave Shipley, Ron Burrell, John Lougheed and Genn Campbell.



photos by Ken Winlaw and Gigi Suhanic

Park
Lovers

KOLUMN K9

Heatstroke is deadly

by Dr. Gary Rosnick

The dog days of summer are certainly here. If the weather reports alone aren't enough to convince you of just how hot it really is, check the news. A hot, humid summer rarely goes by without our hearing about a dog that has died after its owner left it in the back seat of the car for an afternoon. Although not common, heatstroke, when it occurs, is a true medical emergency associated with a high death rate.

It strikes both dogs and cats who have been exposed to high environmental temperatures and who have been under some sort of stress such as over exertion or confinement to an enclosed space with poor ventilation, like an automobile.

High humidity contributes to the likelihood of heatstroke because the evaporation of water from the animal's mouth and nasal passages is reduced, which renders panting ineffective as a cooling mechanism. Studies have shown that a tremendous level of heat builds up inside cars parked in both direct and indirect sunlight, and that leaving car windows partially or fully open does little to prevent this accumulation of heat.

In the early stages of heatstroke, the animal will pant excessively, its heart rate will be fast, the gums will be a bright red, and hyperthermia will have developed (a body temper-

ature of 41C to 44C or 105F to 111F). As the disease progresses, the animal will become very depressed. Its paws and ears will become hot to the touch and the gums will turn pale. Diarrhea and vomiting may occur. With severe or prolonged hyperthermia, the dog or cat may go into a coma, which often culminates in death, caused by respiratory failure.

The key to treating heatstroke is to act quickly and get your pet to the veterinarian immediately.

Rapidly lowering the animal's temperature is the first priority, so if a veterinary clinic is not close by, begin to cool your pet, yourself. This can be done by lowering the trunk and limbs into a tub of cold water, hosing the animal with cold water, or even using cold water enemas. Ice baths and rubbing alcohol should not be used as they will cause shivering, which in turn may increase the body temperature. If possible, take your pet's rectal temperature every 5-10 minutes, and stop cooling when the temperature drops to 39.5C (103F).

Your veterinarian will treat your pet for shock if the heatstroke is severe. Following initial emergency treatment, the animal will be kept in a well-ventilated cool room, and confined to not become overactive.

Gary Rosnick is a doctor of veterinary medicine practicing in Toronto's west end.



THERE'S NO EXCUSE NOW: When pets do their business, non-pet people always cast a sideways glance to make sure the attendant humanoid is stooping and scooping. This plastic bag dispenser, of which there are two in High Park, should go a long way toward helping dog owners pick up after the pet when he, she, or it has done his, her or its business. For more information about the boards, contact Drozmond Consultants at 784-9008.



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Victorian 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.

Wholesome fruit compote

Fragrant aromas often fill the historic summer and winter kitchens at Colborne Lodge, the restored home of John and Jemima Howard, founders of High Park. Visitors to the historic house museum can sample sweet or savoury concoctions fresh from the hearth, wood stove or bake oven. Cuisine at Colborne Lodge is based on recipes from 19th century cookbooks. The following sample is a tasty and easy-to-make seasonal treat.

Compote of Spring Fruit (Rhubarb)

Original recipe

"Take a pound of the rhubarb stalks after they are pared, and cut them into short lengths; have ready a quarter-pint of water boiled gently for ten minutes with five ounces of sugar, or with six should the fruit be very acid, put it in, and simmer it for about ten minutes. Some kinds will be tender in less time, some will require more."

Historical Background

Mrs. Beeton, author of a famous 19th century cookbook, defined a compote as "A confiture made at the moment of need, and with much less sugar than would be ordinarily put to preserve. They are very wholesome things, suitable to most stomachs which cannot accommodate themselves to raw fruit or a large portion of sugar; they are the happy medium, and far better than ordinary stewed fruit."

Eliza Acton, author of the featured recipe, was equally enthusiastic about fruit compotes: "We would especially recommend these delicate and very agreeable preparations for trial to such of our readers as may be unacquainted with them, as well as to those who may have a distaste to the common 'stewed fruit' of English cookery. If well made they are peculiarly delicious and refreshing, preserving the pure flavour of the fruit of which they are composed; while its acidity is much softened by the small quantity of water added to form the syrup in which it is boiled. They are also more economical than tarts or puddings, and infinitely more wholesome."



