

MAY 2009 E-RESOURCE NOTICE

Greetings! May is always a special month for teachers because it not only means the end of the academic year is around the corner but also because it celebrates all that educators do each day on behalf of students. Tomorrow is Teacher Appreciation Day and I am sending a big electronic shout-out of thanks to all involved in K-12 education and in teaching Canada, in particular. Many of you add Canada to your curriculum as a labor of love and your efforts are much appreciated. It is said that the best teachers are those who teach from the heart rather than the book...and I couldn't agree more in this case!

“One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child.” -- Carl Jung

Although it has been too busy to publish a resource flyer this spring, please consider this month's resources as our way to show thanks and give back to you. Since food is another way to someone's heart, I've provided additional news about historic Canadian recipes (items 7-9). I hope others will also find ways to acknowledge educators during Teacher Appreciation Week (May 3-9). Enjoy your well-deserved week! Tina Storer

Please ensure your server accepts group messages, notify me if you are receiving duplicate notices or you wish to cancel notifications. Western Washington University and University of Washington jointly perform K-12 STUDY CANADA outreach as a US Department of Education-funded National Resource Center for Canada in the US with support from Annual Embassy of Canada grants.

1) ACCESS TO FREE RESOURCES – A THANK-YOU TO TEACHERS!

LearningA-Z.com Open House

In recognition of Teacher Appreciation Week, LearningA-Z.com is offering an Open House that will let you explore their online learning resources for free...all week long! Teachers can sample and download learning resources that range from reading and writing to vocabulary and science. You can even gain access to children's Canadian literature by simply searching Canada in their resource database. Registration is now open at <http://www.learninga-z.com/TeacherAppreciation>. Sign up to receive a full schedule of Open House events.

2) CLASSROOM ALERT! UNHCR POSTER CONTEST FOR K-12 STUDENTS

Reward students, too! Great opportunity - MAY 15 deadline

This month also marks World Refugee Day and the United Nations' High Commission for Refugees (UNHRC) is holding a poster contest for elementary, middle and high school students in recognition of it. Posters are designed around the theme "Real People, Real Needs" and creatively illustrate what life is like for the millions of refugee children who flee their home countries due to war, persecution and human rights violations. Winning submissions will be displayed at the National Geographic Museum and awards will be personally presented by Angelina Jolie to the winners in Washington, DC. Now how cool is that? Please hurry though...the last day for submissions is **May 15!**

Visit <http://www.unhcrwashington.org/postercontest.html> for full poster description and entry form.

3) 2009 NORTH DAKOTA GEOGRAPHICAL ALLIANCE SUMMER INSTITUTE

Small Town—A Cultural Rendezvous (June 8-12 - Langdon, ND)

The NDGA Summer Institute offers a great opportunity for middle and high school teachers to learn about Canada next month. North Dakota and Manitoba share a border-free geology and First Nations history but it is interesting to learn about the impact the establishment of an international border had on the region. Opportunities to compare and contrast abound with investigations that meet your state's geography standards. The workshop focuses on experiencing the rich culture of a small border town and includes a geographic field trip, led by David McDowell (Faculty of Education at the University of Winnipeg), to the 49th Parallel and Pembina Gorge. Free resources and a hands-on workshop as part of the field trip allow for make-and-take lessons supplemented by pictures afterwards. By attending you can earn graduate credits towards a master's degree or continuing education credits. If interested and/or have questions, please contact marilyn.weiser@minotstateu.edu. To register, go to www.ndgeographic.org.

4) SEATTLE INTERNATIONAL FILM FESTIVAL (SIFF)

· Various Theaters (May 21–July 14 - Seattle, WA)

UW's Canadian Studies Center works with the Seattle International Film Festival each year to promote and support films by Canadian and Québécois directors. Usually, over a dozen Canadian films are featured, many including a visit by the director. Although passes and ticket packages are on sale now, films will be posted at <http://www.siff.net/festival/prelaunch.aspx> on May 7 and published in *The Seattle Times* special pullout guide that day.

