

Toronto's magazine for park lovers

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HIGH PARK

Q u a r t e r l y



**Angella
Issajenko**
Still tough
a decade after
Seoul Olympics

Swan dive:
Graceful
birds go
down with
the geese

Mondo condo:
Nixed deal
could grow
High Park



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HIGH PARK Quarterly

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Cover photo of Angella Issajenko by D.W. Dorken

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Timber! Trees face axe

Over 100 trees will be cut down in High Park this fall as city officials move on a rehabilitation project for High Park's forests.

One hundred and four trees – including 12 large Norway maples in an area at Grenadier Pond's south end – will be taken out at the end of October, as part of a "forest management project."

Parks and Recreation staff have been out marking trees – the condemned ones sporting Xs – in anticipation of approval of the management project by Toronto city council at its Oct. 28 meeting.

According to parks staff, the forest management project is the next phase in long-term plans to

improve the health of High Park's ecosystems.

A parks report on the forest project says non-native or exotic trees like the Norway maple are jeopardizing the continued existence of the park's native species, including its famous oaks.

Removing the exotics will eliminate competition for the oaks, and improve their growing conditions – allowing more light and space.

The intention is to concentrate efforts on the growth of red and white oaks, with the emphasis being placed on white.

The forest project includes three sites in the park, two at the south end and one at the north.

Dead condo project may grow park

A controversial condominium project abutting High Park's north end, may result in the expansion of High Park.

West Toronto councillor Chris Kowrin-Kuczynski has confirmed that "serious discussions" are underway between the city of Toronto and the owner of 1947 Bloor St. W., that could result in a land exchange.

If the trade occurs, 1947 Bloor West would be annexed to High Park, increasing the park's size by two acres.

Kowrin-Kuczynski says the owners of 1947 Bloor W., Elcarim, are "receptive" to current negotiations.

"I would like to see the problem resolved. If we don't buy it something else will come in there, and it might not be so pretty," Kowrin-Kuczynski says.

A luxury condominium had been proposed for construction at 1947 Bloor W., the former site of a Joy Oil station.

However, neighbours waged a heated battle of opposition.

In September, the Ontario Municipal Board dismissed the project, reportedly because the project had lost its financial backing a week prior to the hearing.

City solicitor Marc Kemerer says "the application is dead."

Neighbours are applauding the project's demise.

They opposed it because it exceeded the allowable height limits by almost five metres.

Also they were concerned about the condo's proximity to the park, and the the construction site's fragile slope.

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Drawing by Mario Maceda

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Swans' eggs cooked

High Park Quarterly received a handful of phone calls this summer from upset park lovers distraught over the absence of signets – baby swans – on Grenadier Pond.

It's the expectation every spring, that mute swans nesting on the banks of Grenadier Pond will emerge with their downy, gray young in tow.

This season, that seminal event never occurred.

One caller to *High Park Quarterly* reported one female sitting on her nest long past the time when the eggs should have hatched.

Another caller wondered if the eggs had been destroyed during some intensive construction work at the north end of the pond.

It seems the mystery of the missing signets has been solved. A regular parkgoer, Aaron Law, has reported seeing government workers oiling the swans' eggs.

Egg oiling is done using liquid paraffin which creates a hard outer crust on the egg that cuts off oxygen to the embryo and suffocates it. An oiling campaign was carried out last spring, targeting Canada goose eggs.

The oiling program was carried out by the Toronto and Region Conservation Authority, as part of a wide-scale onslaught by municipal governments to control burgeoning goose populations.

According to a spokesperson at the conservation authority, the oiling program also included the eggs of mute swans.

"The reason for that is they are not a native swan. Their numbers were out of hand," says Scott Jarvie, co-ordinator of environmental projects at the conservation authority. Jarvie says his organization was instructed by the Canadian Wildlife Service "to do them (the swans) as well as the geese."

Mute swans are a eurasian native, imported as an ornamental, domestic bird. They are called mute because they have no call, unlike Ontario's native Trumpeter swan, which has a loud, raucous voice.

Jarvie cites efforts around rehabilitation of the trumpeter swan as a reason for oiling the mutes' eggs. He says mutes are very aggressive and out-compete trumpeters for nesting space in wet lands.

Almost extinct, the trumpeter swan is the focus of a major rehabilitation program with the goal of increasing its population. A lot of the work has been carried out at the Wye Marsh, near Penetanguishene in the Georgian Bay region.



Mute swan nesting on Grenadier Pond in High Park.



Trumpeter Swans at Wye Marsh

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Angella Issajenko: tough and defiant

by Gigi Suhanic

High Park holds its secrets well.

If you look carefully you may notice a powerful woman throwing a medicine ball, high stepping or interval sprinting, all with obvious purpose and expertise. If you look more closely, you may recognize the woman as former Canadian sprint champion Angella Issajenko.

It's the 10th anniversary of the Seoul Olympics and 100-metre sprinter Ben Johnson's downfall. While some people want to look to the past to re-examine those tragic events, Issajenko is 40, fit – really fit –, and has more fish to fry looking after her four kids, and earning a living as a personal trainer, than hashing over those forlorn times.

