

SURSOIL

The Newsletter of the Cataraqui
Archaeological Research Foundation

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On the cover:

First year "Can You Dig It?"© campers
excavating at the Penitentiary Museum of
Canada.

Design and layout by Nadine Kopp.

From the President

Another archaeological camp season finished up earlier this month for the Foundation. Abby, a veteran at 10 years of age of a dozen summer camps proclaimed after her first day at "Can You Dig It?"© camp that she was going to really enjoy this camp. On picking her up the next morning her mother enthused about how Abby, usually reluctant to describe details about what she is learning, went into great detail explaining about archaeology. By the end of the week she announced her plans to take all the "Can You Dig It?"© summer camps for the next 3 or 4 years, then become a volunteer helper, then an instructor, and even take archaeology at university! And this from a 10 year old who has only ever wanted to be a dog walker, dog breeder, or a veterinarian (probably for dogs!). Was summer camp 2011 a success? You be the judge!

Children, university and college students, and mature adults have all benefitted from the summer archaeology camp experience, now in its 16th year and a key part of the Foundation's ongoing commitment to the recognition, investigation, and preservation of archaeological resources throughout Ontario. We do this through archaeological field work, research, public education, and publications, maintenance of proper records, housing and conservation of a diverse collection of artifacts, and operation of a library and archives, and an interpretive museum.

While summer camp this year was a great success, the first eight months of the year have been a difficult and challenging time for the Foundation. We overcame licensing delays for our new Director of Archaeology that caused a cash flow shortfall; we restructured staff, and began the process of bringing the Foundation operations up to a modern standard of excellence. After some months of inactivity the cultural resource management (CRM) aspect of our work is back up and running. It is primarily through revenue generated by CRM that we finance our education, repository and all the other not-for-profit aspects of our programs.

Thanks to the outstanding leadership of our new Executive Director Kip Parker and the dedicated commitment of all our staff we have coped with the pressures of our short-term challenges and are now beginning to look at a much brighter future.

One of the major goals for the Board of the Cataraqui Archaeological Research Foundation for the balance of this year will be to begin a process of strategic planning for changes that will sustain and revitalize us for years to come as an important historical and heritage institution that serves the Kingston and area community.

I would like to thank the Board for their dedication and especially to recognize the Executive members, Hugh Gale, John Coleman, and Peter Gower for all their extra time and energy that helped us get through the challenges and stresses of the past six to eight months.

- John Fielding

From the Executive Director

The Cataraqui Archaeological Research Foundation has survived a difficult year of significant challenges and hard times. As I write, we are moving into a period of greater financial stability, with many accomplishments to look back on in 2011.

Dr. Charlene Murphy, who started earlier this year as our first Director of Archaeology has been hard at work rebuilding the cultural resource management arm and overseeing all things archaeological. Following a recent restructuring, I have moved to the position of Executive Director; Nadine Kopp is now Archaeologist, Ashley Gillen is Curator, and Catherine Raby is Office Manager.

We survived the "Great Kingston Flood" with minimal damage, at the end of July, and the basement work area has been cleaned of accumulated "junk" from the past. Summer students revised educational materials and curriculum, assisted in the office, and played vital roles as counsellors for our 16th annual "Can You Dig It?" © summer camp. Expanded volunteer services offered more opportunities for participation in our work, with several people gaining valuable experience through time spent assisting at the centre.

New computers, program, operating, and security software systems are all in place, and website and database upgrades have begun. Our new barrier-free lift and front porch are fully operational and have garnered many positive comments from passers-by.

Check our website for the expected lift inauguration and unveiling of Barry Blunden's wonderful copper artwork.

Of course there remains much for us to do. We are continuing our review and refinement of operations, programs and services, and later this year board and staff will participate in strategic planning for the future of the Foundation.

Together the board and staff look forward to an exciting and productive future together as part of an effective and highly qualified team of professionals as we work to meet the Foundation's mandate through expanded programs and services. We hope that you will continue to support the Foundation and its work through your membership and donations.

- Kip Parker

From the Director of Archaeology

It is my privilege to be writing my first entry in our Subsoil newsletter as the new Director of Archaeology with the Cataraqui Archaeological Research Foundation. Having just started at the end of April 2011, I would like to take this opportunity to first thank all the staff, board members and volunteers who have helped make this transition as easy as possible for me. There is a lot to learn in this position and I've truly benefited from the experience and patience of my co-workers at the Foundation over the last four months.

As we start winding down our busy season of Cultural Resource Management, as well as our very successful "Can You Dig It?" © archaeological summer camp, we are reminded of the rich archaeological resources here in Kingston. Indeed, few Canadian cities can lay claim to the wealth of historic Euro-Canadian material that Kingston possesses.

Already over the past few months since I have taken over as Director of Archaeology we have carried out several historical background assessments and archaeological excavations on a number of properties in the Kingston area. Although none have yielded any archaeological sites, it speaks to the nature of archaeological investigation.

As we enter a new phase of the Foundation, we have been busy building bridges and reaching out to various educational institutions around us including Queen's University, Trent University, St. Lawrence College, Fleming College, and Loyalist College. In the upcoming academic year we will be offering a variety of co-operative education and volunteer opportunities to a wide range of students in various academic fields. We hope to capitalize and fully utilize our wealth of educational materials, including our collection of over 400,000 artifacts, and our archive and library to transform the Foundation into a centre of excellence in the teaching and training in a number of disciplines including archaeology, heritage studies, preservation, collection management, business and education.

With the continued support of the staff, board members and enthusiastic volunteers we hope to bring a renewed sense of vitality and vision to the Foundation.

- Charlene Murphy

***"Can You Dig It?"* ©**

2011 at Canada's Penitentiary Museum - Just the (arti)facts!