Our Modern Equivalent

175 ml	sugar	3/4 cup
125ml	water	1/2 cup
450g	rhubarb	1 lb

Pare rhubarb stalks into bite-sized pieces. Add sugar to water, adding extra if rhubarb is tart. Simmer rhubarb in sugared water for ten minutes, or until soft.

Notes

¹Eliza Acton, *The Best of Eliza Acton*. (Harmondsworth, England; Penguin Books, 1968) p.268.

²Mrs. S.O. Beeton, *Mrs. Beeton's Every Day Cookery and Housekeeping Book*. (London: Ward, Lock and Co., 1865) p.84.n

³Acton, p.268.
Summer 1998

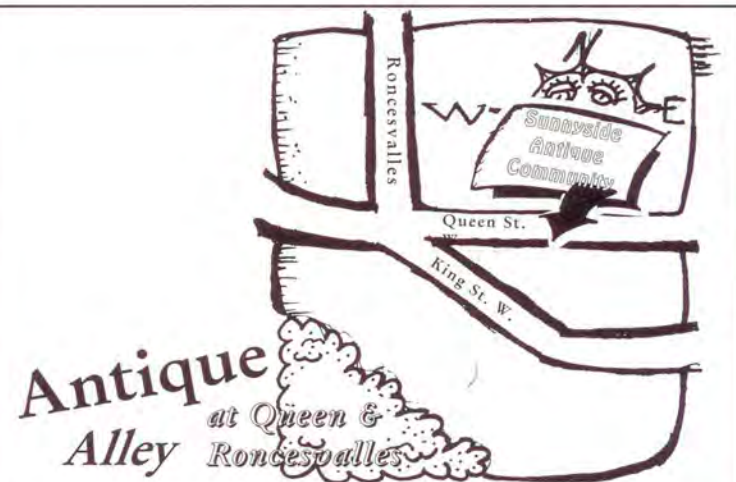


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As part of this expansion, we welcome **Dr. Chris Hickman** to our team of veterinarians, Drs. Rosnick and Murray and our supporting staff.

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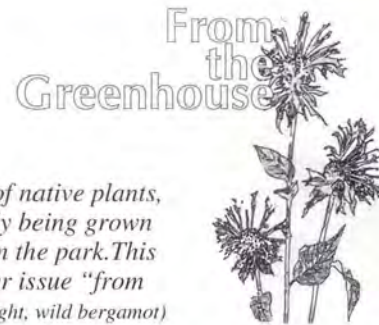
But more importantly, we do this to honor you — the families we serve. To symbolize the preservation of your loved one's memory through the growth of new life.



**92 Annette Street
762-8141**

Native plants are steeped in aboriginal and medicinal history, and are an important new area of interest in gardening and environmental circles. The High Park

greenhouse is a major source of native plants, where 150 species are currently being grown from seed for re-introduction in the park. This column features one species per issue "from the greenhouse". (right, wild bergamot)



Cinquefoil's magic, medicine

Tall Cinquefoil is a member of the rose family, and grows one to three feet tall in dry places from June to August.



Its Latin name *potentilla* is the diminutive form of *potens* meaning powerful, and proba-

bly relates back to the plant's long use in magic and medicine.

The Chippewa Indians often used cinquefoil to treat cuts from the letting of blood, considered a

"remedial" measure.

Once blood had been let, about 'half a basin', the prepared root was used dry or moistened, placed on soft bed of duck down and placed over the cut.

Tall cinquefoil is a distinct variety because it has creamy or white flowers instead of the more common yellow ones. The petals of the flowers are round and closely resemble the shape of blooms on a buttercup or strawberry plant.

The name *cinquefoil* derives from the Latin for 'five leaves' in reference to the groups of five leaves that grow off the plant's sticky, brownish stem.

Fairies: a supernatural wonder

by **Silvia Remkins**

A walk in High Park can reveal many wonders; seen and unseen, natural and supernatural. There is a myriad of flora and fauna in the park that conceal the most magical of Mother Nature's children, the elementals and spirits of woods and meadows, more commonly referred to as fairies.

The ancient pagan peoples were much more connected to nature and the cycles of the seasons. Their intimate knowledge of all living things helped them to discover entire worlds in the blossom of a wildflower or a drop of rain, places where fairies dwell.