Want a red carpet VIP experience at SIFF? You can celebrate opening night in style with valet parking and a walk on the red carpet to a private reception catered by *Il Fornaio*. From there, you will be escorted through a private entrance to your reserved seat for the premiere of the British comedy, *In the Loop*, with cast members expected to attend. You are then invited to an exclusive after-party in the VIP Lounge with open bar and swag. Best of all, you can delight in knowing your ticket supports SIFF's exceptional programs. Tickets are \$200. Space is limited. Visit <http://www.siff.net/cinema/reserve.aspx?fid=112&id=6788> for tickets, rates and additional information.

5) **LIQUID PLANET: EXPLORING GLOBAL WATER ISSUES**

University of Washington (June 24-25 – Seattle, WA)

Middle school, high school and community college educators are invited to attend the Jackson School for International Studies Annual Summer Seminar at the University of Washington. This year's 2-day workshop will focus on the major water-related issues affecting communities around the world, including Canada. Presentations featuring anthropologists, political and marine scientists, environmentalists and more, will instruct teacher-participants as they work together to design classroom strategies centered on the seminar's theme. The program is designed for

Registration Fee: \$95* (non-refundable) includes parking/bus passes, coffee/tea, morning pastries, lunch, and 16 WA state clock hours (you must attend the entire seminar to receive clock hours). Travel stipends are available for teachers traveling more than 75 miles. In order to receive clock hours, you must register by June 10, 2009. Sponsored by the Outreach Centers at the Jackson School of International Studies. For more information contact the Ellison Center at 206-543-4852 or by email: reecas@u.washington.edu. The registration form can be downloaded at <http://jsis.washington.edu/outreach/summer/>.

6) **HUDSON BAY COMPANY: FUR TRADE RESOURCES**

Thanks to Bill Belsey (Springbank, AB) for this resource tip!

The Hudson Bay Company (HBC) is the oldest corporation in North America and has had a huge influence on Canadian History since before many of the colonies were even established. The HBC recognizes this by providing educational resources that leverage its historic legacy and archives. They offer several publications free of charge to teachers of Canadian history, including history curriculum on the fur trade and materials on Hudson Bay Company for K-12 classrooms. I hope you'll see the material yourself by visiting http://www.4edu.ca/tors/images/current/email/hbc/HBC_TGs.html.

7) **CANADIAN RECIPE REVISITED - TRANSLATION OF ARCHAIC COOKING TERMS**

Linda McDowell kindly provided a modern translation of last month's recipe.

The April Canadian Recipe of the Month was "Martha Washington Pie" that paid homage to the *first* First Lady of the United States; however, that historic recipe—as you may recall—referenced some weights and measures and foodstuffs that we no longer use. Although the terms are quaint, everyone (including me) was left to experiment a bit in attempts to replicate the original recipe. Fortunately, David McDowell, a member of this listserv shared the recipe with his wife who has a particular interest in historic Canadian recipes! What a stroke of luck, eh? Linda McDowell is a former history teacher herself and current K-12 social studies consultant and teaches "History Methods" at the University of Winnipeg's Faculty of Education program. She also writes teacher's guides for Manitoba Social Studies curriculum.

Please see APPENDIX 1A, 1B, and 1C to see the translation and other "pie" related information. Linda's credentials are more than enough to impress me with their accuracy since she and David (who also teaches at the University of Winnipeg) are perfect examples of the type of educators I referred to at

the start. The time taken to help us “translate” last month’s recipe, offer the Dingwall’s butter tart recipe above, and the perfect pastry tips and recipes referred to below is both gracious and remarkable. Thank you.

8) FILLINGS FOR PIES OF ALL KINDS

Five Roses Cook Book: Being a Manual of Good Recipes (Montreal: LWMC, 1913) p.83
[Courtesy of L. McDowell]

Now that Linda has shared the secret of perfect pastry with us in the attachments, here are two versions of another Canadian classic, Maple Sugar Pie (less politically-correct but commonly known as "Sugar Pie")....

MAPLE SYRUP PIE (No.1)

1 cup maple syrup
1 i/2 cups raisins
1 lemon (rind and juice)
2 tablespoons Five Roses flour

Bake with one or two crusts

MAPLE SYRUP PIE (No.2)

1 cup maple syrup
1 cup water
2 eggs (whites for roasting [meringue])
2 tablespoons Five Roses flour
Butter (size of walnut)

Cook in double boiler. Bake the crust, then fill up with custard. Cover with meringue.

