

# *Culinary Chronicles*

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

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September 12, 2009

Bob Wildfong becomes third President of the Culinary Historians of Ontario.

Outgoing President Fiona Lucas hands the CHO mascot wooden spoon to Bob.

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## President's Message

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### Should the Culinary Historians of Ontario change its name to the Culinary Historians of Canada?

This question was posed in the Spring 2009 edition of *Culinary Chronicles*, and many members wrote in with their opinions. The question was also discussed vigorously at the September 12 Annual General Meeting, where a vote was held. Of fifteen voting members present, eight defeated the motion to change the organization's name, but a subsequent motion passed easily, directing the board to provide more information and to put a vote to the whole membership through a ballot procedure.

The discussion raised many more questions, which I'm glad to say demonstrate the keen concern and ownership that our members feel for CHO. Although the arguments for and against the motion raised tensions that we have seldom experienced at CHO meetings, I sensed that everyone was genuinely trying to discern the best way forward for the organization. I heard more questions than entrenched positions, and I gathered that those questions need to be addressed before the matter can be settled.

The benefits of shifting CHO to a national scope were clearly explained in issue no. 60, Spring 2009, of *Culinary Chronicles*. Those benefits were not contradicted. Rather, members' questions fell distinctly into four categories:

- Would CHO have to change its incorporation status or legal relationships with the Province of Ontario and/or the Ontario Historical Society?
- Would CHO become a bilingual organization, and how would this be accomplished?
- Would CHO have a national board structure, and how would travel and communications work?
- Would CHO offer programs and events nationally, and who would deliver those programs?

These are not trivial questions, and a transition to a national organization is not a trivial decision. The Board has considered this issue carefully, and fulfilled its due diligence with regard to legal and operational considerations. However, it is clear that members want to understand what a national culinary history organization would look like, and how it would function, before they cast their decision as a whole.

I would hope that the process forward will not be about which side gets the most votes. Instead, it should be about making sure that we all understand fully the consequences of changing the organization's name, and discerning whether those consequences are truly in the best interest of our organization.

**FEEDBACK:** In the next few issues of *Culinary Chronicles*, I will endeavour to answer the above questions to every member's satisfaction. Any feedback and critique is most welcome, as the board wants to open up discussion as widely as possible so every member can participate. If you would like your own views to be printed in *Culinary Chronicles*, please feel welcome to submit an opinion piece. (Our email and postal addresses are on the back page.)

**VOTE FOR BALLOT SYSTEM:** Please note the Special Meeting scheduled for February 27, where members will be asked to adopt a voting procedure that allows every member to vote by ballot. This measure is actually independent of the current question of changing our name, since it was proposed some time ago as a general amendment. Something we should have done a long time ago anyway.

**RE-VOTE FOR NAME CHANGE:** Finally, the question of the name change will be put to all members once again through a printed ballot next summer in issue no. 65, Summer 2010, for a final vote at the September 2010 AGM. I think that this is an appropriate way to proceed, and it is what the members asked for at the recent annual meeting.

I'd like to thank the many people who wrote to CHO with their thoughts, questions, and opinions about this decision. Your letters were read aloud at the meeting, and I think I can speak on behalf of everyone there that we were impressed by your concern for CHO, and grateful for the time and effort that you took to articulate your views.

To good food,

**Bob Wildfong, President of CHO**

519-505-7814, [culinaryhistorians@uoguelph.ca](mailto:culinaryhistorians@uoguelph.ca)

## 2009–2011 CHO Board

### EXECUTIVE:

New President: BOB WILDFONG  
New Past President: FIONA LUCAS  
Vice-President: *vacant*  
Continuing Secretary: MAGGIE NEWELL  
Treasurer: *vacant*

### CHAIRS OF COMMITTEES:

New Membership: AMY SCOTT  
Continuing Newsletter: FIONA LUCAS  
Outreach: *vacant*  
Continuing Electronic: ANGIE McKAIG  
Continuing Programs: LIZ DRIVER  
Continuing Programs, Hamilton: JANET KRONICK

### ELECTION TO FILL VACANT EXECUTIVE POSITIONS:

At the 2009 AGM, when Bob Wildfong was elected to be CHO's new President, his position of Treasurer was not filled. At the subsequent Board meeting, Vice President Amy Scott agreed to stand for election as Treasurer. Additional nominations are solicited. As Amy is required to resign her position as Vice President if elected Treasurer, the position of Vice President is also open for nominations. Proposed candidate at this time is Elizabeth Driver, although additional nominations are solicited. An interim election is required to fill these two positions.

### NOTICE OF SPECIAL MEETING OF MEMBERS

Following the *Mad for Marmalade, Crazy for Citrus* program, the members of the Culinary Historians of Ontario will meet at

Fort York National Historic Site, 100 Garrison Rd, Toronto  
Saturday February 27, 2010  
3:00–3:30 pm

to conduct the following business:

- 1) Election of Treasurer.
- 2) Election of Vice President.
- 3) Amendment of CHO By-Laws to include provisions for voting by proxy and ballot. (Please see the text of the proposed By-Law amendment printed on page 4 in left column.)
- 4) Amendment of Constitution. (Please see the text of the proposed Constitution amendments printed on page 4 in right column. They are the italicized, underlined, bolded phrases.

**PROPOSED ADDITION TO BY-LAWS:****III MEETINGS****e. Voting of Members**

Each member shall be entitled to one vote at the Annual General Meeting and all Special Meetings of members.

A member may, by means of a written proxy, appoint a proxyholder to attend and act at a specific meeting of members in the manner and to the extent authorized by proxy. A proxyholder must be a member of the Culinary Historians of Ontario.

From time to time the Executive may order that a certain motion shall be decided by a casting of ballots by all members. Ballots for such motions, and sufficient information for an informed decision thereon, shall be presented to all members no less than thirty (30) days prior to a duly called meeting of the members at which the motion is put to a vote. Ballots may be cast by any manner designated by the Executive, including paper, electronic, or otherwise, such that ballots can be determined to be genuine and that each member can cast only one vote. Ballots cast by members not present at the meeting shall be counted as votes by those members. Each ballot shall indicate the name and address of the member that cast it. The name of each member who cast a ballot, and the disposition of their vote, shall be read aloud or otherwise presented at the meeting, after the members present have voted upon the motion.

The number of ballots cast on any motion shall not in any way affect the quorum of members required to duly hold a meeting.