Issajenko, also an Olympic athlete at Seoul in 1988, and Los Angeles in 1984, was the reigning Canadian champion from 1977-1988 (excluding 1985 when she had her first baby), in the 100- and 200-metre sprints.

She, like Johnson, was stripped of her titles after admitting to drug use at a federal enquiry into the same.

In her running heyday, High Park was the destination for what were called "recovery days," when Issajenko and her coach Charlie Francis would work on the drill part of the training regimen, and take advantage of the park's hills to push her cardiovascular system.

Issajenko still thinks High Park is a premier place to work out.

Now, she can be seen training regularly in High Park, showing form reminiscent of the days when she was at the top of the Canadian and international sprinting world.

High Park's pluses are many. The constantly changing scenery, and all the people, eliminates a lot of the monotony and boredom that accompanies any kind of intense physical training, Issajenko says.

"There's a lot of work that can be done in this park," Issajenko says.

Issajenko has mapped out a route through the park – along the woodchip trails – to spare the legs and knees some wear and tear. The 5,500-metre route takes her about 50 minutes to complete, not at a dead run, but doing 100-metre intervals.

She also uses a medicine ball, throwing it against the wall of a picnic shelter.

Issajenko must stay fit because she is a personal trainer to the denizens of Forest Hill and Rosedale, a business she started following

the break up of her marriage to fellow runner Tony Issajenko.

And Issajenko has other uses planned for High Park.

She would like to flex her muscles as a track and field coach for small children, and plans to start a club this fall in the park. The notion of the club is to coach kids on sprinting technique, rather than enforce a diet of intense physical training (not recommended until puberty).

Issajenko's four children are all involved in running with the Minor Track and Field Association.

Her 13-year-old daughter was fastest in Ontario when she was in the 9-10 age category; her seven-year-old son was third fastest in Ontario last year.

Despite the hard knocks Issajenko has suffered at the hands of sport, she says she hopes athletics will be a part of her children's lives, not to fulfill any Olympic aspirations she might have for them, but more so to instill a strong work ethic and sense of discipline.

"I want them to develop a fitness lifestyle. It's a fabulous distraction," she says.

Maybe Issajenko is still feeling optimistic about the role of sports in people's lives because a decade after Seoul, and nine years after the conclusion of the Dubin Inquiry into drug use among Canadian athletes, Issajenko remains defiant.

"My feeling is it didn't accomplish anything," Issajenko says.

Issajenko, who admitted to drug use at the inquiry, was stripped of her world record in the indoor, 50-yard sprint. The record was awarded to an East German runner. Issajenko says it's a testament to the "hypocrisy" of the system that her record was given to an athlete from a country whose sports' leaders admitted all top competitors used performance-enhancing drugs.

The atmosphere, Issajenko says, has since created a dangerous climate in which athletes are using drugs that are harder to detect but pose greater health risks.

"There's the perception that track and field is the dirty sport because it's a power sport," she says.

And what about Ben Johnson's lifetime ban? "It's quite sad." He got punished because he was Canadian. "If he had been American they would have fixed it. We had no power."

Issajenko says Mark McGwire's homerun record has nothing to do with drugs, either.

"Regardless of what they take, they will still be champions."

**"Regardless of
what they take,
they will still be
champions"
—Angella Issajenko**

Montessori school eyes park for new location

A private school has approached the city of Toronto Parks and Recreation Department to open a location in High Park.

The director of west parks region, Mario Zanetti, says he has had a meeting with the owners of a Montessori school who are interested in setting up at the park's forest school.

The forest school is located just inside the Bloor St. gates to the park. It has a tenant currently, the School for Visually Impaired Children, which has a year-to-year lease, and pays no rent.

Zanetti says the Montessori school

owners have yet to come forward with a proposal.

Zanetti says given the present fiscal climate at the municipal level of government, he has an obligation to consider any proposal that could generate income for Toronto.

"I understand it's a policy issue in terms of private enterprise in the park and the privatization of the park," Zanetti says.

He says in the past he would only have considered private interests like food concessions and a restaurant for High Park. Now, he says, times are dif-

ferent.

At a recent meeting of the High Park Citizens' Advisory Committee, several members spoke up to say they "were vehemently opposed in principle" to such a plan.

There is, however, support on the committee for an interpretive/outdoor education centre at the same location. It would be a public facility operated by the city, the board of education and Heritage Toronto.

At this point, Zanetti says he estimates a "two-year horizon" before anything would happen.

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Villa influenced by 'mad' King's son

by Sandra Black

At the south entrance to High Park, a picturesque, Regency-style villa crowns a hilltop overlooking Lake Ontario. This is Colborne Lodge, once the country home of John and Jemima Howard, an artistic English couple who encouraged the creation of a public park on their rural estate 125 years ago.

The Howards had arrived in York (Toronto) in 1832, where John launched a remarkable career as an architect, drawing master, city surveyor and engineer. By 1836, the hard-working Howards were able to purchase 165 acres of wooded land running from Lake Ontario to present-day Bloor St. Howard then designed a modest one-storey cottage as a rural retreat for the young couple, who kept an apartment in town.

