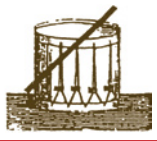


# The Fife and Drum

The Newsletter of the Friends of Fort York and Garrison Common

v. 12 No. 4 Dec. 2008

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## What The Friends Do: Our Accomplishments for 2008

- ~ raised substantial funds to benefit Fort York through donations, dinners, memberships, and our parking ventures; also secured grants of \$15,000 from Toronto Culture and \$15,000 from the Government of Canada for summer youth employment.
- ~ put 17 young men and women in uniform for the summer as the Fort York Guard and Drums to march, drill, and animate the site. Off-site they served as honour guards and represented us at battle re-enactments at Forts George and Erie.
- ~ published four issues of *The Fife & Drum*, our quarterly newsletter, and three of *Drumroll*, to promote special events at the fort
- ~ ran full-page ads in issues of *Spacing* magazine to make the 'new' Fort York better known
- ~ increased our mailing list by 15% after covering off attrition, and made dozens of changes-of-address.
- ~ attracted gifts that included a portrait of John Graves Simcoe by Charles Pachter, a medical device for the Soldiers' Trade exhibit, and donations in memory of Robert Nurse to be used to light the model of *H.M.S. Nancy* in the Blue Barracks.
- ~ held our tenth annual Georgian dinner with 140 attending to raise funds for the Guard
- ~ co-operated on major book launches at the fort with Robin Brass Studios (*Capital in Flames: The American Attack on York*) and Coach House Press (*HTO: Toronto's Water*)
- ~ rolled out our new logo through various media
- ~ took over our web address from a trustee, surveyed users of the website and then embarked upon its complete redesign
- ~ operated lawn-parking west of the fort for 44 event-days in spite of wet grass and the Grand Prix being cancelled this year which hurt revenues
- ~ co-operated with 80 volunteers who cultivated vegetables and herbs in plots on the fort's north ramparts as part of a community-based initiative backed by Hellmann's, Walmart, and Evergreen
- ~ welcomed three new directors to our board
- ~ organized a day-long workshop with directors and staff to kickstart renewal of our strategic plan
- ~ created a data bank for directors on Google Docs
- ~ met monthly as a board and another dozen times in committees and task forces. One director at least, often more, attended every special event and function held at the fort



Simcoe's Illusion by Charles Pachter, a gift to the fort, will hang above a mantel in the Blue Barracks. Pegged timbers from the Queen's Wharf are on temporary display below. (Courtesy of Charles Pachter)

- ~ initiated a day-long series of meetings with the director-general of National Historic Sites, Parks Canada, and convened a lunch where he met Toronto colleagues
- ~ formed a task force to develop a response to a TTC proposal to run a streetcar line across Fort York; continued our interest in the design of a replacement for the Bathurst Bridge and the Strachan Avenue rail-crossing studies
- ~ spent funds for several purposes, including the operation of the Fort York Guard and Drums (\$100,000), office rental and operations (\$20,000), and supplies for the on-site Research Centre (\$3000)
- ~ loaned \$75,000 to the Fort York Foundation to cover startup expenditures
- ~ contacted ten more British regiments whose predecessors were at Fort York – only 2 of 29 to go. Most replied with helpful leads to our shared history. The Public Record Office, London, remains the richest, untapped source for fresh information on the fort
- ~ continued to provide three days of volunteer time every week to organizing and cataloguing the fort's collections of books, research files, photographs, etc. in the Research Centre



## *Fort York's Volunteer Cooks Are Never Too Many*

*by Nancy Baines and Heather Cirulis*

It must be serendipity! The one day a week we volunteer in the library at Fort York is the same day the Volunteer Cooks get together to research, test, and sample recipes from Georgian cookbooks. Every Thursday, we eagerly head to the kitchen to see what they are creating: Hedgehogs, Carrot Pudding, Portugal Cakes? The smell, sight, and taste of early nineteenth-century gastronomy lured us to enquire about Fort York's Volunteer Cooking Program.

The anchor is Bridget Wranich, the only officer at the fort who specializes in cookery. It is a challenging occupation, requiring knowledge about the historic foodstuffs, measurements, and methods of the often obscure recipes found in old cookery books. She finds contemporary equivalents and tests the recipes in the modern Bunker Kitchen. Later, the successful results are transferred to production in the historic kitchen in the Senior Officers' Quarters where the cooking is done on an open hearth and in a brick oven. Preparing food here is particularly challenging, only learned by trial and error. Of course there is no running water. Keeping a pot boiling and stopping sauces from burning demands constant attention to the fire and the placement of the food on the hearth, while explaining the process to the public requires patience and humour. Bridget has maintained the cooking program by relying on volunteer cooks to augment her own skills and interests.