The foregoing does not preclude the use of secret ballots at meetings of members, on motions for which only the members present are entitled to vote.

At all meetings of members every question shall be decided by a majority of the votes of the members present in person, represented by proxy, or cast by ballot, unless otherwise required by the constitution or by-laws of the Culinary Historians of Ontario or by law.

**PROPOSED AMENDMENTS TO CONSTITUTION:****IV EXECUTIVE OFFICERS & DIRECTORS (no changes)**

The Executive Officers shall consist of a Past President (when applicable), a President, a Vice-President, a Treasurer and a Secretary, who each shall be elected for a term of two (2) years at a general meeting called for that purpose. The Executive Officers form the Executive Committee of the Board of Directors. The Board of Directors shall consist of the Executive Officers and the Chairs of the Newsletter, Membership, Programme, Electronic Resources, and Outreach & Education Committees, and the Chairs of such other standing committees as may be appointed by the Executive Committee from time to time. No person may hold more than one executive position concurrently. Executive Officers may stand for re-election.

**V BY-LAWS (addition of one phrase)**

By-Laws shall be established and set forth as may be required, but additional By-Laws are not permitted nor shall any By-Law be established or amended unless in accordance with the constitution of the Culinary Historians of Ontario. By-Laws may be introduced, revised, altered or amended only upon notice being given to the membership at least sixty (60) days prior to the Annual General Meeting or such special meeting as may be called to deal with the matter. The quorum at such meetings shall be defined in the by-laws. A vote of two-thirds (2/3) of the membership present at the meeting, or absent and voting by ballot or proxy, shall be required to establish, revise or amend any By-Law.

**VI AMENDMENTS TO CONSTITUTION**

The constitution of the Culinary Historians of Ontario may be revised, amended or altered only upon due notice given to the membership not less than ninety (90) days prior to the Annual General Meeting or such special meeting as may be called to consider the matter. A vote of two-thirds (2/3) of the membership present, or absent and voting by ballot or proxy, shall be required to pass any revision or amendment. All proposed amendments shall be submitted in writing to the Secretary of the Board.

## Obituary: Marc Lafrance, 1946–2008

André Charbonneau, Parcs Canada

Québec, le 15 novembre 2008, à l'âge de 62 ans, est décédé Marc Lafrance, originaire de Pembroke, Ontario. Il a poursuivi ses études universitaires en histoire d'abord à l'Université d'Ottawa et ensuite à l'Université Laval, où il a obtenu son doctorat (Ph.D.), en 1982. Il a fait carrière comme historien à Parcs Canada durant près de 30 ans, dans un premier temps à Ottawa, à la Direction des lieux



historiques nationaux, puis par la suite, de 1975 à 1997, à Québec, à titre de responsable des services historiques.

Il dirigea alors plusieurs grands projets de recherche historique qui ont conduit à la mise en valeur des lieux historiques nationaux situés au Québec.

Au sein de Parcs Canada, il a formé plusieurs chercheurs institutionnels, il a dirigé de nombreuses réflexions sur l'établissement des valeurs patrimoniales dans les lieux historiques.

Au cours de sa carrière, Marc Lafrance a œuvré dans plusieurs champs de recherche, souvent très variés, comme en fait foi son intérêt d'abord pour la mise en patrimoine qui a conduit à la rédaction de

plusieurs articles ou mémoires (demeurés manuscrits), ou encore l'histoire de la cuisine avec ce livre écrit en collaboration (*Goûter à l'histoire : les origines de la gastronomie québécoise*, Éditions de la Chenelière, [c1989]).

Mais c'est l'histoire militaire et l'histoire de la ville de Québec qui ont davantage interpellé Marc Lafrance durant de nombreuses années. Ses recherches ont conduit à plusieurs publications scientifiques, la plupart écrites en collaboration avec des collègues historiens. Parmi les principales, mentionnons: *Québec, ville fortifiée du XVIIe au XIXe siècle*, Éditions du Pélican, 1982, et *Histoire de la ville de Québec, 1608-1871*, Boréal, 1987.

Au cours de sa carrière Marc a reçu plusieurs distinctions dont deux promotions par les pairs-historiens du gouvernement fédéral. En 1984, il a reçu le prix d'histoire régionale de la Société historique du Canada. En 1986, la ville de Québec lui rendu hommage pour son contribution à la connaissance de l'histoire de la ville de Québec.

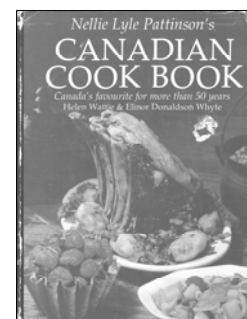
*Reprinted courtesy of the Canadian Historical Association.*

## Obituary: Helen Wattie, 1911–2009

*Reprinted courtesy of The Globe and Mail.*

**Wattie, Helen Pauline, B.A., M.Ed.** – Died Thursday, October 22, 2009. Born in Bracebridge, Muskoka [Ontario], September 1, 1911, of parents A. T. Wattie and Janet Orrock Wattie. Sister of Dora Wattie, Margaret Anderson, Ethel McLaughlin (all now deceased). Their children Ian Anderson (and Katy), Bill McLaughlin (and Marlene) and Mary Correstine (and Ian) remain to mourn with their families. Helen taught Food, Nutrition and Home Management or, as it was known then, Home Economics, in Weston, St. Catharines, Kirkland Lake, on exchange to Edmonton, at Ryerson Community College in Toronto, and as Vice-Principal at Kirkland C.V.I. On retirement she went with CUSO to Ghana, West

Africa, for two years to continue teaching. With Elinor Donaldson Whyte in 1953 they revised *The Canadian Cookbook* which had been written by Nellie Lyle Pattison 30 years earlier and which went through many revisions in English and French.



At Helen's request, cremation has taken place and a celebration of her life will be held at Weston Presbyterian Church, 7 Cross Street, Weston, on Saturday, November 7, 2009, at 2 p.m. Donations may be made to the church or to your favourite charity in lieu of flowers.

## Chainsaw: The Essential Kitchen Gadget

Margaret Lyons

*CHO member Margaret is a volunteer docent at Mackenzie House in Toronto.*

The articles on Arctic food by Emily White and Lauraine Armstrong in the last *Culinary Chronicles* reminded me of my experience 30 years ago near the mouth of the Mackenzie River. I realized that there was one place in Canada where I would be an incompetent in the kitchen: the Far North. I am afraid of chainsaws. I had to face up to this in Aklavik when my hostess asked if I would like to see what was for dinner. It was a caribou roast. That had to be cut from a whole carcass. That was stored in her freezer. Which was a temporary outdoor enclosure of burlap hung on sturdy wire fencing that resembled a tall police barrier for crowd control. It had to be strong enough to discourage wolves and foraging sled dogs freed to fend for themselves.