The next year Howard chose a dramatic, yet secluded site on a lakeside promontory, and supervised construction of the first phase of Colborne Lodge. A few years later, he began to plan improvements; a second storey and small, north wing with a summer kitchen was added. Howard also installed a state-of-the-art indoor bathroom, now the oldest one in Toronto.

During their retirement years, the Howards developed extensive gardens around Colborne Lodge, adding a glasshouse in the 1860s. Inspired by the picturesque landscape movement, they enhanced the natural setting, which afforded panoramic views of Lake Ontario. (The



Villa's Panoramic View: In 1864 John Howard painted this watercolour of the view from the shores of Lake Ontario looking north toward his home on the hill – Colborne Lodge.

photo courtesy Heritage Toronto

shoreline has since been landfilled and the views screened by trees.)

The Howards had named their estate High Park to reflect its topography, and called their home Colborne Lodge in honour of John's first patron, Lieutenant Governor Sir John Colborne. Although the house is a quintessential picturesque villa, the Howards called it a lodge, aptly defined as "a small house at the gates of a park".

John Howard had chosen his site well, and designed his house to complement the setting. The main floor, at ground level,

had French doors that led from a projecting bay onto a verandah which embraced the lakeside view. The interior was thus strongly linked to the outdoors, so the Howards could enjoy nature from the sheltering comfort of home.

A striking feature of the design remains the trio of cylindrical chimneys which project above the centralized fireplaces to provide a vertical counterpoint to the horizontal verandah. Such verandas were a mainstay of British colonial architecture, being well-adapted to local climactic conditions.

John Howard drew upon his English training when he adopted the Regency style for his rural retreat. Popular from 1790 to 1840, this elegant style was named for England's prince regent, son of "mad" King George III. Typically, Regency-style houses had pale stucco walls, projecting bays, generous verandas and broad eaves — all features evident in Colborne Lodge.

As an architect, John Howard popularized the picturesque villa in Toronto. His papers include about 100 drawings of over 50 villa designs, yet Colborne Lodge is the only surviving example of this work. Howard himself ensured his home's survival by bequeathing it to the citizens of Toronto on his death in 1890.

Now a community museum, Colborne Lodge portrays life in High Park in the Howards' day. For more information call (416) 392-6916.

Help needed to restore Victorian garden

Can you help? Researchers are currently pouring over John Howard's diaries, journals and maps. They are collecting as much information as possible on the extensive landscaping the Howards did around Colborne Lodge to support the recreation of the 19th century gardens. While John made detailed listings of the plants in his diaries, he did not provide specific information about locations of beds or design styles. We need this kind of information to restore the gardens as closely as possible to their original appearance.

We are looking for such things as early photographs of the grounds surrounding Colborne Lodge, gardening books which

the Howards presented to friends as gifts; Jemima's garden journal; 19th century gardening periodicals to which John and Jemima may have subscribed; sketches they made of their property and gardens; anything which may tell us more about their landscaping tastes and practices.

Over the year we have been delighted to receive, as donations or on loan, items relating to the Howards and the lodge. Family photo albums may contain turn-of-the-century pictures of picnics or other activities amidst the gardens of Colborne Lodge. If you have any material that would help us with this project or are interested in becoming a garden volunteer, please call 392-6916.

—SB

Parkside Drive excluded from safety program

Efforts continue to slow speeding traffic on Parkside Dr. – a major commuter route between Lakeshore Blvd. and Hwy. 400 – and the eastern border of High Park.

There was hope recently that Parkside Drive would be a candidate for a pilot program called the community safety zone.

Where the zones are designated, they allow for doubled fines for speeding and dangerous driving.

High Park-Parkdale councillor David Miller had circulated a "Dear Neighbour" letter that said, "The first (and only) road to be considered for inclusion in the programme will be Keele Street/Parkside Drive, from Annette south to the Lakeshore."

However, according to Miller, Keele St. from Bloor St. W. to Annette St. only, has been recommended in a feasibility report.

Miller says Keele St. is being considered first because it has a school, parks and daycares right on the street.

Millers says he is trying to get staff to include Parkside in the equation. "My issue is that Parkside is part of the same community."

Toronto transportation staff say Parkside wasn't included because the program is a pilot project, and staff don't want to make the zones too long in case it compels a traffic court judge to throw out the extra fines.

Some better news

Danny Budimirovic of the transportation department says the pilot stage of the zones could last from six months up to a year.

Some better news for High Park and Parkside Dr. is the possible creation of park-

ing on the west side of Parkside Dr.

Budimirovic confirmed a request had been made by the Keele/Parkside Traffic Safety Committee to consider street parking, as a means to slowing cars down.

Budimirovic says the parking will depend on the feasibility of installing a sidewalk on the street's west side. If the sidewalk can be accommodated, Budimirovic says that could be installed with the next two months.

-G

The 'Adventure' continues

A second phase of construction at High Park's new Adventure Playground has been scheduled for May of 1999.

Two more slides – one of them 18-feet high – and a maze will be added to the playground that was built by thousands of volunteers this spring.

However, playground organizers say this time the construction will likely only be done by skilled labourers and carpenters.