Camp counsellors and First Year camp participants starting excavations at the Penitentiary Museum during the first week of the 2011 "Can You Dig It?"© camp. From left to right: Jacob Bolduc, Rachel Tucker, Jack St. Onge, Jesslyn Jarvis, Dan Thornhill, and William Gibson.

Our 5th year in partnership with Canada's Penitentiary Museum saw some new developments on the grounds, as well as some quite exciting finds. We have previously excavated the site in 1996, 1997, 2006 and 2010, so 2011 gave us the opportunity to follow-up on the work completed in years past.

Unearthed in 2010 was a limestone drain that would have served the double-stone cottage built in 1833 for the Master Builder and Superintendent of Kingston Penitentiary (KP), which housed them and their families during the construction of KP. The two units in which the drain was discovered showed that it continued north and south from both units, seemingly in a straight line. In 2011, two more units were excavated on the south side to see where the drain ended. While our southernmost unit showed the drain curving westward, a very important find, the other new unit found no drain intact, and very little evidence of a drain. This unit, which lines up between the 2010 units and the other 2011 unit, is found to be beneath the location of the old driveway of Cedarhedge, now Canada's Penitentiary Museum. This is an example of

how not finding what you expected can give you new questions to ask, and new units to dig. We believe that that section was demolished with the creation or destruction of Cedarhedge's original driveway.



The drain curving westward was capped with large, roughly hewn limestone blocks.

Our 2011 camp was attended by 39 participants, including children as young as 8, and adults that were still young at heart. The week-long sessions were held from early July to mid-August, with Tuesday

through Thursday in the field, participating in a real archaeological dig. Mondays saw the participants learning about the archaeological process that happens before a dig, while Friday saw them learning about what happens after. Our participants got a taste of what it's like to be an archaeologist, from archival research to artifact cleaning and inventorying.

Many interesting artifacts were recovered by the 2011 camp participants. Two pieces of a Jacks game (for more information see page 14) were found during the upper-year week, which match the piece found by the 2010 camp. We also found a bone handle, presumably from a knife, with the name "James" engraved on the side. Also recovered was a Brock token - a half penny token issued in 1816 honouring the "Hero of Upper Canada", Sir Issac Brock. Other artifacts found include pieces of clay pipes from Quebec and Scotland, as well as various ceramics.



2 cm



A bone handle engraved with the name "James" discovered at the 2011 "Can You Dig It?"© camp.

We would like to thank Dave St. Onge, curator of Canada's Penitentiary Museum, Heather Home from Queen's University Archives, Rick Nielsen for his SCUBA gear, and Beth Duff from the International Ice Hockey Hall of Fame. Without their support, many



Upper-year campers screening for artifacts. From left to right: Edward Brown, Karl Jones, and Michael Nichol.

of the educational experiences would not have been possible. We would also like to thank Nadine Kopp, our archaeologist on site, for her seemingly never-ending knowledge of Kingston's history as well as her patience in passing on her archaeological skills to us. Furthermore, we would like to acknowledge Ashley Gillen, Charlene Murphy, Catherine Raby and Kip Parker for their support of the 2011 "Can You Dig It?"© camp, as they were integral to the organization of the camp as well as the success our Public Day and Parents' Night events. Finally, we wish to thank Young Canada Works for their support in subsidizing our counsellors and summer staff at the Kingston Archaeological Centre.

- Jacob Bolduc, Jesslyn Jarvis, and William Gibson

In celebration of the **Bicentennial of the War of 1812**, the 2012 "Can You Dig It?"© program we will be returning to the Royal Military College of Canada (RMC). Although the Naval establishment on Point Frederick (present day RMC) began at the latter end of the 18th century, it was not until the War of 1812 and the arrival of the Royal Navy in 1813 that the facility started to see drastic changes.

Come take part in the excavations that will uncover an exciting and eventful time in Canada's history. Excavations will take place at the site of the **Naval Hospital**, which was erected at some point between June 1813 and 1814.

Registration details will be posted on our website at www.carf.info as soon as mid-late February 2012. Register early to ensure your spot in uncovering Canada's rich military history!

Summer Staff Reflections

This summer that I spent as the lead counsellor for the “*Can You Dig It?*”© camp cemented and complimented many years of invigorating experiences I have had with the Cataraqui Archaeological Research Foundation. As both a graduate of the children’s camp and a former employee in multiple capacities for CARF, it was gratifying to once again be able to work with the organization in a leadership role. Planning the educational material, supervising the camp, and helping the Foundation with its public relations was both a challenging and rewarding experience. Over the summer I greatly expanded my knowledge of both Kingston’s history and the processes of archaeology, knowledge that will greatly help me in both my future academic goals and career. I would like to thank all of the staff at CARF and Young Canada Works for their support, and I would especially like to thank Jacob, Jesslyn, and Nadine for making what was already a great summer an amazing one.

- William Gibson

Having just finished my first year in the Archaeology program at Wilfrid Laurier University, I was very excited to receive employment at the Cataraqui Archaeological Research Foundation. I was hired by the Foundation thanks to a grant from Young Canada Works. As a camp counsellor this summer, I have had a unique opportunity to learn about an archaeologist’s work both in the field and in the lab. Not only has it given me invaluable educational and hands-on experience, but it has also helped me to develop personal skills such as leadership and communication. Throughout my time as a counsellor I have learned a great deal about the history of Kingston and have had many incredible experiences. This has truly been a great summer job. Thank you to the Cataraqui Archaeological Research Foundation and Young Canada Works for this opportunity!