My friend went to the toolshed for her chainsaw, which she used as expertly as any southern butcher with cleaver and electric butcher saw to carve off the haunch from the caribou carcass. Several other whole animals, from last season's hunt, were stacked like cordwood – nothing like the neatly hung sides of beef in an old style butcher's meat locker. She trimmed the roast neatly with her chainsaw and saved the trimmings for the sled dogs, which were raising a racket at the sound of the chainsaw. It was obviously chow time soon. But meat was not on their menu that day.

"How about baked whitefish with roe for lunch?" was the next question. In the next section of the freezer was a huge pile of different kinds of fish. She chose a large plump one for us, and asked me to help by taking a half dozen smaller ones to the chained dogs. I was to throw one to each dog quickly to avoid fights. They pounced and gnawed on the frozen fish as if they were frozen fish sticks, a reminder that up North dogs are barely tamed, and definitely not indoor pets.

Some northern communities in the 1970s still untied their animals to forage in the summer. In Aklavik, the Mounties shot any roaming dogs on

sight and threw them on the local dump, since they were a threat to the inhabitants and their stored food. They were the small mixed-breed kingmiks, compact, sturdy, hardy workers, not handsome Siberian huskies or large Alaskan malamutes, and they did not eat as much. Lead dogs were retired and shot when five or six years old to avoid fights for the top-dog position. But back to the food.

Human and beast ate from the same store of meat and fish. For special occasions meat for humans was cooked with imported onions and potatoes. Our caribou roast was delicious – tender and sweet, tasting like neither beef nor venison – and so was the baked whitefish, seasoned only with salt and pepper.

I was also fortunate to visit one of the elders who had already set up his spring muskrat-trapping camp on one of the Mackenzie's many arms in the delta. I watched while he sliced caribou and potato into a frying pan of melted Crisco, a treat for a visiting southerner, to be served with a large pot of tea and a special can of evaporated milk. Then everyone was shushed while he listened to his portable radio for the latest report on the Berger Pipeline Inquiry.

And what was this southerner doing in March 1976 eighty kilometres from Inuvik, the most northerly city in Canada? Near the end of the inquiry on the Mackenzie Valley pipeline, I was there to observe a bold experiment by the CBC, which had set up a special team to report on the hearings and its conclusion in eight languages, where local news gathering barely existed in any language. Untrained young people fell back on their tradition of storytelling and reached their audience as no experienced southern reporter could. Many had never seen a microphone or studio before. My trapper host was one of thousands whose lives depended on the Inquiry's outcome.

It was my good fortune to see how some local

people lived simply, even after centuries of white contact. Their young people, however, preferred the local Bay store in Inuvik, which sold expensive imported food and southern parkas and boots made of synthetics instead of local fur and hide. Caribou-skin mukluks were warmer and more flexible and skid-proof on ice than my southern boots. My Inuk hostess, who was as skilled with the ulu knife as with her chainsaw, was a member of a dying generation. She knew how to flens skin from carcass for her mukluks and fur parkas. And she was handy with the hunter's rifle too. A complete locovore. But my weekend visit was barely long enough to scratch the surface of local cooking.

Then the locals voted overwhelmingly against the pipeline, fearing it would interfere with the caribou migration route, warm the permafrost, affect the Mackenzie's flow, and reduce the teeming supplies of whitefish, char, and pike that

were twice the size of those down south. It would endanger their food supply. Today, three decades later, most chiefs would jump at the chance for their young people to have the jobs provided by the pipeline from the Beaufort Sea to southern refineries.

Will the Inuit still need chainsaws in their kitchens after the caribou are gone? Will they take to the reindeer herding that they spurned after the war? Will they take up the experiment of the Catholic priest who was trying to start greenhouse vegetable gardens to take advantage of the 24-hour summer days? They had never had many vegs before, why start now?

CHO needs a correspondent beyond the Arctic Circle to add to the fascinating glimpse given by the articles by White and Armstrong into how Northern food is evolving.

## Website of Fascinating Tool Catalogue, Vancouver Archives

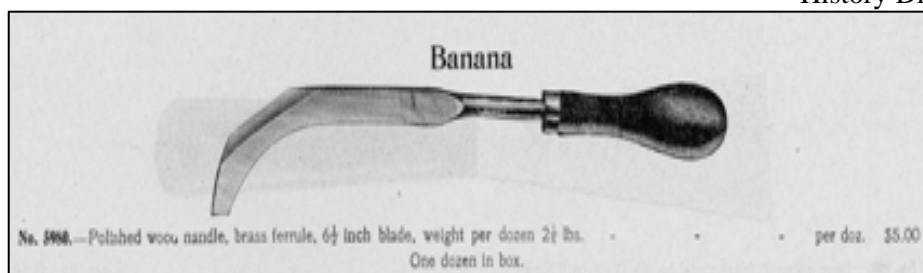
Interested in kitchen and dining tools from the early 20<sup>th</sup> century – like this butter or meat scale, c.1908, or this 1913 banana knife?

Then check out the **McLennan, McFeely & Co., Ltd.** catalogue available on the City of Vancouver Archives' website under Digitized Holdings at <http://vancouver.ca/archives>. With over 1400 detailed illustrations of goods from 1908–1914, this fully keyword-searchable catalogue includes not only cutlery,



cooking tools, and kitchen appliances but also a range of household, farming, gardening, sporting, and other goods. You will also find weights and merchandise pricing, along with descriptions of component parts and materials used for each item. A section on Useful Information – such as Things a Stove Man Should Know – is also included.

This digitized catalogue was made possible by funding from the B.C. History Digitization Program, with generous co-operation from the Burnaby Village Museum.