According to Robin Sorys of the playground committee, it is a miracle no one was hurt during last spring's construction, given the sheer number of people circulating on the site.



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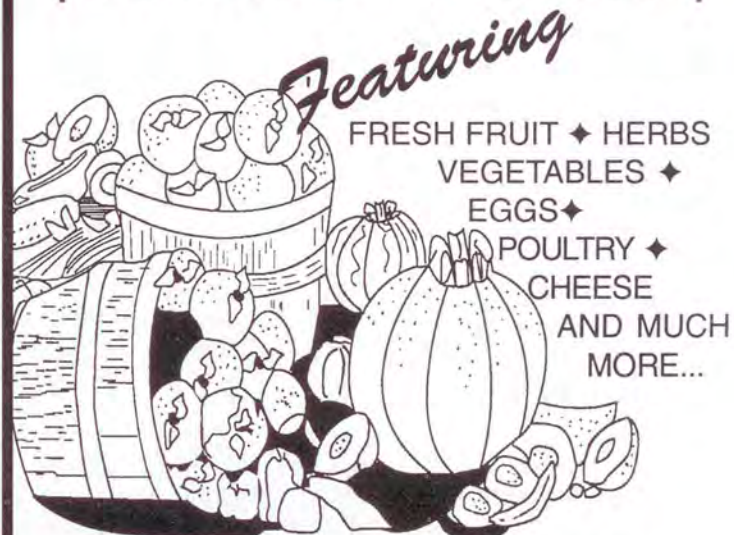
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Pet folklore and myth

Test your pet knowledge in the quiz below

by Dr. Gary Rosnick

Have you ever met a cat who didn't go absolutely nuts over catnip? Actually, only about 50 per cent of all cats have a hankering for it (and by the way, if your cat is one, restrict its "use," as catnip is a bona fide hallucinogen). This is but one of the many surprising myths that prevail in the pet folklore of our times. See how many more you can identify in the following true or false quiz:

1. **Eating small amounts of grass is indicative of illness in your cat or dog.** False. Eating small amounts of grass is normal behaviour in cats and dogs, but large amounts may indicate a digestive disorder.
2. **A dog's sense of hearing is four times more sensitive than ours.** True. Dogs also hear pitches three times higher than we do.
3. **It is best for your animal's health and disposition to have a heat or litter before being spayed.** False. In fact, it has been found that spaying before an animal's first few heats reduces mammary cancer.
4. **Cats are not particularly trainable.** False. Cats can indeed be trained, but it requires more patience than dogs.
5. **Cats or dogs cannot catch a cold or flu from humans.** True. The viruses that cause cold and flu in people are different from those affecting cats and dogs.
6. **The glow that is seen when light shines in a cat's eyes at night is the reflection of light off the retina at the back of the eye.** True.
7. **If your pet has an epileptic seizure, try to hold its tongue to prevent him or her from swallowing it.** False. Animals and humans will not swallow their tongues, and it may be dangerous to put your hands in your pet's

mouth during a seizure.

8. **A dog's sense of smell is 100 times greater than ours.** True.
9. **Dogs are color blind but can distinguish hues.** True. Dogs also have poor close-range, but good long-range vision.
10. **Cats may see some green, blue and red, but these colours are poorly developed.** True.
11. **The best time to train your dog is at one year of age.** False. The time of a dog's greatest learning potential is between 6 and 16 weeks of age. Five minutes of training, twice daily, is enough to start.
12. **Male cats go into heat twice yearly.** False. Male cats and dogs do not have heat periods; rather, they are stimulated by the female when she is in heat.
13. **Distemper in dogs is a disease causing bad behaviour or temperament.** False. Distemper is a viral infection which can cause a number of symptoms, including vomiting, diarrhea, pneumonia and neurological disorders, including seizures.
14. **Spaying your cat or dog will change the way it relates to you.** False. Spaying or neutering your cat or dog will have no effect on your pet's personality as it relates to you.
15. **When a dog drags or rubs its behind on the floor, it is most likely experiencing a problem with intestinal worms.** False. Although intestinal worms, diarrhea and allergies can cause this behaviour, anal sac problems are the most common cause.
16. **Feeding brewers' yeast and garlic to your pet can be effective in controlling fleas.** False. This theory has been tested and proven ineffective.
Gary Rosnick is a doctor of veterinary medicine practising in west Toronto.

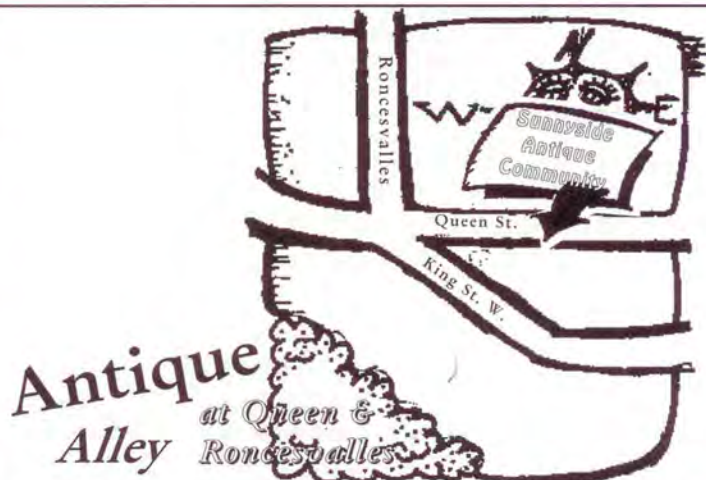


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Victorian Recipes

from
Colborne Lodge



Colborne Lodge, the home of High Park founder 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 demonstration of historic cooking. For museum hours and additional information about the recipes, please call 392-6916.