The old English rhyme 'fairy folks live in old oaks' reflects the ancient association of nature and fairies. The ancient Druids revered the oak as the King of Trees and central to their sacred grove. Because it is the largest and most sturdy of deciduous trees, it is associated with strength and protection. Wands and talismans made out of oak wood were used to ward off evil. So next time you are in High Park, home to a number of magnificent black oaks, stop and hug one. The tree *faeries* might reward you with good fortune.

As gratifying as it is to feel the presence of fairies as one walks

through the woods, it is more exciting to actually *see* one, but that is not as common an occurrence as it once was. Since the advent of the Industrial Revolution, fairy sightings have become very rare, because fairies fear iron and avoid crowds. Nowadays, most sightings are made by individuals in isolated, natural settings.

If you want to see fairies in High Park, try looking at times and places that are 'in-between'. Midnight, midday, dusk are 'between' night and day, morning and afternoon, dark and light and therefore good times to seek out the fay. A fork in a path or the bank of a stream lie 'betwix and between' one place and another. High Park offers several of these favoured locations for a fairy encounter. The Wee Folk also like mist, because it shrouds everything in a pale, shifting cloak.

There is a good deal of folk-wisdom and fairy lore connected to all of nature, whether it be in a city park or the countryside. With a little imagination and a child's sense of wonder, a simple walk in the park could lead to the portals of the Fairy Realm.

Silvia Remkins leads a walking tour in High Park about Faerie Lore, June 21. Meet 1:15 p.m. at the Grenadier Cafe.

Ecotones

Recycle rain, reduce pollution

A push is on to promote rain recycling to help reduce pollution along the city's beaches and waterfront.

A demonstration project is under way in north Bloor West Village to test different ways of capturing stormwater, rather than sending it down the sewer.

In north Bloor West, rainwater and sewage travel through the same pipes to be cleaned at the Humber Treatment Plant. A big storm that produces lots of rushing water can flood the sewer system, sending raw sewage into Grenadier Pond, Spring Creek and finally Lake Ontario.

The demonstration project is looking at new ways to divert rainwater from the sewers in the study area bounded by Bloor St

W., Keele St., Dundas St. W., and Runnymede Rd..

Some of the methods that will be tested include disconnecting eavestroughs from the sewer system, rain barrels, replacement of impervious with porous materials, soak-away pits, and swales to allow rain water to be absorbed into the ground.

Homeowners interested in disconnecting their downspouts can have the work done for free by a city contractor, and pay \$75 for a rain barrel. The city can also provide all the materials and the rainbarrel for free if the homeowner does the work him or herself.

For information about the demonstration project call 410-3888. Call 392-1807 for information about downspout disconnection.

Air-conditioning alternatives aplenty

Bloor West Eco-Village ECONOTES

ALTERNATIVES TO AIR-CONDITIONING:

1. Install low-speed ceiling fans.
2. Pull down the shades. Awnings on south-facing windows keep out midday rays and vertical shading is effective for west and east facing windows.
3. Sunscreen blinds can reduce the sun's glare and heat by 70 to 85 per cent (eg. Sun project T-100 and Lyverscreen).
4. Keep doors and windows closed until evening.
5. Shade east windows in the morning and west windows in the late afternoons.
6. Minimize use of your stovetop and oven and use your microwave or barbecue instead.
7. Plant trees, especially deciduous trees along the south side of your house.
8. Install low-emissivity (low-E) windows. Their almost invisible metal coating reflects away outside heat but also helps keep heat in during the winter.

WATERING YOUR LAWN:

1. When your lawn begins to get dry, water deeply,

- leaving the sprinkler on for a couple of hours. Shallow watering encourages a small and shallow root system.
2. Don't over-water your lawn. Watering it everyday, or in the evenings will encourage disease. Most lawns are overwatered, over-fertilized and mowed too short.
3. The best time to water is early morning.
4. If water shortages are not a problem soak your lawn

- once every week to 10 days.
5. If water is in short supply, you may want to install a drip irrigation system.
6. Consider replacing part or all of your lawn with ground covers, native species, edible landscaping or a wildflower meadow.

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

Gardening Workshops – Planning and Urban Naturalization Site –

Wednesday, June 24, 7-9p.m. Rose Avenue Community Centre, 675 Ontario Street. Catherine Goetz, Evergreen Foundation.