*Courtesy of Vicky Tran,  
Archival Outreach  
Intern, City of  
Vancouver Archives*

## Culinary Queries

*Questions often arrive in CHO's email in-box. Here are some recent questions and answers.*

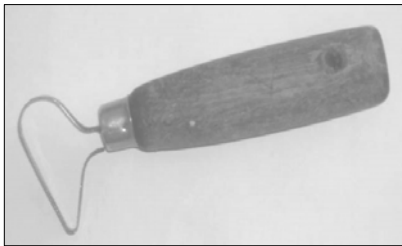
### RAISINS WITH SEEDS

**Q:** Does any one know a source of raisins with the seeds in? (Maggie Newell, Toronto)

**A:** One possibility, Maggie, would be House of Spice in Kensington Market. Another is the spice and bulk store kitty corner to them on Augusta. I know I have purchased seeded raisins in the past and my guess is that's where I got them. Another idea is Deborah's Heirloom Pantry. Her website is [www.deborahspantry.com](http://www.deborahspantry.com). Excellent source of food history products. Although you will have to bring them across the border. But *everything* is available in Toronto, as long as you know where to look. (Fiona Lucas)

### APPLE CORER

**Q:** This is a picture of a corer from a fruit canning factory in Grimsby, Ontario. I am looking to buy a couple more. Do you or your members



have any idea where I might be able to get one? (Glenn Sergius, Burnaby B.C.)

**A:** Dear Glenn: I bought an apple corer recently at the antiques mall in Cambridge, Ontario. I see them often for sale, and I am sure you would too if you went to one of these malls. There are antiques malls in Stratford and in St. Jacob's too. (Mary F. Williamson)

### EATON'S RECIPES

**Q:** Growing up in Winnipeg, I have always heard about (and remember being taken to as a young child) the bakery at Eaton's downtown. So many people have asked me – an avid collector of historic recipes – if I have the recipe for Eaton's Red Velvet Cake or the Asparagus Rolls that were served at the Grill Room at Eaton's. I contacted the Archives in Ottawa and received copies of some cooking lessons that were given by Eaton's in the

very early days but they didn't have much more than that. I have also contacted Eaton's to see if anyone has the recipes that were used in the bakery and restaurant and haven't had any luck in locating the recipes. Do you have any suggestions as to where I can turn next? I think it would be fascinating to read the collection of Eaton's recipes and it sure would bring back a lot of good memories for many Winnipeggers and Manitobans.

Enthusiastically yours, Tracey Clifton-Hanslip,  
Office Administrator, Stu Clark Centre for Entrepreneurship,  
Asper School of Business,  
University of Manitoba



**A:** Dear Tracey:  
There is, of course, the book *Lunch with Lady Eaton: inside the dining rooms of a nation* by Carol Anderson and Katharine Mallinson (ECW Press, 2004). Lots of recipes there. The Round Room Red Velvet Cake recipe is on p 197. (Mary F. Williamson)

### WILD LEEKS

**Q:** Hi Liz, I'm writing about wild leeks on the menu in Toronto and my editor wants to know historical info on wild leeks, like when they were first discovered as an edible plant in Ontario or how they got here, considering they are indigenous to Europe. Would you, by chance, have this info or know where I can find it??? Thanks in advance for any trouble. This question has stumped me more than any other! I don't know who/where/how to find this info. Can you give me some ideas on where *you* would look?? I've called some naturalists, but no one is answering my calls. (Madeleine Greey, [www.madeleinegreey.com](http://www.madeleinegreey.com))

**A1:** Would a biologist at one of the universities be of help? Someone who knows about aboriginal



foods? Have you asked the Toronto Reference Library for printed reference sources? Does Catharine Parr Traill mention wild leeks? I can't remember, but Fiona Lucas would know because she is intimate with that text. (Liz Driver)

**A2:** Catharine Parr Traill does indeed mention wild leeks in *The Female Emigrant's Guide* (Toronto: 1854), p 184 (which is renamed *The Canadian Settler's Guide*):

“Those cows that get their living all spring and summer, roaming at large through the forest, often feed upon the wild leeks, which spring up in the rich leafy soil of the woods; the flavour imparted to the milk by this sort of food is very odious. The milk is almost useless, excepting for the feeding and fattening of calves; but while this circumstance annoys the settler not a little, there is one advantage that makes amends, in some measure, for the leek diet; which is, that the cattle that are poor and weak, and often in a diseased condition from poor feed, during the long winters, are restored to health and good condition very speedily, by feeding upon the green leeks.

“A small piece of saltpetre dissolved in the cream, I have been told, will remedy the ill flavour, but of this I cannot speak from experience. There are other plants also, on which cows feed in the woods, that give a rank, weedy taste to the milk. These evils are confined to those who, having settled on new land, cannot command pastures for the cattle to feed in.”

I couldn't put my hands on any other Upper Canadian quotes in my files or books, but I know that other early settlers do talk about this as well.

Here's a note from *The Oxford Encyclopedia of American Food and Drink*, vol 2, p 30, entry for leeks: “Colonial Americans seem to have made little use of cultivated European leeks. John Josselyn's *New England's Rarities Discovered* (1672) praised ‘indigenous wild Leekes,’ probably *Allium canadense*, ‘which the Indians use much to eat with their fish,’ and other early sources talk about gathering the plant.”

Leeks are not included in Alma Hutchins's *Indian Herbology of North American*. P 105 of *Iroquois Uses of Maize and Other Food Plants* by A. C. Parker (1910) says wild leeks are *A tricoccum* and

the Iroquois word is onosaon, and that *A canadense* are wild onions. You could check: *Heirloom Vegetable Gardening*, William Woys Weaver, 1997; and Samuel Champlain's papers, published by Champlain Society and available at Toronto Reference Library. Hope that helps. I'll be curious to know what else you find. (Fiona Lucas)

**Madeleine responds:** This is great material. Thank you SO MUCH for taking the time to find it and send to me. Jonathan Forbes of Forbes Wild Foods estimates that wild leeks have been growing in the Toronto area for a1000 years or more. He says it's an indigenous plant that loves to grow beneath sugar maples. Wild leeks grow from North Bay down south to the Carolinas. He mentioned records of Iroquois including wild leeks among their edible spring greens, along with fiddle heads and milkweed shoots, but thanks to your research, I now know that settlers to the Toronto region in the mid 1800s were perturbed by the “rank, weedy taste” of spring milk thanks to their cows' forest menu of wild leeks!