Pumpkin part of fall fare

Celebrate autumn at the annual Harvest Festival at Colborne Lodge on Sunday, Oct. 4, 1998. During that event, visitors to the historic house can sample savoury pumpkin soup, prepared on a wood stove in the summer kitchen. Now a community museum, Colborne Lodge portrays the lives and times of John and Jemima Howard, who founded High Park on their rural estate 125 years ago. At the lodge, seasonal foods are prepared throughout the year, based on recipes from popular 19th century cookbooks. The pumpkin soup recipe printed here has been adapted for modern-day cooks.

Historical Background

Ask most Canadians to name a traditional pumpkin dish and they will answer "pumpkin pie". But the colourful pumpkin, so central to our autumn celebrations, is more versatile than commonly thought. Early settlers prepared both sweet and savoury pumpkin dishes to add variety to their staple diets.

The first cookbook published in Upper Canada, intriguingly titled *The Cook Not Mad*, suggests that an excellent "pumpkin pie" can be made by stewing one pint of pared pumpkin, straining it through a colander, and adding one quarter of milk, six eggs, and sugar and ginger to taste.



Popular cookbook author Mrs. Beeton provides a recipe for "Fried Pumpkin" in which peeled pumpkin is boiled in salted water until tender, then cut into squares or strips. These are coated with egg and bread crumbs or dipped in batter and fried in deep hot fat until they float and turn golden brown.

Pumpkin seeds can be saved, washed and spread thinly in a shallow greased baking pan. Sprinkled with salt and roasted in a moderate oven, they turn crispy brown. Delicious!

The following pumpkin soup recipe is adapted from *Miss Parola's New Cook Book*, which was published in Minneapolis by Washburn, Crosby Co. in 1880.

Pumpkin Soup - Original Recipe

Two pounds of pumpkin. Take out seeds and pare off the rind. Cut into small pieces, and put into a stewpan with half a pint of water. Simmer slowly an hour -and-a- half, then rub through a sieve and put back on the fire with one and a half pints of boiling milk, butter the size of an egg, one teaspoonful of sugar, salt and pepper to taste, and three slices of stale bread, cut into small squares. Stir occasionally; and when it boils, serve.

Our Modern Equivalent

2lb	pumpkin or squash	900 g
	(approximately one medium pumpkin or one large squash)	
1 cup	water	250 ml
3 cups	milk	750 ml
2 tbsps	butter	30 ml
1 tsp	sugar	5 ml

continued at bottom of next page

Ecotones

Rare bird makes stunning appearance

An exciting ornithological discovery from this summer has birders buzzing about Grenadier Pond.

Birders have confirmed the first citing of a nesting pair of Virginia rails, a secretive species of waterfowl, and their young, toward the end of July.

"We've never known them to nest there in recent time," says Bob Yukich, a local birder who has worked with the city of Toronto to track the decline of bird populations in High Park.

Yukich says local nature enthusiasts and professionals alike are excited about

the Virginia Rail because it is one of the "target species" people were hoping to attract to Grenadier Pond, as work continues to improve its habitat.

"Any healthy species of marsh would have species of rails," Yukich says.

"This doesn't necessarily mean it's ideal; it's means it's suitable enough for them to nest there," Yukich says. "The test is to see if they come back," he says.

At the end of July the male and female were spotted, along with five young that Yukich describes as balls of black fluff with stick

legs.

The adults, Yukich says, look like little chickens and have big feet to allow them to walk on mud flats.

He says the young are "precocial", meaning after hatching they leave the nest immediately and are able to swim.

As the summer pushed on, Yukich says the chick's numbers dwindled. He is uncertain how many survived.

Other "targeted" waterfowl species include the marsh wren, swamp sparrow, and the common moorehen.

-GS

'Green' reminders for back-to-school

Bloor West Eco-Village

ECONOTES

- The Greenest City's "Active and Safe Routes to School" project encourages walking school buses, no idling zones around schools, and healthy, active lifestyles. For more information call 488-7263.

- Instead of rushing out to buy a new school wardrobe for your children, take the time to check out some of the second-hand clothing stores in the area. You'll

be amazed at the deals you can find.

- Make a concerted effort to provide your children with healthy litterless lunches. Use reusable containers to pack sandwiches, fruits and drinks, and a plastic lunchbox or reusable bag to carry it all in.

- Schoolyard naturalization is an exciting new way to convert the usual concrete playground to a beautiful and educational environment. The Evergreen Foundation has helped numerous schools

across Canada, many in the Toronto area, establish such naturalized areas. The foundation has produced a detailed handbook explaining how to successfully transform your school ground. Find the handbook on the web at:

www.evergreen.ca/resnsr-resourcepackage.html.