Strategies for Green City Design – Tuesday, June 30, 8-10p.m. Mountain Equipment Co-op, 400 King St. W. Greg Allen, Sustainable Energy Systems Designer; Gillian Hovey, Facilitator of Permaculture and Ecovillage Design; Monica Kuhn, Architect and Founder of the Rooftop Gardens Resource Group.

Taddle Creek: A Celebration and Exploration – Sunday,

June 21, 10:30a.m. Summer Solstice Day Hike along the entire course of Taddle Creek. Meet northwest corner of Davenport Rd. and Bathurst St. Bring a lunch. 599-4171.

High Park Volunteer Stewardship Program – Ecosystem restoration activities. June 3, 17, 6:30p.m. Planting/test plot monitoring. June 7, 21, 10:30a.m. Planting/2nd anniversary celebration. July 1, 15, 6:30p.m. Pond planning/maintenance. July 5, 19, 6:30p.m. Planting. Meet at the south side of the Grenadier Cafe and Teahouse for all events. For information about August dates call 392-1748.

eco
events

TORONTO



Toronto Councillors
**David Miller &
Chris Korwin-Kuczynski**
invite you to attend their

Environment Day Event

Saturday, June 13, 1998 High Park
10:00 a.m. to 2:00 p.m. Grenadier Restaurant
(in the parking lot)
at Bloor, west of Keele



Buy a composter for \$15

Tenants buying an outdoor bin require a letter of approval from their landlord. Please bring proof of Toronto residency.

Buy a \$20 water efficiency kit

Each kit contains one handheld spray/massage showerhead, two bathroom aerators, two toilet tank displacement bags, one kitchen swivel aerator, one package of leak detecting dye tablets, one roll of teflon tape.

Pick up free leaf compost

A limited supply of free compost will be available. Please bring your own container and shovel.

Drop off household hazardous waste

Drop off medication, paints, motor oil, batteries. Please seal and label containers. Call 392-4330 for more information.



Drop off for reuse or recycling: used computer equipment, textiles (used clothes & linens), books, non-perishable food, used eyeglasses, sporting equipment, books and small appliances in good or repairable condition.

Drop off polystyrene containers, all plastic tubs, juice boxes, milk cartons and plastic shopping bags for recycling

Polystyrene includes foam containers such as bakery and deli containers, meat and poultry trays.



Drop off used tires for recycling or reuse

Car or bike tires, maximum of 5 per residence.



Buy a blue or grey box for \$5

Pick up a free spider plant (limited supply, courtesy of the Lung Association's Clean Air campaign. All plants donated by Home Depot.

For more information call:

Councillor Miller at 392-4072 or
Works and Emergency Services at 392-9585

Start therapy cautiously for 'picnicophobia'

Those hot, lazy summer days – do they make you long for the hum of air conditioning, the murmur of waiters, the tinkle of ice in tall glasses? Do you fear the hum of mosquitoes, the murmur of egg-salad haters, and the tinkle of toddlers in the tall grasses? Then you, my friend, have picnicophobia. But cheer up, it's hardly ever fatal. In fact, with a little treatment, you may find you can sit through an entire picnic. And in time you may even come to enjoy, as we picnicophiles like to say, *The Splendour in the Grass*.

We usually recommend that you begin therapy cautiously – an iced mochaccino on a sidewalk patio, followed perhaps by a burger eaten in the parking lot with the car door open. When you have built up a tolerance for muggy heat, discomfort and lies, you are ready to move on to the big leagues. Here you will face your first major decision: blanket or picnic table? This is always a difficult choice, and each has its own rewards.

The blanket is classic

The blanket, of course, is the underpinning of the classic picnic. Spread invitingly on the grass, hiding heaven only knows what thistles, thorns and wild raspberry prickles, it beckons to you, much as a friend

might call out from the lake, "C-c-come on in the w-w-water's n-nice and w-warm" Clods of earth and boulders lurking beneath the blanket may make of your picnic dishes a charming landscape of rolling potato-salad hills and rushing lemonade rivers. Then, of course, there is your own personal comfort to consider. If your knees pop like rice crispies when flexed, you may opt to sit at a picnic table instead, although this is regarded as unsporting by some, as it robs friends and relatives of much merriment.

There is also the historic romance of the blanket to consider – when Omar Khayyam swooned over "A Jug of Wine, a Loaf of Bread – and Thou..." (just the loaf and thou in Ontario), he was likely not seated at a picnic table. And Annette Funicello and Frankie Avalon didn't call it "Beach Blanket Bingo" for nothing.