### KINGSTON'S RETAIL FOODSCAPE Research Help Wanted

**Q:** I'm doing the fieldwork for my Ph.D. in geography at Queen's University. I've been busy researching the history of Kingston's retail foodscape, going back as far as I can. I've been documenting where various groceries, butchers, bakeries, etc. were located in Kingston, where the wholesalers were, how geographically dispersed their customer base was, etc. I'm finding some interesting information about Kingston's gradual formation as a small city in the 19<sup>th</sup> century, and I will compare this to post-war development of the city that saw the advent of big-box retail, supermarkets, mega-grocery stores, etc. and the loss of small food businesses, neighbourhood stores and the exit of wholesalers from the area. I hope to use this information to apply ideas about social justice to the patterns that our urban food landscapes have followed over decades and waves of new development trends, arguing for a better urban food landscape that is more accessible and more ‘to scale’ with local neighbourhoods. Along with primary source documents from my local archives, I'm trying to access secondary source materials that

*Continued on page 11*

## “Loyalist Brown Bread” – Or Maybe Not

*The following email exchange is reprinted from Loyalist Trails, the newsletter of the United Empire Loyalists Association of Canada (UELAC) ([www.uelac.org](http://www.uelac.org)) of August 23, 2009. Editor Doug Grant has given permission to reprint it. Three CHO members (Dorothy Duncan, Mary Williamson and Fiona Lucas) contributed answers. The original query was posted on Loyalist Trails, and then was emailed to CHO Board members from Mary Williamson, who opined, “I doubt very much the loyalist ancestry of the recipe, but perhaps someone has insights. This recipe sounds early to mid-20<sup>th</sup> century to me. If there are takers [among CHO Board members], I will convey the results to Doug.” With the exception of Fiona’s remarks to Mary, which she forwarded to Doug, none of the respondents saw the whole conversation until publication on August 23.*

*This is a salutary example of the maxims “be aware of claims of authenticity” and “don’t trust recipe titles.”*

### UELAC Editor’s Query: What is the Missing Ingredient?

On a website that has maple syrup recipes – see [www.mmmmaple.com/2007/07/](http://www.mmmmaple.com/2007/07/) – there is a recipe called Loyalist Brown Bread. However, one key word seems to be missing in “one cup sour.” Sour what? Sour cream? Sour milk? Does anyone know what the missing ingredient should be? Let me know – Doug, [loyalist.trails@uelac.org](mailto:loyalist.trails@uelac.org)

#### Loyalist Brown Bread

½ cup maple syrup – one cup corn meal  
2 cups graham flour – one cup sour  
one tsp soda – pinch salt  
Combine all ingredients. Bake in medium oven at 375 degrees for one hour. If batter is too heavy, add milk, a drop at a time.

### Responses to Query: Sour ?? in Loyalist Brown Bread Recipe

The question about the missing ingredient in *Loyalist Trails* brought the following comments and recipes.

#### A. Jean Clark U.E., Carlisle, Kentucky:

These recipes use buttermilk: Steamed New England Brown Bread, Irish Brown Bread, Boston Brown Bread, Molasses Brown Bread. Therefore in my opinion, the missing ingredient would be one cup sour milk or you could substitute buttermilk.

**B. Mette Griffin:** You need some liquid in that recipe. It has to be sour milk. Think about it ... no refrigerators. It separates into whey and curds. I know it says “add milk a drop at a time” at the end. In Denmark we used to put some lemon juice in the milk and leave it for 24 hours at room temperature ... it separated into whey and curd ... get rid of the whey and eat the curd ... not yogurt but better ... great on cereal!!! I was just talking to my Dad. When I read the recipe to him ... he said “Buttermilk.” He’s the cook!!

#### C. Chris Ellyson, novice baker, 7th Virginia

**Reg’t.:** I agree, it’s sour milk. Good recipe – thanks! Compare your recipe to this one I had: Paddy O’Toole’s Sour Milk Bread. This is one form of soda bread; good to know about if you’re out of yeast and the milk’s gone west. This is a good dependable loaf. If the milk isn’t sour yet, add a good spoonful of vinegar to sweet milk and use that. Or use a mixture of yoghurt and sweet milk. You can also use all white flour, if you like, or all whole-wheat, though a mixture of both is better.

1-½ c. white all-purpose flour	
1-½ c. whole-wheat flour	
1 t. baking soda	1 t. salt
3 T. butter	1-½ c. sour milk

Mix well till it’s soft and not-too-wet dough, then put it in a greased loaf tin (making a little trough down the middle so it will rise evenly) or put it in a round heap on a baking sheet. Bake at 375 to 400 degrees for about an hour. One tip on soda

breads; unlike yeast breads, which depend on goodly amounts of kneading, soda bread cannot stand it. Too much handling will turn them into what is commonly known as a BRICK! (or a great demo loaf for the amusement of crowds – to show them the privations of our ancestors – the poor soldiers away from home and from good bakers, but it makes for poor eating). Take it from me, I know. If they had good bakers, they didn't turn out a brick like my first over-kneaded soda bread!

**D. From Dorothy Duncan, HVP, UELAC:**

Dorothy has a large and wonderful collection of heritage cook books, as any of you who have attended an event where Dorothy provided some samples, or even prepared some food at the event, would know. She found the “original” recipe, complete with the missing word, in *The Sugar Bush Connection* by Beatrice Ross Buszek, published 1982 by Cranberrie Cottage, part of the Connection Cook Book Series. Copies are available on the Internet, although the publisher now shows as Nimbus Publishing Inc., also of Nova Scotia. The recipe calls for “sour milk.”

**E. Mary F. Williamson:** Sour Milk, but Not a Loyalist Recipe. The missing ingredient is milk, as in sour milk. This recipe would have had little connection with the Loyalists. Soda as a leavening agent was rare before the 1850s. Graham flour, a coarse unbleached flour, was invented in the US in the 1830s, but wasn't commonly used in Canada until much later. In the early 1800s Loyalists would have used molasses for bread – not maple syrup – and its purpose was to work on yeast and get the action going, but there is no yeast in this bread. Maple syrup was rarely used in cooking or baking. This is like an Irish soda bread – the Irish would use either sour milk or buttermilk, but probably not Graham flour. With heavy flours and with soda,

not yeast, it's not easy to make a light bread. Stomach-ache time!

**F. Fiona Lucas:** Recipe is a bit of an

Anachronism: Mary, I certainly agree with you about the dating of this recipe. The language is no earlier than the early 20<sup>th</sup> century, likelier later, into the 1920s. Phrases such as “pinch salt” and “combine all ingredients” aren't 19<sup>th</sup> century. Bake in medium oven at 375 degrees for one hour = introduction of thermometer, which did appear on some iron cookstoves, but wasn't soon reflected in recipe writing. So, that's an instruction for gas and electric stoves. “If batter is too heavy, add milk, a drop at a time” isn't a 19<sup>th</sup> century sentence either. The missing ingredient is sour milk. Without making the bread, it seems to me that sour cream would be too thick for the proportion of cornmeal and rough graham flour. The dairy is soured (made acidic) to balance the alkaline soda. The acid and the alkali together produce the carbon dioxide leavening.