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

Pumpkin recipe

- continued from previous page

1 tsp salt 5 ml
1 tsp pepper 5 ml
3 slices stale white bread

Peel and clean the pumpkin. Cut into small pieces. Place the pumpkin in a medium or large pot. Add one cup of water. Simmer until softened (about 30 minutes.) Puree in a blender or food processor until smooth. Return the puree to the pot. Heat milk in a separate pot until it is just simmering. Add the hot milk to the soup.

Add sugar, salt and pepper. Tear bread into

small pieces and add it to the soup. Simmer the soup gently, stirring occasionally, until it is heated through.

The flavour of this soup is pure pumpkin. You may want to add some sweet herbs, spices or perhaps a little parsley for a garnish.

Notes

Anon. The Cook Not Mad (Kingston, Ontario: James Macfarlane, 1831). Reprint (Toronto: The Cherry Tree Press, 1982). Mrs. S.O. Beeton, Mrs. Beeton's all about Cookery. Reprint (London: Pan Books, 1973) p.230.

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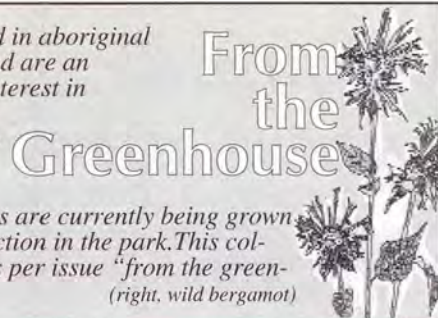
Cardinal Funeral Homes has joined with Toronto Parks and Recreation by sponsoring the planting of trees in parks and throughout the city. We do this because we care about our community and protecting the environment.

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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)

Herb robert healed cankers

Herb robert, a member of the wild geranium family, has some very compelling common names including, "dragon's blood, jenny wren, red bird's eye, and red robin".

Some of these names may, in part, allude to the pink to red/purple colour of the plant's flowers.

Other identifying characteristics of Herb robert are its long, slender and hairy stem, also reddish, with branches that spread off from it.

It's recorded that the roots of the plants have been used to create a gargle for cankers in the mouth and throat. It has been used to treat diarrhea and hemorrhoids.

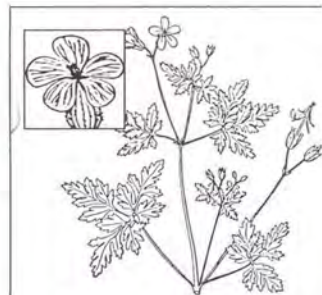
Herb robert has some standing in early medical practice.

John Gerarde was a London surgeon and a renowned medical botanist and gardener. His book on the history of plants was published in 1633, and refers to Herb robert. "Herb robert...is good for wounds and ulcers of the days and secret part; it is thought to staunch blood."

The Rev. Manasseh Cutler, a member of the American Academy of Arts and Science recorded in his 1785 book that Herb robert "...smells somewhat like musk. A decoction of the plant has been known to give relief in calculous cases. It is given to cattle when they make bloody water."

Herb robert's growing season is from July-September.

Sources: *Use of Plants for the Past 500 Years* by Charlotte Erichsen Brown; *Forest Plants of Central Ontario* by Brenda Chambers, Kar Legasy, Cathy Bentley.



Herb robert has a tall, thin stem. Inset, flower



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Bats, and others of the night

Good eevening, my children, and welcome to the High Park Bat Tour. I'm delighted to see such a wonderful turnout tonight — I see ONE! ONE shivering spectator! TWO! TWO shivering spectators! Ha, ha, ha! Eventually, I shall count up to EIGHTY! chilly participants. That is why they call me The Count. But I digress.

We are gathered here on the Grenadier Restaurant patio to learn a little about bats before we start the tour. It is especially encouraging to see so many children — so young, so tender — interested in my favourite creature of the night. Although at the moment some of them seem more interested in shining their flashlights in our faces. Our pupils have all contracted to pinpoints, and our retinas are flashing like carnival lights, which should make for some interesting night viewing.

I see we also have in attendance some other creatures of the night — Goths. Welcome, ladies. You look so ghastly and fetching in your trailing black dresses, shoe polish-black hair and dead-white faces. So funeral.

And speaking of the deceased, let us examine the five little bodies in the glass case on the table. These furry, mouse-like creatures with leathery wings extended, represent half of the 10 species found in Ontario, our tour guide tells us. And Dr. Judith Eger, curator of mammals at the Royal Ontario Museum, is a woman who knows her bats. She even has a couple hanging from her ears — tiny silver ones. The Goth girls look interested.

There are 925 species of bat in the world, Dr. Eger tells us, living everywhere

except Antarctica, but mostly concentrated in warmer climates. Tonight, who can blame them? The biggest have four-to-six-foot wingspreads, the smallest are the size of bumblebees, but both live in other countries, alas. About 70 per cent of bats eat insects, she says, but some live on pollen or fruit, and three species of vampire bats feed exclusively on blood. The little darlings! Tonight, says Dr. Eger, we will be looking for the two most commonly found in the park, the Little Brown Bat and the Big Brown Bat, both insectivores.