- Jesslyn Jarvis

I would first like to thank Young Canada Works for their support this summer, as well as the Cataraqui Archaeological Research Foundation for having extended to me this opportunity. Entering the final year of my undergrad in Anthropology at Wilfrid Laurier University, I feel my position this summer as an archaeological counsellor for the “*Can You Dig It?*”© program has given me a wonderful work experience and has prepared me for future opportunities, inside and outside the field of archaeology. I enjoyed learning about the history of our nation’s first capital, but I really liked teaching that very same information to kids (and adults!) and seeing their interest in archaeology grow. Finally, I would like to thank Will, Jesslyn and Nadine for making every dig day a pleasure. This is a truly unique and great program and it’s people like them who make it so.

- Jacob Bolduc

This summer I was employed as Education Assistant at Cataraqui Archaeological Research Foundation. In this position, funded by the Canada Summer Jobs initiative, I was responsible for organizing, creating, and developing educational programs related to archaeology and the history of the Kingston area. These programs, designed to meet curriculum expectations and challenge the abilities of students in grades 3-12, address topics ranging from hands-on mapping activities to archival research workshops. A comprehensive description of our programs geared toward elementary students is available in a brochure that has now been sent to all schools in the Kingston area. In the fall we will be contacting teachers at secondary schools to inform them about educational opportunities.

While most of my time was spent on background and organizational work for educational programs, I also had the opportunity to deliver some introductory programs in archaeology to camp groups. Creating and delivering these programs provided valuable experience in teaching, educational development, and archaeological research and methodology. Hopefully these programs will contribute to a greater awareness and appreciation for archaeological resources and heritage preservation among students in the Kingston area. Please contact the Foundation for more information about educational opportunities.

- Rachel Barken

This is my second summer of employment at the Cataraqui Archaeological Research Foundation. This year I was hired on as Interpretive Centre Assistant through the Young Canada Summer Jobs program run by the

federal government. I really enjoy working at CARF, it provides a great atmosphere for learning not only about administrative work to help me in the future, but also about Kingston and its archaeological history. I have helped permanent staff improve existing and make new displays in the Foundation museum in addition to organization around the office and in the Centre's archives making them more accessible to the public. Come in and see all the changes we've made! I hope to come back next year to continue working in a fulfilling environment where I can contribute to the preservation of Kingston's rich heritage.

- Richenda Grazette

I was placed at the Cataraqui Archaeological Research Foundation through the Summer Jobs for Youth program, offered by the KEYS Job Centre. The KEYS summer program is for youth between the ages of 15-19. They help people out by training them up to 3 days, giving them the skills they need to become employed, and then finding them places of employment. I was lucky enough to be employed at the Cataraqui Archaeological Research Foundation.

Although I have not been with the Foundation for a long period of time, I have really enjoyed it. If I was allowed to stay longer than the summer, I would take up on that offer! The staff here are wonderful. They are so helpful, nice, and always there to make sure I'm keeping busy. I enjoyed that no one rushed me, they gave me time to get things done even if I did take longer than normal. I am going to miss working at CARF, even though I was not here for a long time. Before I became a staff member, I never would have seen myself working with archaeology. Now that I have a bit more experience it is actually a pretty cool subject. I have found that with in these 4 weeks, I am more interested in archaeology.

This is most certainly a new experience. It is way better than being placed at a fast food restaurant. I can't believe the summer program will be over in a couple days. It has gone by so fast! Anyways, I would like to thank the staff for letting me have the chance to gain experience and learn more about archaeology, and I wish them all the best.

- Emily Prest

Staff Development



Student Round Robin that Rachel Barken, our Summer Education Assistant (third from left) attended in July 2011. Photo: Tanya Szulga, Collections Intern with the Museum of Health Care.

At the beginning of the summer Rachel Barken, our Summer Education Assistant, attended a Round Robin Professional Development Day co-ordinated by Collections Intern, Tanya Szulga, at the Museum of Health Care. Aimed at student networking within the Kingston Museum and Gallery community Rachel met with 20 participants from 8 different sites to compare their summer projects and learn about each other's respective sites. Rachel brought information back to the Centre to help us develop the marketing and delivery of our educational programming for this upcoming school year.

Recently I attended "Seeking Approval" a grant writing workshop delivered by Mike Paquet, President of People First Resource Development. The work-shop focused on steps and strategies for successful grant writing including how to identify non-traditional and high-percentage granting opportunities, constructing compelling cases for support, and building a rapport with grantors and supporters (members) of the Foundation. Grant writing was discussed in the context of how it fits into an overall fund-development plan for non-profit organizations. The workshop and the 18-years of experience Mr. Paquet imparted to the group came at the perfect time as we wrap up many of our existing grant funded projects here at the Foundation and look towards planning new ones.

- Ashley Mendes

Thank You To...

Our Sponsors

We would like to give a very big thank you to the following businesses who supported our events this summer:

James Brett Coiffure - prize package worth \$210.00 for our Grand Prize during Archaeology Week.

Paradiso Pizza and Subs – provided pizza for Friday lunches during our summer “*Can You Dig It?*”© camp.

Bricaza Corporation - sponsored the t-shirts for “*Can You Dig It?*”©.

Feel Yoga - donated the proceeds from their Bikram’s Karma yoga class on June 23rd which took place during our annual Archaeology week, as well as a later class on August 18th.

- Catherine Raby

Our Grantors

We would like to thank **Young Canada Works**, **Canada Summer Jobs**, and the **Summer Jobs for Youth** for supporting our “*Can You Dig It?*”© program this summer by subsidizing our camp counsellors and summer staff at the Centre.