One of the most enthusiastic volunteers is Mya Sangster. As a teacher, she used to bring her classes to Fort York. Since her retirement in 1996 she joined the fort as a volunteer and soon became "hooked" on historical cooking, training under Bridget and Fiona Lucas, a program officer of Foodways at Spadina Museum. She has also taken courses all over North America and England. Mya, who relishes research and welcomes new recipes culled from early sources, has become

a stalwart participant in the cooking program, especially when Bridget was on maternity leave.

John Hammond joined the group in 2004. He has developed a keen interest in the mechanics of open-hearth cooking. Like Mya, he enjoys the stimulation of cooking in a group setting. Trying new recipes and discussing the processes and outcomes with the other cooks is a great part of the experience. It is interesting to see just how heated their discussions can become. John's favourite part of the job is taking part in public demonstrations in the old kitchen where he can answer questions and talk to visitors about the kitchen itself, the implements, ingredients, and methods of cooking that were used to prepare food for the officers in Georgian times.

Ellen Johnstone worked at the Canteen at the fort for twenty years. When she retired five years ago, she decided to become a volunteer cook. Now, she cheerfully fulfils the requirement of spending at least one hundred hours a year at the fort, on average three to four hours every Thursday in the Bunker kitchen developing recipes and also helping out at special events and on some weekends, when she wears period costume and functions as a cook re-enactor.



*The volunteers watch as a cut of meat is tied in the proper way for roasting. (Courtesy of John Hammond)*

It is obvious that all three volunteer cooks enjoy their job. Their faces light up and without hesitation they agree that the interaction with the public, the research on Georgian cooking, and the camaraderie of working with other like-minded cooks is delightful. For them the historic kitchen is a “warm and inviting place.” To Bridget Wranich the excellence and devotion of these cooks is heart-warming. They inspire her to want to train more volunteers and she insists that no previous experience is necessary, just interest and commitment. This would permit her to expand the present program - to prepare a FortYork National Historic Site cookbook of modern equivalents and perhaps even to begin selling baked goods in the Canteen

Anyone who attends the annual Friends of Fort York Georgian Dinner can attest to the delicious results of the program. Bridget and her volunteers spend countless hours all year long to research, test, and prepare the menu, which is then cooked and presented by the caterer according to her stipulations. The support of the Friends also allows for the continued growth of the food program, rather than its stagnation under the present budgetary restraints of the city. We help to equip the kitchen with crockery and to purchase ingredients and other supplies for the cooks. Bridget says, “The Friends are an enormous help financially and allow us to do more complex food testing than we would otherwise be able to do.”

For us, and for others who work at the fort, the most enjoyable aspect of the Volunteer Cooking Program is the contagious enthusiasm of these tireless culinary historians - as well as the samples of their delicious experiments in Georgian cooking.

If you are interested in learning more about the Volunteer Cooking Program please contact Bridget Wranich by phone (416) 392-6907 x225 or by email <bwrnich@toronto.ca>

## *The Refugees at York: What happened to the families when the Americans landed?*

*by Robert Malcomson*

*“There was a battle here, in this place.”*

It is a point I make every time I do a battlefield tour or give a talk. And I always add, “Besides the soldiers and sailors and Aboriginal allies, there were women and children and old grandmas and grandpas here, and the war came to their town and most of them fled, like the refugees you see on a TV news report.”

On that Tuesday, 27 April 1813, old Robert Baldwin did not flee at the sound of guns firing the alarum at dawn or the crunching thump of musketry on the lake shore an hour or so later. He rose from his bed, dressed, picked up his musket

and cartouche and headed west through York to join the fray. Aged seventy-two years, Baldwin was a son of Ireland who had brought his family to Upper Canada in 1799. One of his boys was William Warren Baldwin, a lawyer, doctor, teacher, growing in prominence at York. And one of William’s four sons was Robert, a nine-year-old, who would one day help carve a new government for the province and country.

There is no certainty about what part the senior Robert played that morning. Perhaps he met the group of militia assembling in town and ended up moving forward to the garrison. Maybe he advanced with Major General Sheaffe’s column along the lake shore path into the woods and saw the second defensive phase against the Americans. We do know, however, that before mid-morning someone from the household found him and dragged him home.