**G. Jean Norry:** Personal Comment: I Tried The Recipe. Doug, I tried out the Brown Bread recipe last night with 1 cup of sour cream, the 14% type, because there isn't any melted butter in the recipe. I thought it would turn out like the Johnny Cake that we used to have at home years ago with maple syrup poured over it. This Brown cake would take a lot of maple syrup. It is hard and thick and very brown. It would ruin the teeth of our hardy Loyalists, but they could carry it in a knapsack for weeks and weeks. However, it tastes good. I think a few nuts would improve it. Actually, more baking soda would improve it too and make it rise a bit. I dropped a few drops of milk in the batter, and it got up to almost  $\frac{2}{3}$  of a cup. I think it could have absorbed a lot more liquid to make it a lighter cake. Doug, there are more problems with this recipe than the “1 cup of sour?” something or other, but it does taste good.

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**Kington's Retail Foodscape** *Continued from page 9*

can tell me about how Ontarians, or Canadians in general, have accessed food over time – growing it, importing it, buying it, etc. This way, I can test whether the Kingston case fits with other Ontario cities.

Any help would be amazing. If I haven't been clear, please feel free to tell me, and I'll try to be more specific. Eventually, I'd like to somehow make my research findings available to the Culinary Historians of Ontario if it would be helpful. (Melanie Bedore, Kingston, Ontario, bedorem@hotmail.com)

## CHO Program Review: *Taste the History*

Virginia Mitchell

*Virginia is a member of CHO and the Friends of Macaulay Heritage Park.*

Tasting is a major activity in Prince Edward County. Liz Driver, part-time CHO resident of the County, and Jennifer Lyons, curator of the County museums, thought, "What better way to celebrate the 225<sup>th</sup> anniversary of the arrival of the Loyalists than to have an event at historic Macaulay House and call it *Taste the History!*" Funds raised at the event would benefit the museum restoration. The October 3<sup>rd</sup> event would include a demonstration of brick-oven baking and cooking over an open fire, followed by a lunch prepared by both CHO and Macaulay volunteers. A "County Cake Contest" would also involve local residents. And that is the partnership program that came about.



**Mya's seed cake resting in the oven's mouth**

(Photograph courtesy of Mya Sangster)

Activities started at 10:30 on Saturday morning in Macaulay's big kitchen. Mya Sangster, an experienced hearth cook well known to CHO members, demonstrated the baking of a seed cake in a bottomless metal hoop wrapped in paper, in a brick oven heated by a wood fire. The seed cake, basically a pound cake recipe with caraway seeds, was prepared according to the original recipe from Hannah Glasse's *Art of Cooking Made Easy* (1796 edition), a cookbook likely familiar to many of the Loyalists. That

meant that volunteer Lorraine Hyatt mixed the ingredients with her hands in a large pottery mixing bowl, which worked amazingly well, although she admitted that the task was very tiring. I also got to help, separating the eggs and adding ingredients to the mix, while Mya whipped the egg whites in a copper bowl. These were added last. The metal hoop was encased in brown paper, tied with string, and the inside brushed with shortening. Oops! We almost forgot the seeds! Then the batter was scooped into the hoop that had been set on a baking tray, and all was carefully placed in the oven, when the temperature was judged to be about right by counting off an appropriate number of seconds that our extended arms could be held in the oven.

Mya also brought along a wonderful assortment of cakes, such as Soft Gingerbread with Fruit (*Cook Not Mad*, Upper Canada, 1831); Portugal Cakes, Shrewsbury Cakes, and Lemon Cakes (all from *The London Art of Cookery* by John Farley, 1800); and some very interesting Parsnip Cakes from *Adam's Luxury and Eve's Cookery* (Anon., 1744) where "the sweetness of the parsnips answers for the want of sugar" – along with handouts of all of the historic receipts.

Next, the guests enjoyed a simple lunch of Apple-Squash or Split Pea Soup, made by another Macaulay volunteer, Nancy Woods; "French" Bread, which was partially leavened by sourdough starter using Nancy's hops, baked the previous day by Liz Driver and Cynthia Peters of Slow Food the County; and Cheddar Cheese. Meanwhile, Liz was busy over the open fire, frying Dora's Doughnuts, a favourite recipe of Dora Fairfield, an early settler in nearby Bath.

Everyone had a great time, learned a lot, and enjoyed the food. Diane Denyes-Wenn, Macaulay Heritage Park curator, said future seasonal events with the CHO would be considered.

## Letter to the Editor: *Canada's Famous Foods, 1946*

*The following blends two email notes, dated August 16 and 23, 2009, from book dealer Jim Anderson.*

Jim Anderson Books, 840 Lyon Street, Winnipeg, Manitoba, Canada R3T 0G7

Tel: 1-204-287-2397, 1-204-287-2397; Fax: 1-204-475-8614;

www.abebooks.com/home/jimandersonbooks

I'm passing along my description of a new / old Canadian cookbook I acquired recently in case you think it's worth mentioning in the newsletter. It's a seemingly rare 1949 cookbook with a distinctive Canadian flavor that appears to have been printed in 1946 in 10,900 copies. My copy appears to be the 4<sup>th</sup> known copy – the other three being, respectively, in a private collection, one on AMICUS and one listed on WorldCat (the latter in a US library). An earlier version of this book was published but in many fewer pages – see Driver [A *Bibliography of Canadian Cookbooks, 1825–1949*, UT Press, 2008].

So here we have (I think) a concrete example of the sad loss of Canada's culinary history – about 50 years passing and we've lost almost all of the nearly 11,000 copies of a key cookbook. Imagine, from that evidence, how many of our community cookbooks from before 1950 are lost forever or still to be found.

I'm wondering if the Driver bibliography indicates the size of the print run of other cookbooks, such that someone could do a similar statistical study with a bigger sample. It would be a study that might convince libraries to take collecting Canada's cookbooks more seriously (currently, Library and Archives Canada has a moratorium on buying any and all antiquarian Canadian books).

(A comment from Liz Driver: Whenever information about print runs arose, I did include it. Yes, it's astonishing how many copies were sometimes printed and how very few seem to have made their way into libraries and archives to be preserved.)