Through the Canadian Museums Association and the Department of Canadian Heritage the Young Canada Works program provided us with the funding to hire our three “*Can You Dig It?*”© Archaeological Camp Counsellors. William Gibson, Jesslyn Jarvis, and Jacob Bolduc ran an excellent summer camp with 39 campers here at the Centre and at our dig site at Canada’s Penitentiary Museum.

Our Summer Interpretive Centre Assistant and Summer Education Assistant were both hired through the Canada Summer Jobs program. Our Interpretive Centre Assistant, Richenda Grazette, has helped us keep the Centre up and running during the busy summer season. She greeted visitors, assisted in completing the Archaeology Exhibit in our Interpretive Centre, and helped with the day to day running of the Centre. Rachel Barken, our Summer Education Assistant, has been busy re-vamping the Foundation’s Education Program for a new marketing mail-out this Fall.

In addition to our regular summer positions through the Summer Jobs for Youth program offered out of our local KEYS office were fortunate to have Emily Prest join us for the summer. Emily assisted with the administration and day to day running of the Centre.

We are very happy to announce that we have been granted funding from the Museum Assistance Program to upgrade the Centre’s database. The Centre currently uses Access 97 to run its database and plans to update to Access 2010. The database is used to inventory artifacts, excavation photos, and field drawings, to store historic images, to catalogue our library, and to track membership.

We appreciate the support of these programs each summer to enable us to carry out all of our summer activities.

- Ashley Mendes

Celebrating our Volunteers

This is my first summer volunteering at the Kingston Archaeological Centre. It has been a great opportunity both in gaining experience working outside of my previous training (farm work), as well as to open my eyes to the world of archaeology. I’ve been helping with artifact processing by numbering and washing artifacts; as well as digitizing a couple of plan views of past camp excavation sites. In addition to that I have been helping the staff clean and improve the centre via painting and inventorying and organizing. I also helped with the long task of reorganizing our archive. It has been a wonderful experience and I am sure I’ll be able to use the knowledge I gained in the future. I hope to volunteer here again next summer!

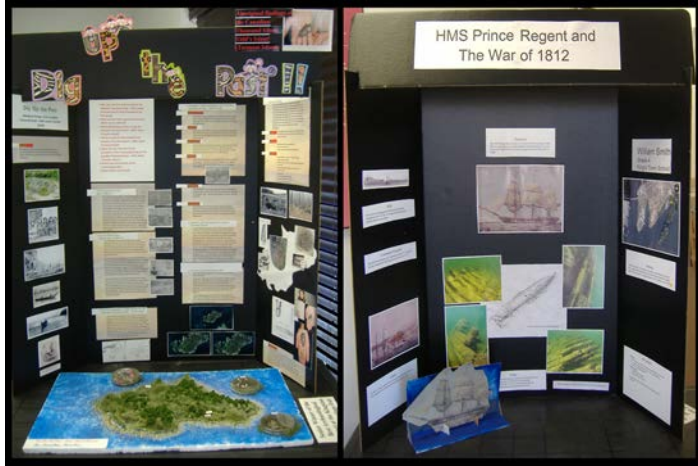
- Josh Elmer

Josh contributed a total of 196 volunteer hours this summer, for which the Foundation is greatly appreciative. In addition, 17 of our other volunteers have contributed a total of 636.75 hours since January 2011. We would like to thank them all for the time and effort then have contributed to the Foundation.

Recent Events

Heritage Fair

This year the 16th Annual Kingston Regional Heritage Fair took place from May 12-13 at MacArthur College, Queen's West Campus. The fair celebrates our Canadian culture and heritage and was attended by over 300 students who researched and presented projects with topics on family, local, provincial, and national heritage. On the Thursday evening, these projects were judged by teachers and members of the public including Foundation staff and board members. On the Friday, students took part in heritage workshops which included three 45 minute "Archaeology in a Nutshell" workshops presented by Foundation staff member Ashley Mendes. The Foundation



Best Archaeological Project winners from the Kingston Regional Heritage Fair: "Dig up the Past" by Tara Ethier (right) and "HMS Prince Regent" by William Smith.

was also present at the Fair with a booth for students to "Guess the Artifacts" and learn about archaeology in Kingston. At 1 pm on Friday, the Closing Ceremonies were held where awards were presented for various age groups and categories. The Foundation presented two awards for the Best Archaeological Projects. The Senior prize was presented to grade 7 student Tara Ethier for her project "Dig Up the Past", about evidence of First Nations life in the Canadian Thousand Islands. The Junior prize was presented to grade 4 student William Smith for his project "HMS Prince Regent", about the War of 1812 shipwreck that now rests in Navy Bay. Both these projects were displayed at the Kingston Archaeological Centre for several weeks following the Heritage Fair to showcase the excellent work of these young historians.

Garrison Ball

In partnership with National Defence, the Cataraqui Archaeological Research Foundation recently lent some of the artifacts from its excavations at Fort Frontenac to the Canadian Land Force Command and Staff College at Fort Frontenac. The artifacts were displayed at the Garrison Ball, a fundraiser for the Kingston Military Family Resource Centre. A traveling exhibit, fabricated by Foundation Staff, fitting the theme of the Ball – the French occupation period of Fort Frontenac – was displayed in the Officer's Mess outlining the early history of the Fort.



Fort Frontenac display at the Garrison Ball.



Visitors listen to speeches at the "Can You Dig It?"© Public Day.

Public Day

We had another successful Public Day this year on July 27th. This annual event is held during our "Can You Dig It?"© summer archaeology camp and is the only archaeological excavation open to public viewing. It is a great opportunity for Kingston and area residents to see a "real dig". Visitors this year were able to view a limestone drain that had been uncovered. It extended through more than one excavation unit and was believed to have been a storm sewer drain that belonged to the original cottage built on that site in 1833. This year there were 66 people in attendance at the Penitentiary Museum grounds.