Someone behind me wonders if she should cover her hair in case a bat tries to fly into it. Madam, I think, these creatures live on insects — what would they want with your hair? Unless you know something about your coiffure that I don't. I seem to be getting testy — perhaps I should not have had that second helping of blood sausage at dinner. Dr. Eger hastens to assure everyone that bats' navigation systems are much too sophisticated to let them become entangled in someone's hair.

They use echolocation as they flit about in the dark, she explains, sending out high-frequency sound waves with their voiceboxes, and listening for the returning echo as the sound bounces back from surfaces around them. The sound is much too high for human ears to hear, but luckily she has brought a hand-held bat detector that clicks whenever it senses bat-produced soundwaves.

Now it is finally dark enough, and the tour begins. We descend along the paths to the pond below, where the bats like to swoop down for a drink of water each evening before the hunt. The air here is usually swarming with insects — a prime bat cafeteria. But Dr. Eger is a little worried this evening — the cool weather means fewer insects, and maybe no bats.

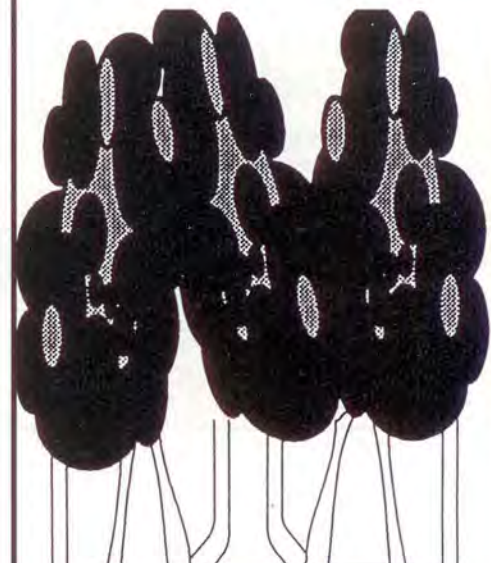
At the first dark place we try at water's edge, about 40 people shine their flashlights on the first discovery of the evening — a very startled amorous couple. But no bats. We walk along the edge of the pond

toward the observation deck, eyes peeled and ears perked up.

Then we hear the clicking of the bat detector — by the soundwave frequency Dr. Eger knows it's a Little Brown Bat that's emitting the signals. A soundless something flutters over our heads and is gone. We have seen a bat! I am deeply moved. The Goths are discussing faithless boyfriends. After a few moments, we see TWO! TWO bats, then THREE! THREE bats.

Finally, the signals are lost, and we disperse into the night, heading for home. Soon the bats will gather in their own cosy hideaways to hibernate for the winter (waking only occasionally, Dr. Eger tells us, to have a pee, endearingly like other children of the night we have known). Who knows, they may already be roosting in your belfry, you lucky mortal, you.

**Park
Pundit**
by Mary Lou
Kumagai



1998/99

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HIGH PARK
recital series

events guide

OCTOBER

High Park Harvest Festival

October 4. Annual event celebrates the fall season in High Park with activities, food, market place, displays, music and tours. Located at Colborne Lodge (south end of High Park). For more information call 392-6916.

High Park Volunteer Stewardship Program

October 11, 25, 10:30am. Activities include seed collecting. Meet south entrance of the Grenadier Cafe and Teahouse. For more information call 392-1748.

Heritage House Models

October 14, 7-8pm. Local artist Jean Zellinger exhibits and speak about her models of heritage houses including Colborne Lodge, the home of High Park founders John and Jemima Howard. Jane-Dundas Library, 620 Jane Street. For more information call 394-1014.

High Park Pumpkin Float

October 25, 4-6pm. Share the legends of Hallowe'en. After 5pm, join the procession to the duck pond, where tots can light their carved pumpkins and set it sailing on a special float. Located at Parkside Dr. and High Park Blvd. All proceeds to phase 2 of the High Park Adventure Playground.

"A Woman's Work is Never Done"

During Women's History Month, learn about the daily routine of the mistress of Colborne Lodge Jemima Howard, and discover some time-saving Victorian gadgets. Colborne Lodge is the home of park

founders John and Jemima Howard. It is located at the park's south end. For more information call 392-6916.