Here is the description from my catalogue:  
Yorke, Elizabeth. *Canada's Famous Foods*.  
PUBLISHER: [Toronto?]: T. Eaton Co., c1946.  
DESCRIPTION: 60 p.: ill.; 15 cm. NOTES:  
Cover title: Canada's famous foods and how to serve them! Includes index. This code appears on

p 60 – “8072-5/46-10,900 bks.” Very Good in colour-illustrated wraps (trade paperback). An enthusiastic “eulogy to Canadian food” (p 60) including Canadian salmon, lake trout, whitefish, lobster, oyster, cod, smelt, goose, duck, jack rabbit, venison, beef, pork, bacon, poultry, vegetables, cheese, maple syrup. Only one listing on AMICUS, one on WorldCat. Driver #01147.1, p 892, mentions discovering only one copy in a private collection, of which she saw a photocopy. Rare today, despite substantive print run over 50 years ago.

There are three interesting things about this book:

- 1) it is a rare survivor from relatively large print run, thus it raises graphically / statistically the issue of the vulnerability of our published Canadian culinary heritage;
- 2) it focuses insistently on Canadian foods;
- 3) Eaton's of Canada and its author (likely under a pseudonym) claim Canadian distinctiveness for a long list of Canadian foods and recipes, but the jury is still out on this, at least for me.

It would help, I think, if a food historian would review the book to see if Eaton's claims are reasonable or otherwise. If they are factual and not just patriotic rhetoric, maybe there is something new and interesting about the contents / recipes. There is a lot of text of a patriotic / foodie nature besides the recipes per se that I'm not qualified to critique. For example, is there such a thing as Canadian goose / duck / oysters / cod / venison / poultry / beef, and if so is the Canadian element in the product or the preparation?

On the latter point, while booksellers and librarians may specialize in the book's publishing history and its scarcity or rarity, they do not usually have the expertise to determine the historical importance or otherwise of the contents, i.e., the recipes and other cooking lore in the text.

*Continued on page 15*

## CHO Upcoming Events

### November 2009

CHO in partnership with Campbell House Museum and Dundurn Castle

**A lecture by Elizabeth Abbott:  
SWEET REVOLUTIONS: THE  
ECONOMIC AND SOCIAL IMPORTANCE  
OF SUGAR AS FOOD**

Elizabeth Abbott traces sugar's place in society from an indulgence for the wealthy to a necessity for the lower classes. It fueled the Industrial Revolution, particularly when paired with tea. As sugar trickled down to the lower classes, it was served in new forms: cookies, candy, ice cream, cakes, and puddings. Abbott is a writer, historian and author of the bestselling *A History of Celibacy*. Her newest book is *Sugar: A Bittersweet History*, which was short-listed for the Charles Taylor Prize for Literary Non-Fiction. She is Research Associate at Trinity College, University of Toronto, where she was Dean of Women, 1991 to 2004.

**1. Dundurn Castle, Hamilton**

610 York Blvd; (take York exit off Hwy 403)

**Saturday, November 14, 1–3 pm**

905-526-6414, jkronick@hamilton.ca

**2. Campbell House Museum, Toronto**

160 Queen West, at Osgoode Subway Station

**Tuesday, November 17, 7–9 pm**

416 597-0227, campbellhouse@bellnet.ca

\$10 CHO members, \$12 non-members. Tea and sweet refreshments included.

### February 2010

CHO in partnership with Fort York National Historic Site

**MAD FOR MARMALADE, CRAZY FOR  
CITRUS! – Third Annual**

*Fort York National Historic Site*

100 Garrison Road, Toronto

off Fleet, east of Strachan Ave, west of Bathurst

416-392-6907, fortyork@toronto.ca

**Saturday, February 27, 10:15 am–3 pm**

Plan to join the third annual celebration of citrus in winter! Workshops, tastings, marketplace, competition, demonstrations – bigger! Flyer available in early December.

## Also of Interest to CHO Members

Call for Volunteers

**CUISINE CANADA AT THE ROYAL  
WINTER FAIR**

**November 6–15, 2009**

Cuisine Canada is again holding the Canadian Culinary Book Awards at the Royal Winter Fair, this year on November 6<sup>th</sup> at the Exhibition Centre. During the Fair, Cuisine Canada will have a booth with the theme of “From Field to Table through Cook Books.” We are looking for volunteers who may have an interest in helping us staff the space. The Fair opens at 9 am and goes to 9 pm every day. Last year participation of CHO members was immensely appreciated. As a token of appreciation, volunteers will receive an invitation to the Book Awards and Gala Reception on the 6<sup>th</sup>, along with a day pass for the Fair and a complimentary one-year Cuisine Canada membership.

Please e-mail kgerling@uoguelph.ca if you have an interest in helping. With many thanks for your time and interest, Karen Baxter, Project Manager, Canadian Culinary Book Awards.

**ST. LAWRENCE MARKET 205<sup>th</sup>  
ANNIVERSARY**

**Saturday, November 7**

**9 am to 4 pm festivities, free admission**

*St. Lawrence Market, South Market Kitchen*

Front and Church Streets, Toronto

www.stlawrencemarket.com

**9–9:25 am: Bruce Bell, Toronto historian**

Join the festivities to celebrate your City Market – a Toronto tradition that continues through the generations. Local historian Bruce Bell will make history fun as he tours you through the market complex, sharing interesting historical facts and details from the past 205 years!

**9:25–10 am: Buckwheat Pancakes – “A  
National Dainty,” with Fiona Lucas**

Served with maple molasses, treacle and butter, Buckwheat Pancakes were “a favourite breakfast dish of the old Canadian settlers” and an “article of food which the Americans and Canadians consider a national dainty.” Catharine Parr

Traill included a recipe in her *Female Emigrant's Guide* of 1854, a cookbook written for Englishwomen who found themselves housekeeping in the old Ontario backwoods. They're still a national favourite at breakfast! Freshly made samples at 10 am.

#### **A Talk with Liz Driver:**

#### **HISTORY ON A PLATE**

**Tuesday, November 24, 6:30 pm**

*St. Matthew's Anglican Church*

135 First Avenue, Toronto

Liz Driver, curator of Campbell House and culinary historian, will be our featured speaker. There will also be a sale of Cookbooks!