A Woman's Place - A Glimpse

A fictional short story

Kingston Ontario, 1880

The clip clop of horse's hooves echoed forebodingly through the air as we made our way up the long drive. Lost in my own thoughts I had not paid attention to the direction the carriage was headed until we turned off Front Street and made our way along the drive toward the large stone building that was set far back from the road.

A large formidable structure with a central dome and roof towers, the building was an architectural marvel. Its beauty, however, was incongruent with what it held within. My heart started to pound and before we had even come to a stop a chill slithered ominously up my spine.

I speared my father with an icy glare.

"Why are we here? What business could you possibly have in a place like this?"

In my heart I already knew the answer.

"How could you?"

He turned and gave me a sad smile. In an uncharacteristic display of affection he grasped my hand.

"Elizabeth, you know I have no choice."

I pulled my hand from his and turned away. Tears stung my eyes.

"Elizabeth you have been unwell."

"I have been in mourning."

"It has been five years since the passing of George and Benjamin. You are in a deep melancholy state that is unnatural."

"It is not unnatural to mourn the loss of a husband and son!" It was not until I heard my voice reverberate out into the early morning air that I realized that my voice was raised.

He slammed his fist hard against the seat.

"No! It is not unusual to mourn such a loss. However, that period should have been over and done with three years ago. You have not made any effort to find a husband—and it is time the responsibility of your care is given to another. I will not have a widowed daughter still in her prime continue to be dependent upon my pocket book."

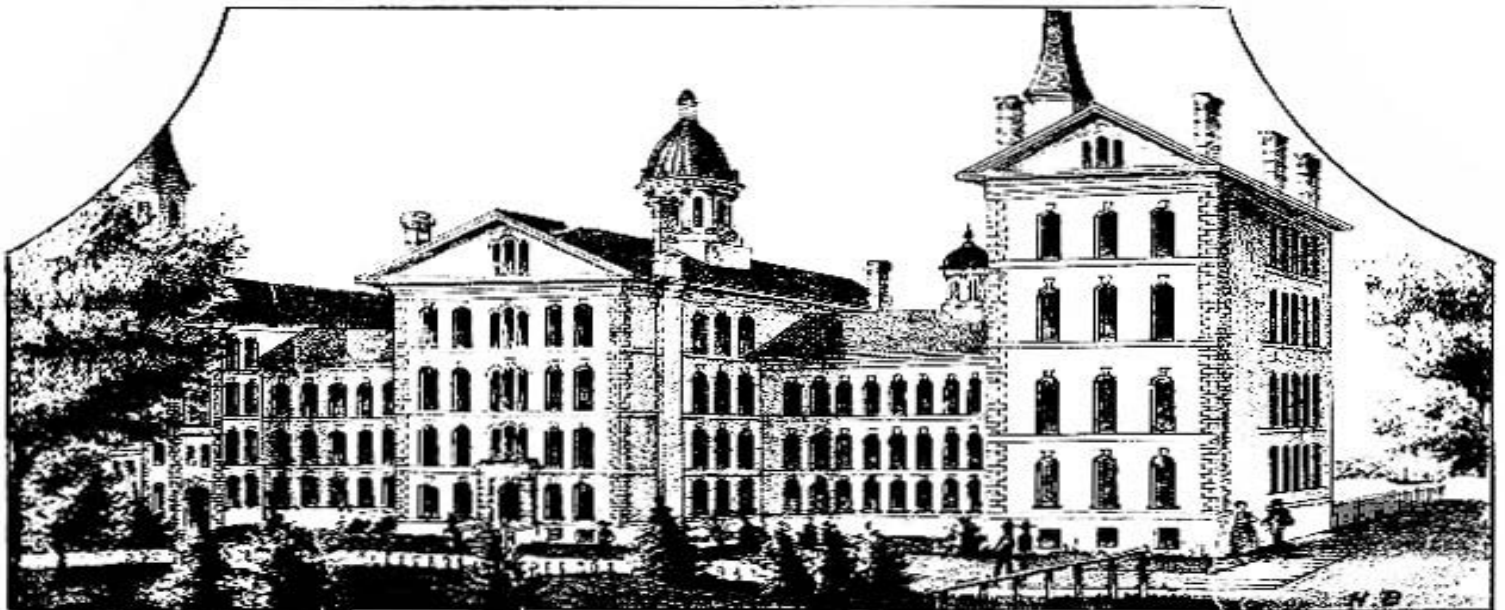
His cold words stung as if he had just slapped me in the face. Never have I hated anyone as much as I did my father in that moment.

"So that is what this is all about," I said, my voice cold and hard. "The problematic daughter no longer wanted and therefore shipped off to the lunatic asylum."

His eyes softened a little and his head bowed slightly.

"Elizabeth, that is not at all why I have brought you here and I apologize for my harsh words. They did not convey what I truly meant them to say. It is just—your mother and I are concerned about your well-being and we want you to be well again."

"There is nothing wrong with me. I am not ready nor do I wish to remarry. It does not please me in the least that I am beholden upon your charity. George, God rest his soul, left me with naught but debts and no means to repay them. If I could support myself then I would not be so dependent upon your monthly allowance. I so want to learn new skills and have the knowledge to save lives. I felt so helpless when George and Benjamin took ill."



into Kingston's Past

by Catherine Raby

"Through your work with the Benevolent Society you already help the sick."

"It is not enough. I don't want to simply ease people's pain with a cold cloth and soothing voice I want to cure them so that others don't have to suffer the pain of loss that I have had to endure these past five years."

"Elizabeth you are very trying! A woman's duty is to marry, have children and oversee the running of the household. Women do not do the work of men and certainly do not become doctors. Women do not have the mind or the constitution for it. Now I will hear no more on the subject."