9) CANADIAN RECIPE OF THE MONTH

Butter Tarts (from the Dingwall Family recipe in *Manitoba’s Heritage Cookery* (Winnipeg: Manitoba Historical Society, 1992) [Courtesy of L. McDowell])

The Background Story: John Dingwall and his wife Isabella came to Canada in the spring of 1888. They rented a farm in Holland, Manitoba, and bought oxen and machinery. In the spring of 1891, John went north, looked the land over, liked what he saw, walked back to Holland (a mere 200 miles), and prepared to move. With his wife and three children he arrived in the area on June 6, 1891. On June 7, he chose the south-west quarter of Section 20-24-23W and moved onto it. That winter John made three trips across Riding Mountain to get household goods, machinery and groceries, and to file for his homestead at Birtle. The family lived in a tent until they built a soddy followed by a log house. The present house was built sometime between 1911 and 1914—no one seems to know exactly when. John Dingwall was one of the first trustees of the Tamarisk School District #847. James, one of his six children, served on the school board for 26 years. His grandson Roy was a trustee for 10 years until the school joined the Intermountain School Division #36. John Dingwall lived on the farm until his death in 1942 [and it has been lived on continuously by his sons and their descendents since then].

Tina’s Note: Butter tarts are a well-loved treat across Canada and although I have shared a recipe for them before, this recipe comes from Granny Dingwall’s cookbook.

Ingredients:

½ cup brown sugar
¼ cup corn syrup
3 tbsp. butter
1 egg, beaten
½ tsp. vanilla
Salt
½ tbsp. vinegar
½ cup raisins
¼ cup walnuts

Directions:

Mix the ingredients together.
Fill pastry tart shells.
Bake 25 minutes at 350°F

10) RUTH WRITER’S REVIEW OF CANADIAN LITERATURE

The Boys in Trees by Mary Swan. New York: Holt Paperbacks, 2008. ISBN 0-8050-8670-6

My daily teaching assignment includes a required law class for all senior students at our high school and this novel intrigued me when I first discovered the book and recognized the significance of its title. My other

passion is obviously history, especially Canadian history, and this book offers much that would interest me and my students since Mary Swan's novel focuses on the community reaction to a heinous crime a century ago.

While most criminal novels give all the gory details of the crime and delve into the mind of the criminal, Swan's approach is far different. She tells the story from the unique perspective of various members of the community including the victims themselves. Based on a true act of domestic violence in Ontario decades ago, *The Boys in Trees* provides a fascinating look at the enduring questions surrounding violent acts. Many in the small community speculate on the motive and whether there were signals which should have been heeded and their own complicity.

The novel weaves a crime mystery with historical detail to fascinate the reader--not often do readers learn of the ravages and horrific cures tried to combat diphtheria, for example. I recommend it and, with all of the media attention recently marking the anniversary of the killings at Columbine, the history-based novel seems particularly poignant.

Appendix 1A

TRANSLATION: CANADIAN RECIPE OF THE MONTH (April 2009 Issue)

From *The Canadian Family Cook Book: A Volume of Tried, Tested and Proven Recipes*. Ed. Grace E. Denison.

[Toronto: McLeod & Allen, 1914.] 538 pages.

Martha Washington Pie

Ingredients:

4 oz blanched almonds
4 oz powdered sugar
2 eggs
2 oz macaroons
2 oz melted butter
½ gill rum (?)
½ saltspoonful ground cinnamon
(?) 6 drops orange flower water (?)

Translation (courtesy of Linda McDowell)

2/3 cup
2/3 cup

4 tbsp. (2 tbsp. = 1 oz.)
¼ cup (2 gills = 1 cup)
1/8 tsp.
eyedropper (55 drops = 1 tsp.)

Instructions:

- Pound almonds in a mortar with two ounces of powdered sugar, adding gradually one raw egg.
- When well pounded, add two ounces more of sugar, melted butter, rum, ground cinnamon, orange flower water and break in another egg.
- Pound for five minutes and add well-pounded macaroons
- Line a pie plate with good paste[ry], pour in the preparation and bake.
- Decorate with candied fruit. [NB: Temperature 350? Average time needed for a homemade pie?] (Most pies start at 400°F and then turn back to 350°)

See table of measurements (APPENDIX 1B)

Lake of the Woods Milling Company Limited *Five Roses Cook Book: Being a Manual of Good Recipes* (Montreal: LWMC, 1913) p.83.