William Baldwin had already taken on the role of surgeon, dealing with the wounded retrieved from the battlefield and had advised his wife to seek shelter away from their residence at the corner of Front and Bay Streets. Phoebe Baldwin had already started organizing a retreat from their home which overlooked the dockyard where the new frigate, *Sir Isaac Brock*, rose in the stocks. She had teamed up with the family’s close friend Elizabeth Russell, loading Russell’s phaeton, a four-wheeled carriage, with necessities until there was no room left for anyone to ride in it. As a result, the party set out on foot, heading to a farm on Yonge Street owned by a close acquaintance, the old, German expatriate Frederick von Horn, commonly known as “Baron de Hoen.” There were Phoebe, her four sons, the two-year-old riding on the back of Mary-Warren Baldwin, William’s sister, one of Phoebe’s sisters, and the invalid Major Fuller who had been staying with them. Their servants joined them as did the spinster Russell and her servants. Perhaps the senior Robert insisted on hefting his musket and covering the rear. The young Robert might have told Canadians about the family’s experience, but if he did, the narrative has yet to come to life.

It seems that one of the only children who did record what he saw that day was the son of Quarter Master Bryan Finan of the Royal Newfoundland Regiment of Fencibles, a boy who has only ever been identified as P. Finan. “The vessels had commenced firing upon the garrison,” he wrote, “which obliged the females, children, &c., to leave it; we therefore retired into the country, to the house of an officer of the militia, where we remained a short time.”

Young Finan snuck away from his mother and witnessed the explosion of the magazine and saw the Americans advancing on the battered garrison. “A soldier came to us with directions to proceed to the town as fast as possible,” he recollected. “We had foolishly entertained no apprehension whatever of being defeated... and walked from the breakfast table...[with] no clothing with us more than we wore at the moment.” Because of this most of the families who had accompanied the regular troops to the front set out on “a journey of 200 miles through the woods of America, at an inclement season, without an outside garment of any description, or a second pair of shoes.” It rained nearly every day of their horrendous trek to Kingston.



There were some town residents who joined Sheaffe's retreat because they held government offices, but Prideaux Selby was not one of these and neither was his daughter, Elizabeth. She had married Captain William Derenzy of the 41st Foot in February and was worried about his situation at Fort George, but could not be with him since her father, the receiver and auditor general of the provinces, was seriously ill. When the American squadron had come into view the evening before, the leading justices, Thomas Scott and William Powell, had visited with her and arranged for a chest of £2500 and a bag of \$600 to be removed to safer keeping. Elizabeth remained with her sick father as the Americans took over the town, forcing the £2500 to be turned over and allowing someone to get away with stealing the bag of cash.

Angelique Givins, wife of Major James Givins, superintendent of the Indian Department, also remained in the family home near modern Queen Street and Givins Street. Much to her surprise she became a medical attendant to a number of the warriors whom the major had led into battle. To avoid capture, James retreated with Sheaffe, leaving Angelique and their nine children to suffer days of plunder by group after group of intruders who stole carpets, curtains, sheets, knives and forks, clothing, a saddle and double set of harness.

Most of the families fell victim to vandals. Surgeon Grant Powell, son of Justice Powell, sent his wife and their daughter out of town to John McGill's home near modern Church and Queen where they met with Ann Strachan and her son James. When Elizabeth Powell returned to her house she found the doors open and the place stripped of furniture, a bed, linen, dinnerware, kitchen utensils, her clothing, her daughter's clothing, books and groceries.

Some women had held the post, Sheriff John Beikie's wife, Penelope, being one. She was not willing to leave "with my two poor fellows [her husband and oldest boy] in the heat of the battle" and prayed with earnest conviction, repeating a favourite psalm and believing that "He who strengthens the weak gave me more strength and fortitude than all the other females of York put together; for I kept my Castle when all the rest fled."

Their two-storey frame house stood at the future intersection of Front Street and Peter Street and was half way from the garrison to the town, so a regular target for plunderers. Penelope remembered, "I had the temerity to frighten, and even to threaten, some of the enemy, though they had the place and me in their power." Her husband reported that, despite his presence, the American soldiers snatched up all his poultry and walked away with any thing else they could lay their hands on.

On the day after the battle Lieutenant Ely Playter of the 3rd York Militia, one of many who had eluded capture, snuck back into town to see what was happening. Along the way he came upon eighteen-year-old George Detlor, heading back to Playter's father's home two miles up the Don River. His mother Ferusha had fled there with her young family and

when her husband had not shown up late Tuesday night like Ely did, she sent George to find out where he was.

Detlor had died because of a wound suffered when the magazine exploded. George was now the man of the family. A wife was turned widow and the children left without their main provider.