Will there ever be a day when women will be able to work alongside men as their equals, I wondered? Not in my lifetime, but I hoped someday it would come.

"You can't make me go."

His eyes narrowed and his jaw tightened. His face turned a mottled red and I realized this time I had pushed him too far.

"I am your father and you are my dependant. You will do as I command you to do or you will be cut off of your monthly allowance and left destitute!"

I felt numb from shock. I could not believe my own father would do this to me. Suddenly the door opened and my father got out of the carriage. The next thing I knew he and our driver grabbed me and dragged me out of the carriage. I fought with all my might and yelled. "No, no, no! Please don't do this to me."

My pleas fell on deaf ears. I must have looked like a mad woman as they dragged me kicking and screaming into the Rockwood Lunatic Asylum.

I learned quite quickly that becoming the model patient and doing everything asked of me was the key to my survival. If I remained in a calm state, less treatments and medications were needed to be administered for my "nervous disorder". I made sure that I ate every meal, and did not voice any of my "unconventional" thoughts or ideas. I tried to act cheery even when I was not, for the less I displayed the symptoms of "Hysteria" The sooner I would be cured and released.

I am now returned to my father's house.

I still dream of becoming a doctor. After my "miraculous recovery" my father continued to give me my monthly allowance and I still aid the sick and the dying. I hope to save enough funds to enrol in the newly opened medical school for women. Now that a determined few have made the dream of women doctors a reality I have been given new hope that my dream may too come true.



Note from the author:

Originally I had planned to focus my story around the history of the Warden's Residence at Canada's Penitentiary Museum in order to link the archaeological excavation that was done this summer during our "Can You Dig It?"© Summer Camp.

During my research I was reminded of the fact that prisoners had been conscripted to build the Rockwood Asylum in 1859-1868. I am continually amazed by the unusual connections between different aspects of Kingston's history. As I continued my investigation of the Warden's residence my thoughts kept going back to Rockwood and my research soon did a complete turn-around. This story idea gave me an opportunity to incorporate another subject that I have had an interest in - "Hysteria Disorder" which was so prevalent among upper class women during the Victorian era.

"Hysteria" became a generalized term for women suffering from a multitude of ailments and disorders which had a large assortment of symptoms such as: faintness, nervousness, insomnia, fluid retention, shortness of breath, irritability, loss of appetite for food or sex, depression, muscle spasms, having an "excitable nature", or having non-conventional views.

Women during the Victorian era were thought to be more vulnerable to mental disorders as it was believed that they did not have the same mental capacities as men. If they had any kind of outbursts or acted in an unconventional way they were considered "mad".

Canada's first licensed female Doctor:

In 1871 Jennie Kidd Trout and another female student enrolled in the University of Toronto's School of Medicine. They were not given a warm welcome and were subjected to humiliations and lewd jokes by both male students and instructors. After completing one year of studies Jennie left Toronto and transferred to the Women's Medical College in Philadelphia, Pennsylvania. She graduated in March of 1875. She returned to Canada, passed the stringent Ontario College of Physicians and Surgeons exam and became Canada's first licensed female Doctor.

In 1883 she opened the Kingston Women's Medical College. In 1895 The Kingston Women's Medical College merged with the Toronto Women's Medical College and became the Ontario Medical College for Women.

Rockwood Lunatic Asylum:

The Rockwood Lunatic Asylum was originally owned by John Cartwright. After his death in 1856 the estate was sold to the government. Rockwood was then built to house the "criminally insane" convicts from the Kingston Penitentiary and was designed by architect William Coverdale. Penitentiary prisoners were conscripted to build the new asylum and construction began in 1859. The first non-criminal patients were admitted in 1868. The Asylum building is situated on the grounds of what is now the Providence Continuing Care Centre. Up until 1997 the structure was still being used. The vacant building is now the responsibility of the Ontario Realty Corporation and is for sale.

Around the Centre

A Look Back...



611 Princess Street as it looked from the exterior when we moved in. Photo: J. McKendry 2008.



The interior of the main floor prior to walls for the Interpretive Centre, archives, and offices. Photo: J. McKendry 2008.



The basement prior to renovations accomplished through the Trillium Foundation grant. Photo: J. McKendry 2008.



The interior main floor after the walls were added.

The Kingston Archaeological Centre has come a long way since we first moved into our new building at 611 Princess Street. Happy to have a permanent place we could call our own CARF staff carefully moved the artifact collection, archives, library, and office spaces from our rented space to the new building.

Last used as the Hock Shop, with its iconic green awning which many Kingstonians still remember, the building has undergone some dramatic changes inside and out over the last three years to become the Kingston Archaeological Centre.

Prior to our move-in the interior of the building underwent several renovations. From the empty shell office spaces, the archives & library, collections storage, the Interpretive Centre, and the space we now use as our general meeting room were created.

And the improvements did not stop there. Thanks to the Trillium Foundation and the United Way's Healthy Community Fund we have been able to make many more changes to the building.

The most significant and dramatic change is the renovation to the front of the Centre. With funding through the Trillium Foundation we were able to remove the hock shop signage, repair the front of the building, install a barrier-free lift, and create a new entrance and look for the front of the Centre. The new entrance not only makes our building more accessible but has made us considerably more noticeable in the Community!

The second change to make a great impact on the Centre and its staff was the completion of the collections storage (basement) including insulation, drywall, painting, and the installation of a furnace to heat the basement. This has made a dramatic difference in the working conditions for staff and the environment in the collections storage.

On the main floor we have also replaced the doors and windows, improved air circulation and installed air conditioning. These changes have also made a monumental



The collections with all the artifacts in place, prior to the addition of insulation and drywall.