NOVEMBER High Park Volunteer Stewardship Program

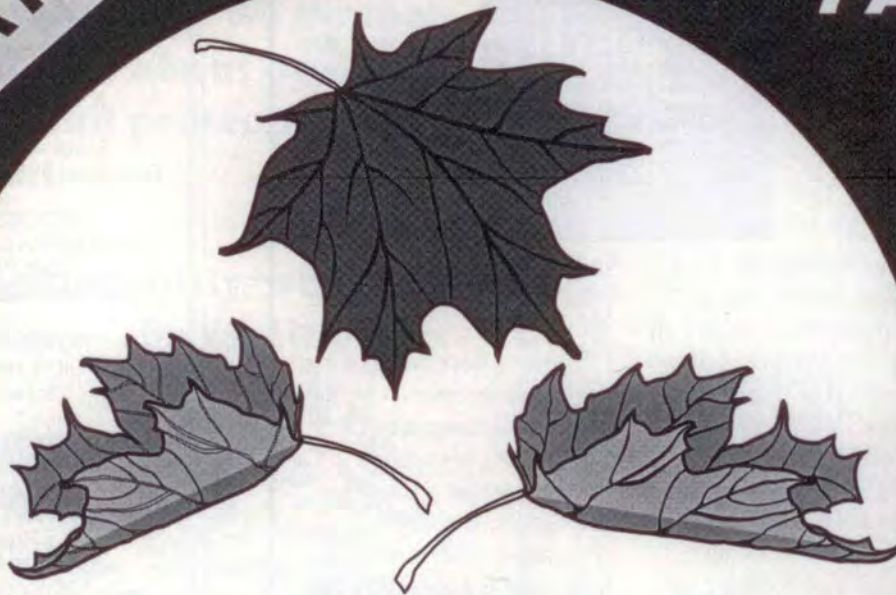
November 8, 22, 10:30am. Activities include seed collecting, buckthorn removal, and end-of-year celebration. Meet at south side of Grenadier Restaurant. For more information call 392-1748.

"A Tempest in a Teacup"

Learn about 19th century alcoholic brews during a visit to Colborne Lodge. Colborne Lodge is the home of High Park founders John and Jemima Howard. Call 392-6916 for more info.

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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 November, Howard Park Tennis Club, 6:30 p.m.
HIGH PARK NATURAL ENVIRONMENT SUBCOMMITTEE meets Oct. 14, Nov. 25, Jan. 13, Howard Park Tennis Club,

6:30 p.m.
PARK WATCH meets every second Wednesday of the month, 6:30 p.m., Annette Library. Newcomers welcome. Park Watch is holding a training session for interested volunteers at the end of October. proposed dates are the 24th and 25th. Call 392-1748.
SAFETY & RECREATION, TRANSPORTATION COMMITTEES meet regularly. If you are interested in participating phone the High Park Citizens' Advisory Committee at 392-1748.

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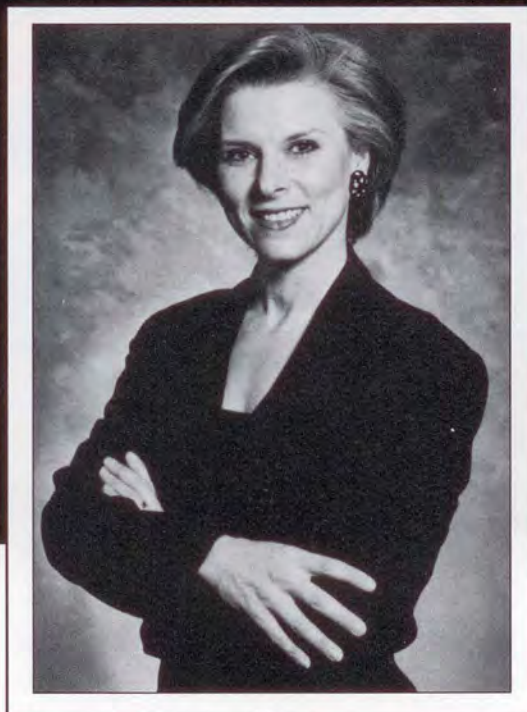
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A HIGH PARK TRAFFIC SURVEY



The High Park
Citizens' Advisory Committee,
is looking at ways to slow cars in the
park and reduce the number of cars using
the park to get to the Queensway/Lakeshore or
Bloor Street. To do this we have tried a number of
options, the latest being to make Colborne Lodge Drive one-
way, south-bound from the Grenadier Cafe to just north of the
Lodge. These changes went into effect in June. We want to know what
you think of this action and the necessity for such measures in the future.

1. Where do you live
2. How often do you visit High Park? Daily
Weekly Monthly Frequently
Occasionally Rarely
3. How do you come to the park? Bicycle
Walk Car Transit
4. If you come by car, where do you park? In
the park? Street outside the park? Which
street?
- 4a. Do you have trouble finding a parking spot?
5. Do you use High Park for commuting?
6. For which purposes do you use High Park?
Recreational Exercise Birding
Passive recreation Organized sports
Unorganized sports Special events
Walking tours Exercising family pet
Cycling Other Parking for the subway
or other transit South connection to
Queensway/Lakeshore
7. Were you aware of the recent roadway
changes?
8. Have you noticed a decrease in the number of
motor vehicles using the park?
9. Has traffic slowed
down?
10. Have you noticed any
changes to local traffic in
streets outside the park?
If yes, explain:
11. How have the changes
affected you? Positively Negatively
12. Are you in favour of closing the park to
motor vehicle traffic completely?
If yes, weekends? All the time? Sundays
Holidays
13. In your opinion, is speeding or the volume
of motor vehicle traffic in the park a problem?

Thank you for completing this survey!



You can fax this sheet to the attention of the High Park
Citizens' Advisory Committee at 392-0384, or mail it to
the committee's attention, P.O. Box 108, 95 Lavinia
Avenue, Toronto M6S 3H9