There was a battle on this spot. It fell upon the women, children, grandmas and grandpas. Their sorrow and suffering showed on their faces just as it does on the refugees we see on TV now.

*Robert Malcomson's latest book, Capital in Flames: The American Attack on York, 1813, was published in April 2008 by Robin Brass Studio and Naval Institute Press in the USA.*

(Jack Granatstein reviewed it for the Canadian *Legion Magazine* this Fall and wrote, "This is a fine example of well-researched, well-written history by an 'amateur' who is at least the equal of academics in scrupulous research and of popular historians in the liveliness of his prose." Thanks, Jack. RM)



Artist and author Douglas Coupland is seen in front of his sculpture, Monument to the War of 1812, described as "brilliant toy soldiers" by The Globe and Mail. It was unveiled November 3 on the northwest corner of Bathurst and Fleet streets by the artist, Deputy Mayor Joe Pantalone and Rony Hirsch, president of Malibu Investments who commissioned the work as part of the Public Art program. (Courtesy of Tom Sandler Photography)

*News From*

# *The Birthplace of Toronto*

*Contributions from the Staff at the Fort*

## Administrator's Report

*by David O'Hara, Site Administrator*

In 2008 the Fort York site and our partners, The Friends of Fort York, welcomed new neighbours to a flat pocket on the fort's north ramparts. Local community members created and tended thriving gardens there that featured herbs, tomatoes, pumpkins, and more. Every week, they met to compare crops and get advice from the expert staff at Evergreen, a national charity devoted to urban greening initiatives. Thanks to support from Hellmann's Urban Gardens program as well as Wal-Mart Canada, tools, materials, support, and supplies were made available. In late summer, just as the gardeners were enjoying the harvest, the Ontario Trillium Foundation announced a three-year funding plan in support of Evergreen to keep the project going. Known as "Seeding Healthy Communities," this initiative will serve to animate and expand three community gardens in Toronto, including ours at Fort York.

Next year we will increase the number of planting beds on the ramparts. As well, we hope the gardeners will be able to recreate the kitchen garden that once stood in the northwest bastion, and maybe a door-garden on the east side of the Officers' Mess. This initiative ties in nicely with the history of the site and our historic cooking program.



*The September harvest in Evergreen's Community Gardens on the fort's north ramparts was bountiful. (Courtesy of Evergreen)*

We have also been recently informed by the Institute for Canadian Citizenship that Fort York has been selected as a local site for a Canadian Citizenship Ceremony in 2009. The ICC is dedicated to the idea that citizenship is one of the most important bonds we share and has been establishing a national network of local Citizenship Committees. We will be organizing the Fort York Citizenship Ceremony for 27 April 2009, the 196th anniversary of the Battle of York. Our objective is to host between two and four ceremonies annually at Fort York. If you are interested in assisting on our local Citizenship Committee, please contact me at 416-392-6907, ext 222 or <dohara@toronto.ca>

These are just two examples of the types of partnerships and community outreach programs we hope to pursue in the coming years.

On another front, we are pleased to report that the Canadian Conservation Institute in Ottawa, an agency of the Department of Canadian Heritage, has just approved our request for the conservation of the King's Colours of the 3rd Regiment of the York Militia, which were sewn by the ladies of York in 1812-13. More on this project and the timing of the work will follow in a future newsletter.

## French Fruit Pudding, or Charlotte

*by Bridget Wranich*

### Historic Background

A *Charlotte* is a lined, moulded pudding which in this case happens to be baked. Some are not, such as *Charlotte (à la) Russe* which is lined with lady fingers and filled with layers of glacé fruits and cream. The baked version which is lined with bread seems to be the older recipe of the two. The name of this pudding may have been given in honour of Queen Charlotte (1744-1818), wife of George III. We have made it as a tribute to her at Fort York's annual Queen Charlotte's Ball.

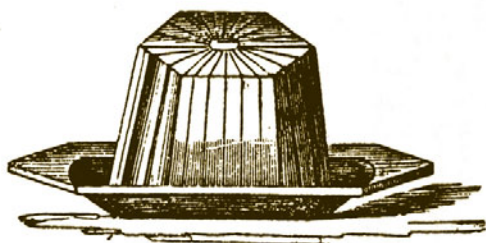
The recipe is a combination of two dishes from *The Cook and Housewife's Manual* (Edinburgh: Oliver and Boyd; London: Simpkin and Marshall, 5th edition, 1833) by Mistress Margaret Dods, (Christine Isabel Johnstone, 1781-1857). Mrs Johnstone adopted her pseudonym from the innkeeper in Sir Walter Scott's novel *St. Ronan's Well* (1824).