The picnic table, on the other hand, has the virtue of lifting everything up to where you can reach it before the ants do, if you're quick about it. Admittedly, the diner's knees do not get off scot-free here, either,

yours, food at ground level is his, and there's no need to fight him for it.

To choose a table, however, is to narrow one's choice of locations – tables tend to congregate on concrete pads and dislike

being moved, as many a chiropractor pocketing a wad of cash can attest. A blanket, however, can be set down anywhere that insects and other pests gather.

And gather they will. It is well known that ants and bees are attracted by sweets and fatty substances, and that food colouring will draw small children from forty metres away. If you pack pink-iced cupcakes with

candy sprinkles in your picnic basket you will have only yourself to blame. Which brings us to that subject upon which the entire success of your picnic experience may hinge – whom to blame for the food.

"A Martha-style picnic plan"

It is always best if you can foist this on others – Colonel Sanders perhaps, or the corner deli – leaving you free to carp about the victuals right along with everyone else. In the unhappy event that you are called upon to prepare the food yourself, do not piddle around attributing the sorry results to your mother's indecipherable recipes or Julia Child's laborious instructions. Pin this one on the big limburger herself – Martha Stewart.

A Martha-style picnic plan should be so complicated and elaborate that it comes with a warning: Do not attempt – professional stunt picnic chef on a closed greensward. Do a Theme Picnic – crustless two-tome checkerboard sandwiches,

"diced" vegetables with tiny dots painted on the sides, and little individual chess pies, all served on game boards that everyone can lay on afterward. Everyone will think you are as wacko as Martha Stewart. No one will complain. They will be too afraid. It's a good thing.

Last, we come to that special something that holds it all together – the picnic basket. Martha would likely instruct you to make it genuine wicker with oiled leather straps, fitted with sterling silver cutlery, English bone china and crystal stemware. Monogrammed linens would be de rigueur.

Yogi Bear, on the other hand, would just pitch in and help you empty it. I'm with the bear.

**Park
Pundit**
by Mary Lou
Kumagai

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events guide

JUNE

High Park Tennis Club – June lessons start in High Park. 536-4872. Ages 21+.

High Park Volunteer Stewardship Program – June 3, 7, 14, 17, 21. Activities include planting, test plot monitoring, invasive weeds, workshop, test plot weeding, planting and second anniversary celebration. 392-1748.

High Park Together for Children Festival '98 – June 6, 10am-4pm. High Park/Bloor Street West.

Adventure High Park – June 6, 11am. Grand opening of new community-built playground in High Park. South/west of

High Park Blvd. entrance to the park.
High Park Spring Walking Tours – June 7, Invasive Plants/Weeds workshop (bring gloves); June 14, Spring Flowers; June 21, Faerie Lore; June 28, Art in the Park (Sculpture Tour). Meet 1:15pm at south side of Grenadier Cafe and Teahouse.

Environment Day at High Park – June 13. Free compost; collection of hazardous waste; sale of composters; blue/grey boxes; water efficiency kits; recyclable/reusables. Sponsored by councillors David Miller and Chris Korwin-Kuczynski. 392-4072, 392-7919.

Artists in the Park – June 20, 21, 8:30am-5pm. A display of art. Located in High Park (west of Bloor St. entrance). 484-1395.

Poetry in the Park – June 21. Colborne Lodge, south of High Park. Poet Sheila Hyland reads from her works on High

Park. 392-6916.

JULY

17th Annual Dream in High Park – July 2-Aug. 23. Romeo and Juliet by William Shakespeare. Admission free (although donations are appreciated). Dream site is east of the Grenadier Cafe and Teahouse in High Park. 392-1111.

Canada Day Celebrations/High Park's 125th Birthday Bash – July 1, 11am-3pm. Live entertainment, free hot dogs, refreshments. Sponsored by Toronto Parks and Recreation, Grenadier Cafe and Teahouse, Toronto Canada Day Committee. 392-7919.

High Park Volunteer Stewardship Program – July 1, 5, 15, 19, 29. Pond planting, planting/test plot weeding. 392-1748.

High Park Walking Tours – Sundays, July 5, 12, 19, 26, 1:15pm. Native/Non-Native

Trees; Reviving Spring Creek; High Park Through the Years; Wildflowers. Tuesdays, July 4, 14, 21, 28, 6:45pm. Meet south side Grenadier Cafe and Teahouse.