Removing the awning in March 2010.



The front entrance open for Doors Open Kingston.

impact on the working conditions and environment in the main floor of the Centre. Temperatures are on average 4-6 degrees warmer in the winter months and 8-10 degrees cooler in the summer months.

Now that the renovations are complete the building looks dramatically different from where we started. We look forward to continuing improvements in the future.

- Ashley Mendes



The front entrance completed.



Our new barrier-free lift.



Installing our name and address on the front door.



The exterior of the building with the awning completely removed.



The collections area with the new insulation and drywall and the ceiling painted.



The exterior of the building with the scaffolding set up to construct the front entrance.

Excavations at Pompeii

Lessons Learned?: Archaeology Past and Present

On November 6, 2010, after a wet autumn in southern Italy the Gladiator Barracks (known since their re-discovery in the 18th century as the *Schola Armaturarum Juventus Pompeiani*) in the city of Pompeii collapsed (Figure 1). The collapse was largely blamed upon neglect. However, there were other contributing factors including atmospheric pollution, earthquakes, exposure for over two centuries to the elements, vegetation and tourist traffic. Unfortunately, this is one of many examples of archaeological treasures lost due to lack of funds and poor heritage conservation and management in Italy and throughout the world.



Figure 1: The collapsed Gladiator Barracks in Pompeii. Note the ubiquitous 'Pompeii dog' in the photo, a familiar sight around the archaeological ruins. Photo: Salvatore Laporta/The Associated Press.

Juxtaposed against this tragedy is the very recent discovery on 7 September 2011 of what is believed to be a large, well-preserved Roman gladiator school just outside of Vienna, Austria. The site is currently buried and has not been unearthed but rather was detected by sophisticated, ground-penetrating scanning and radar technology. The archaeological team, based out of Vienna's Ludwig-Boltzmann Institute, who made the discovery, were visually mapping the Roman archaeological park known as Carnuntum. If the preliminary results are correct it would be the first gladiatorial school to be found outside of Italy.

According to the Austrian researchers the preliminary findings suggest that this gladiator school is bigger than the *Ludus Magnus*, the largest gladiatorial school in Rome. Based upon the imaging created by the scanning and radar technology it is thought to include

40 small sleeping cells, bathing area, training hall, administrative buildings, training grounds for the men and possibly a cemetery (Figure 2).

Currently, there are plans to excavate the site but no official start date has been released.

It is hoped that the excitement surrounding this recent discovery is tempered with the lessons learned from the recent misfortunes at Pompeii. The collapse of the Gladiator Barrack at Pompeii was a sober reminder to archaeologists that uncovering the past comes at a cost, often a destructive one, which is irreversible. The huge responsibility of preserving and recording what has been unearthed is paramount if future generations are to learn from and enjoy these archaeological sites. The use of new technology has been helpful in avoiding the mistake of rapidly uncovering a large archaeological site without proper recording, as happened at Pompeii in the 18th century. It is hoped that other lessons will be heeded as well, including some of the mistakes made regarding architectural preservation and restoration at Pompeii.

Although Pompeii seems a remote example, the recent collapse of the Gladiator Barracks serves to remind the world of the continued support that is needed to maintain world heritage. In Kingston, with our limestone city, we too should be aware of the constant need to be vigilant regarding the preservation of our heritage. Although Kingston's monuments are not as vast as the city of Pompeii, Kingston has a rich architectural and military history that needs attention and care. Indeed, Kingston's first train station, the



Figure 2: Virtual recreation by Ronald Zak of what the Roman Gladiator School recently discovered outside of Vienna, Austria is thought to look like. Image: <http://newsfeed.time.com/2011/09/07/sensational-discovery-ancient-gladiator-school-found-east-of-vienna/>

Grand Trunk Station, remains in critical condition, with restoration cost estimated at \$1.6 million dollars.

These recent events, both sober and promising, remind us that specular archaeological discoveries need to be balanced with a sense of responsibility and posterity for future research and generations. We have to be careful that the desire to answer new research questions is kept in check with the need to preserve the archaeology and its potential for the future.

- Charlene Murphy

For more information about the excavations at Pompeii visit:

"Pompeii ruin collapses amid claims site mismanaged" <http://www.telegraph.co.uk/news/worldnews/europe/italy/8115830/Pompeii-ruin-collapses-amid-claims-site-mismanaged.html>

For more information about the discovery of the gladiatorial school in Vienna visit:

"'Sensational' Discovery: Ancient Gladiator School Found East of Vienna" <http://newsfeed.time.com/2011/09/07/sensational-discovery-ancient-gladiator-school-found-east-of-vienna/>

Underwater Archaeology: Wreck of 16th century Swedish warship found in the Baltic

On 19 August 2011, the remains of a 16th century shipwreck were discovered in the Baltic Sea 11 miles north of the Swedish island of Öland. The ship, located in 75 metres (246 feet) of water is believed to be that of the Swedish warship *Mars*. Although detailed exploration is necessary to confirm its identity, preliminary examination indicates that it is indeed the flagship of King Erik XIV's fleet which sank in 1564.

Equipped with 107 cannon and a crew of 800, the *Mars* was one of the biggest ships of its day. Launched in 1563, the vessel sank one year after its maiden voyage during a battle of the Northern Seven Years' War between Sweden and Denmark-Norway, Lübeck and the Polish-Lithuanian union.

The solid oak wreck is well preserved from the cold waters of the Baltic, except for a hole in its side

from the original sinking episode. It lies portside up on the seabed and is strewn with bronze cannon. The wreck is the proper size and age to be the *Mars*, and no other ships of its kind went down between Gotland and Öland at that time. Divers also found a sheaf of corn engraved on one of the cannon, the emblem of the House of Vasa, the Swedish royal family in the 16th and 17th centuries.