She was an excellent Scots cook, but her affinity for fine French cooking is found throughout her recipes.

## Modern Equivalent

750 ml	Dry Cake or Rusks, crumbled	3 cups
155 ml	Whole Milk, warmed	5/8 cup
12–15	Cooking Apples, pared and cored	12–15
250 ml	White Sugar	1 cup
60 ml	Water (optional)	1/4 cup
1	Good Quality Loaf of White Bread	1
30 ml	Whole Milk	1/8 cup
250 ml	Sweet Butter, melted	1 cup
250 ml	Sweet Butter, softened (approximately)	1 cup

Soak the crumbled cake or rusks in the warmed milk for about 5 minutes. Slice the apples thinly. Combine the moistened cake/rusks, sugar, and apples in a large saucepan. Stew gently until the apples soften, about 20 minutes. Add water if apples are not juicy. Let cool before placing into lined 1.25 L (5 cup) pudding mould. Slice bread into pieces about 1 cm / 1/2 inch thick and remove the crusts. Cut one piece of bread in a circle to fit the bottom of the mould, four to six pieces into triangles to fit top of mould, and remaining slices into thirds to line the sides of the mould. Soak the triangles for the top in milk and half of the melted butter. Spread the soft butter liberally around the edges and on both side of the thirds. Arrange the buttered bread in the mould, overlapping pieces so as to *dovetail compactly* and add bottom circle. Press edges lightly together to make them adhere. Fill with the cooled apple pudding mixture. Pour the remaining melted butter over top. Arrange triangles to cover pudding. Weigh down with a buttered plate and weight to press everything together; place a pan underneath to catch the buttery drippings. Bake in a moderate oven 180°C (350°F) for about one hour with the plate and weight still in place. Let cool about 10 minutes. Unmould onto a decorative serving plate. Serve with cream or red wine sauce. Yield: approximately 10–12 servings.



*Apple Charlotte mould. (Eliza Acton, Modern Cookery for Private Families, London: 1845, pg 391)*

This Apple Charlotte was served at the annual Directors' Dinner of the Friends of Fort York, 22 November 2008. The recipe, from the Mess Establishment in the Officers' Brick Barracks, is a collaborative effort of Fort York staff past and present as well as the Volunteer Historic Cooks.

# 2009 Upcoming Events Historic Fort York

Compiled by Melanie Garrison

## DECEMBER

### Holiday Closure

The Fort will be closed from December 20 and will re-open January 2, 2009.

## JANUARY

### Queen Charlotte's Birthday Ball: Queen Charlotte Honours Spain Sat. January 24, 1 to 10 pm

#### A day-long celebration of music, food, and dance



Presentation by Dr. Adam Lynde: 200th Anniversary of the Battle of Talavera (1 to 2 pm), English Country Dance Workshop (2:15 to 3:30 pm), Sherry Tasting (3:30 to 4:30 pm), Georgian Buffet Supper and Evening Ball with Live Musicians. Costumes Welcome (5:30 to 10 pm)

*Pre-registration required (416) 392-6907 x221.*

*Come for the full day (\$100), or attend only the Presentation and Dance Workshop (\$25), the Sherry Tasting (\$20), or the Dinner and Ball (\$65).*

## FEBRUARY

### Family Day

#### Mon. February 16, 10 am to 3 pm

Drop in for a tour of the Fort and a cup of old-fashioned hot chocolate from the historic kitchen.

*Regular Admission*

### Mad for Marmalade, Crazy for Citron! An event presented in conjunction with the Culinary Historians of Ontario Sat. February 21, 10 am to 3:30 pm

Marmalade workshops, lunch, and guest speaker. Also, a marmalade marketplace and tours of the Fort.

*Pre-registration required (416) 392-6907 x221*

*\$25 in addition to regular admission for CHO members & Volunteer Cooks, \$27 in addition to regular admission for non-members*

## MARCH

### March through Time, during March Break Mon. to Fri. March 16 to 20, 10 am to 3 pm daily

Drop-in activities for children, ages 3-12. History of Fort York and Toronto theme.

*No registration required, Regular admission*

*Regular admission to Fort York (effective 1 June 2008) is Adult: \$8 (\$7.62 + GST); Senior (65+): \$4 (\$3.81 + GST); Youth (13 – 18 yrs.): \$4 (\$3.81 + GST); Children: \$3 (\$2.85 + GST)*

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