AUGUST

John George Howard's High Park – Aug. 15. Starts at north entrance to High Park. Walking tour on natural history and historic building in park. 392-6916.

Artists in the Park – Aug. 15, 16, 8:30am-5pm. A display of art. West of Bloor St. entrance to High Park. 484-1395.

High Park Walking Tours – Sundays, Aug. 2, 9, 16, 23, 30, 1:15pm. Tuesdays, Aug. 4, 11, 18, 25, 6:45pm. Meet south side of Grenadier Cafe and Teahouse.

High Park Volunteer Stewardship Program – Aug. 2, 12, 16, 26, 30. Test plot monitoring, buckthorn removal, invasive plant removal, planting. 392-1748.

A Stroll in the Park – Aug. 22. Rouge River walk for single nature lovers, ages 20-39. Aug. 23, ages 40-65. Meet 12:40pm at Metro Zoo info booth benches. \$20. mbrs \$12. 484-WALK.

A Stroll in the Park – Aug. 29. Toronto Islands walk for singles, ages 40-65. Meet 12:50pm at ferry docks, Hanlan's gate.

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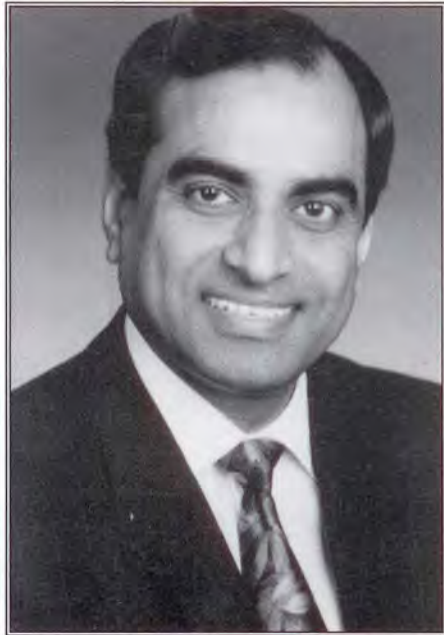
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HIGH PARK SUMMER WALKING TOURS

The Sunday Afternoon Walking Tours continue into summer. These walks are moderately paced and may go on uncleared trails. Walks take about two hours ending with an optional visit to Colborne Lodge for a refreshing drink and a tour of the premises. Tuesday evening participants will be safely escorted out of the park. A \$2 donation is suggested to support these and other volunteer programs.

SUNDAY AFTERNOONS

*MEET AT THE SOUTH SIDE OF THE GRENADIER RESTAURANT IN HIGH PARK AT 1:15 P.M. UNLESS OTHERWISE NOTED BELOW.

Reviving Spring Creek – July 5 (Meet at south-west corner Bloor/Keele)

Cultural Landscapes in High Park – July 12

High Park Through the Years – Come Celebrate the Park's 125th Birthday – July 19

Native Flora in the Carolinian Forest – July 26

Explore High Park – Natural and Human History – Aug. 2

Nature Arts – Aug. 9 (Bring your sketch pad and paintbox)

Bugs and Such – Aug. 16 (Bring a magnifying glass)

Une tournée du parc en français – Aug. 23

An Introduction to Edible and Medicinal Plants – Aug. 30

Explore High Park – The French Connection – Sept. 6

On Grenadier Pond – Sept. 13

Fall Flowers – Sept. 20

Grasses – Sept. 27

TUESDAY EVENINGS

*MEET AT THE SOUTH SIDE OF THE GRENADIER RESTAURANT AT 6:45 P.M. UNLESS OTHERWISE NOTED BELOW.

Influence of High Park on Canadian Art – July 7

Star Night – July 14 (meet at 8:30 p.m. – bring binoculars)

Lost Waterways in the High Park Area – July 21

Prose and Poetry in the Park – July 28

Moth Night – Aug. 4 (meet at 8:30 p.m. – bring a flashlight)

Native Plants – Nursery Tour – Aug. 11

Bat Night – Aug. 18 (meet at 8:15 p.m.)

Native and Non-Native Trees – Aug. 25

Especially recommended for families

***Canada Parks Day Hike – Explore High Park** – Saturday, July 18, 11 a.m. (meet at the south side of the Grenadier Restaurant)