Passed down from great Grandmother Mailes. The Lake of the Woods was a Winnipeg milling company renowned for its good Canadian hard spring wheat flour (see ad, APPENDIX 1C).



A PAGE OF WEIGHTS AND MEASURES



By using measures instead of weights considerable time can be saved the user of *Five Roses* Flour, and it is because the following equivalents have been of real use to many contributors that they are now added to the *Five Roses* Cook Book. All measures are level, unless otherwise specified. Due to the loss or gain of moisture constantly going on, no absolutely true measures can be given, but for ordinary purposes the following are approximately correct. Further hints and details dealing with the various classes of good things to eat will be found in their proper sections. Standard cups, spoons, etc., are used.

Lake of the Woods Milling Company Ltd. *Five Roses Cook Book: Being a Manual of Good Recipes* (Montreal: LWMC, 1913) p.8

2 saltspoons	1 coffeespoon	1 cup granulated sugar (rounded) 1/2 pound
2 coffee spoons	1 teaspoon	1 " confectioner's sugar .	6 ounces
55 drops.....	1 teaspoon	1 " brown sugar (heaping)	8 ounces
5 teaspoons (dry material)....	1 tablespoon	1 " sifted <i>Fives</i> Roses flour	
4 teaspoons (liquid material)...	1 tablespoon	about.	4 ounces
4 tablespoons (liquid material)	1/2 cup	1 quart or 4 cups sifted <i>Five</i> Roses flour	
4 tablespoons (liquid material)...	1 wineglass	1 pound
2 wineglasses	1 gill	3 tablespoons (heaping) <i>Five</i> Roses flour	
14 tablespoons	1 cup or 1/2 pint	1 cup
2 gills	1 cup	1 cup bread dough (rounded)	6 to 8 oz.
2 gills	1 tumbler	1 " milk	8 ounces
2 cups	1 pint	1 " tea	4 ounces
2 pints	1 quart	1 " rice	7 ounces
1 pint (liquid)	1 pound	1" bread crumbs (pressed in)	4 ounces
1 tablespoon (liquid)	1/2 ounce	1 " suet (finely chopped)	4 ounces
1 tablespoon (rounding) soft butter..	1 ounce	2 cups minced beef (packed closely)	
2 tablespoons melted butter	1 ounce	1 pound
Soft butter size of walnut	1 ounce	3 cups Indian Meal	1 pound
Soft butter size of an egg.....	2 ounce	1 cup (heaping) currants without ..	
1 tablespoon (heaping) sugar or		stems	6 ounces
salt.	1 ounce	1 cup (heaping) raisins without	
2 tablespoons (heaping) <i>Five</i> Roses		stems	8 ounces
flour.	1 ounce	10 average sized eggs or 9 large	
2 tablespoons (heaping) powdered		eggs	1 pound
sugar	1 ounce	1 cup egg whites or yolks	1 pound
2 tablespoons (heaping) ground		10 whites or 13 yolks (average sized	
coffee	1 ounce	eggs)	1 cup
1 square chocolate '	1 ounce	2 yolks.	1 egg
1 cup butter or lard	1/2 ounce	1 cup yolks	7 eggs
		5 average sized eggs	1 cup

APPENDIX 1C



EVERY time you fold and butter a pastry dough, every time you roll it, you add an extra flake. When the heat expands the cold air between the buttered flakes, each layer puffs and springs in the oven. This is how puff paste is made. Because *Five Roses* flour has elasticity to spare, you can, fold and roll your pastry much thinner without snapping. Because *Five Roses* resists fat absorption, your pastry is never soggy, nor do the layers stick together—the shortening acts as an impenetrable coating between the flakes. Because *Five 'Roses* is ground to a uniform fineness, your pastry puffs evenly in the oven, and you get that even flakiness of texture so much desired—thin as tissue paper. If you really desire crisp, melting, pie crust with that nutty flavor peculiar to Manitoba wheat kernels alone, follow the lead of the best pastry makers in Canada. Follow their recipes. Use *Five Roses* flour.

Lake of the Woods Milling Company LTd. *Five Roses Cook Book Being a Manual of Good Recipes* (Montreal: LWMC, 1913) ad on p.130.