#### **CANADIAN SWEET TREATS:**

#### **FOOD EXPERTS DEBATE THE CLASSICS**

*Royal Ontario Museum, Toronto*

at Museum Subway Station

**Sunday, December 13, 1–2:30 pm**

Did you know the butter tart is practically a Canadian culinary icon? But what about carrot pudding, fruitcake, and various types of squares? All of these have a significant presence in Canada's culinary history. Listen and interact with a panel of food experts who will discuss these sweet Canadian delights. Enjoy a sampling and vote on your favourite!

**Butter Tarts:** In Canada, baking the perfect butter tart is the holy grail of pastry. For **Elizabeth Baird** the search began with *Classic Canadian Cooking* in 1974 and has continued through her 20 years as food editor of *Canadian Living Magazine*, co-host of *Canadian Living Cooks* and into best seller *The Complete Canadian Living Baking Book*.

**Carrot Pudding:** **Liz Driver** is the curator of Campbell House Museum in Toronto, author of *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949*, and a past president of the Culinary Historians of Ontario.

**Cocoa Oat Bars with Barley Flakes:** **Nettie Cornish** is a natural foods chef, culinary instructor, and cookbook author.

**Fruit Cake:** **Rose Murray** is a cookbook author, food writer and broadcaster. Rose's first book *The Christmas Cookbook*, was published in 1979 and reprinted several times under the

title *Canadian Christmas Cooking*. Her ninth book, *Hungry for Comfort*, won two awards in the 2004 national Culinary Book Awards and her tenth, *A Taste of Canada*, has been short-listed for the 2009 awards.

**Lemon Squares:** **Alison Fryer** has been a cookbook judge for the James Beard Foundation, the International Association of Culinary Professionals, and Cuisine Canada. A past winner of the Women's Culinary Network Woman of the Year, the Canadian Booksellers Association Bookseller of the Year, and the Ontario Hostelry Institute Gold Award. She is a frequent contributor to radio and TV.

#### **Red Fife Apple Tart with Maple Sugar:**

**Dawn Woodward** is the owner of *Evelyn's Crackers and Cookies*, specializing in handmade treats using local organic heritage grains.

Moderator: **Fiona Lucas**, past president of the Culinary Historians of Ontario, incoming Chair of the Canadian Culinary Book Awards sponsored by Cuisine Canada and the University of Guelph, and Program Officer for Historic Foodways at Spadina House.

\$35 (online \$32), ROM members \$31 (online \$29), [www.rom.on.ca/programs/lectures](http://www.rom.on.ca/programs/lectures)

#### **Letter to the Editor** *Continued from page 13*

It is up to culinary historians to deal with that aspect of the preservation exercise.

In this case, luckily, the person who located the book (me) and the two culinary historians (Liz Driver and Mary F. Williamson) know each other, but this is not always the case. It seems to me we need more programs and resources to encourage the culinary historians and scholars studying foodways to study the cookbooks that booksellers, collectors, libraries and museums are bringing to light. It seems to me there should be more interdisciplinary opportunities for the finders and preservers of this written record to interact with the scholars studying our food history.

## **www.culinaryhistorians.ca**

On our website you will find a bibliography of Canadian food history, back issues of *Culinary Chronicles*, and links to culinary sites and to cookbook collections. Also posted are CHO's Constitution, reviews of recent CHO events, notices of upcoming events, a membership form for downloading, and much more. Our home page features changing illustrations, courtesy of Mary F. Williamson. CHO thanks the University of Guelph for maintaining our website.

### **ABOUT CULINARY CHRONICLES**

**Submissions:** We welcome items for the newsletter; however, their acceptance depends on appropriateness of subject matter, quality of writing, and space. All submissions should reflect current research on Canadian themes. The Editor reserves the right to accept or reject submissions and to edit them. The Editor's contact information is 416 781-8153 or fionalucas@rogers.com.

<b>Upcoming themes:</b>	Winter 2010, Number 63	– Canadian Jewish Cooking	Publication Date: February 1
	Spring 2010, Number 64	– Kitchen Gardening in Canada	Publication Date: May 1
	Summer 2010, Number 65	– Foodways of Canada's Atlantic Provinces	Publication Date: August 1
	Autumn 2010, Number 66	– Foodways of Canada's First Nations	Publication Date: November 1
	Winter 2011, Number 67	– Québec's Historical Foodways	Publication Date: February 1

Please contact the Editor if you wish to write on an upcoming theme, or to propose another. Deadline for copy is six weeks prior to publication.

**Newsletter Committee:** Fiona Lucas (General Editor), Ed Lyons (layout), Eleanor Gasparik (copy editing), Janet Kronick (reviews). For contributing to this issue, the Newsletter Committee thanks Jim Anderson, Canadian Historical Association, Doug Grant, Globe and Mail, Margaret Lyons, Virginia Mitchell, Mya Sangster, and Vicky Tran.

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### **MISSION STATEMENT**

**The Culinary Historians of Ontario is an organization that researches, interprets, preserves and celebrates Canada's and Ontario's culinary heritage, which has been shaped by the food traditions of the First Nations peoples and generations of immigrants from all parts of the world. Through programs, events and publications, CHO educates its members and the public about the foods and beverages of Canada's past. Founded in Ontario in 1994, CHO welcomes new members wherever they live.**

### **MEMBERSHIP INFORMATION**

Members enjoy the quarterly newsletter, *Culinary Chronicles*, may attend CHO events at special member's rates, and receive information on food-history happenings. Members join a network of people dedicated to Ontario's culinary history.

**Membership fees:**

**\$30 Cdn** for One-Year Individual, Household and Institution

**\$55 Cdn** for Two-Year Individual, Household and Institution

American and international members may pay in American dollars.

**Membership year:** January 1 to December 31

**Website:** [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

**Email:** [culinaryhistorians@uoguelph.ca](mailto:culinaryhistorians@uoguelph.ca)

**Webmaster:** University of Guelph

**Mailing address:** Culinary Historians of Ontario, 260 Adelaide Street East, Box 149, Toronto, Ontario, Canada M5A 1N1

**2007–2009 Executive:** President: Bob Wildfong; Vice President: vacant; Past President: Fiona Lucas; Secretary: Marguerite Newell; Treasurer: vacant.

**Committees:** Program Chair: Liz Driver; Newsletter Chair: Fiona Lucas; Membership Chair: Amy Scott; Electronic Resources Chair: Angie McKaig; Outreach and Education Chair: vacant; Hamilton Program Co-ordinator: Janet Kronick.