If this wreck really is the *Mars*, it is a truly significant find as it provides a missing link in the evolution from 16th to 17th century shipbuilding, currently exemplified by the English carrack *Mary Rose* and the Swedish galleon *Vasa*. The galleon was an ocean going ship type which evolved from the carrack in the second half of 16th century. The *Mary Rose* was a warship built for King Henry VIII's Tudor navy and completed in 1512. It sank in battle against the French in the Solent in 1545, was salvaged in 1982, and now the remains of the hull are on display at the Portsmouth Historic Dockyard. The *Vasa* was a Swedish warship built for King Gustavus Adolphus' navy that sank on its maiden voyage in 1628, was raised intact from Stockholm Bay in 1961, and is now housed in the Vasa Museum.

According to Andreas Olsson, head archaeologist at the the Swedish National Maritime Museums, the next step is to investigate the wreck site thoroughly. The decision as to whether a complete salvage operation should be carried out, such as that of the *Vasa* or *Mary Rose*, is a question for the future.

- Nadine Kopp

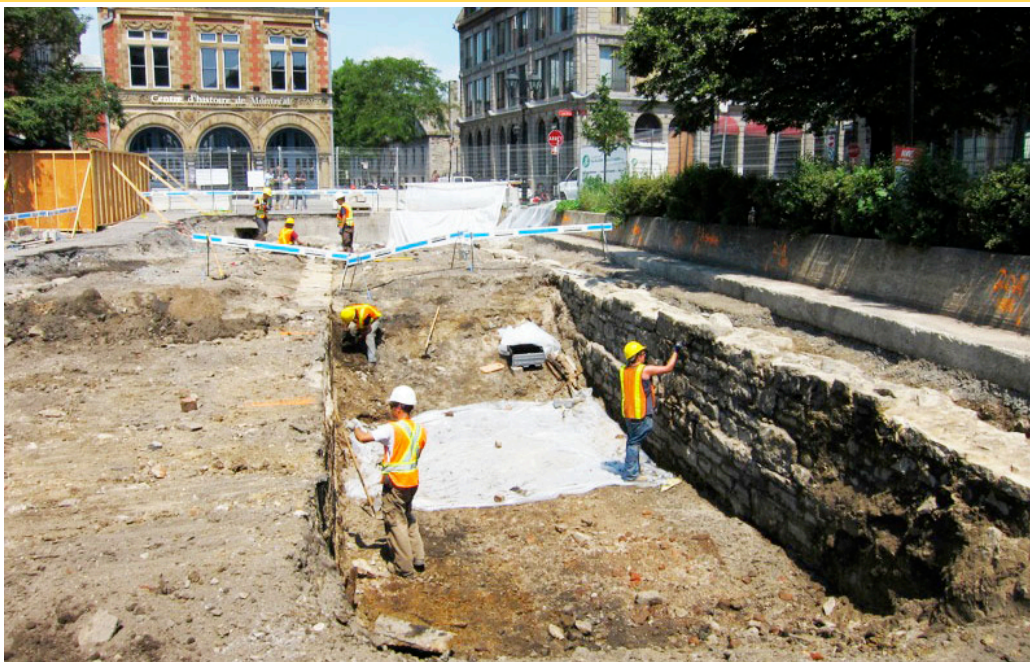


Photo: Ingemar Recycling / Ocean Recycling / Scanpix

Diver inspecting a cannon from the possible wreck of the Swedish warship *Mars* that sank in 1564 in the Baltic Sea. Photo: Ingemar Recycling/ Ocean Recycling/ Scanpix.

Archaeology in Canada

Excavations at Canada's ex-Parliament in Montreal



Archaeologists excavating the 1844-49 Parliament building in Old Montreal. Photo: Pointe-à-Callière, Éric Major.

The first Parliament of the United Province of Canada was located in Kingston between 1841 and 1844, but since the city was considered too small and lacking in amenities, and its location made it vulnerable to American attack, Parliament was moved to Montreal in 1844. The first session was held on 28 November 1844 in a two-storey columned neo-classical building located in St. Ann's Market. Parliament was held there until 25 April 1849, when it was burned to the ground during a violent protest surrounding the Rebellion Losses Bill, legislation that sought to compensate people who sustained property damage during the Rebellions of 1837. The following day, parliament was relocated to another market in Montreal for a few weeks at which point its sittings were split between Quebec City and Toronto before Queen Victoria's choice of Ottawa as the permanent capital in 1857.

In the 1920s the area where the Montreal Parliament building once sat was paved into a parking lot which is how it remained until this summer when excavations began to uncover the remains of the burned building. About 30 per cent of the site is being excavated in the south part of the parking lot, leaving the rest for future investigations. The artifacts found to date are associated with three major occupation periods on the site: St. Ann's Market and the Parliament of the United Province of Canada, from 1834 to 1849; the burning of the Parliament, on 25 April 1849; and the refurbishment of St. Ann's Market, from 1851 until it was demolished

in 1901.

Excavations have revealed a large amount of material from the commercial activities of the market: butchers' hooks, a butchers' knife, bones, marbles, coins, weights used for a scale, and a large amount of animal bone. The majority of the bone excavated to date came from young – and therefore more expensive – animals, which may indicate that St. Ann's Market served a well-to-do community. Discovered in the strata associated with the fire was a very well preserved pair of eye glasses. As Parliament was in session at the time that the fire started, these may have belonged to a government employee or a member of Parliament who lost them fleeing the building for safety. The excavations have also uncovered a 400-metre-long tunnel, used as a sewage collector in the 1800s.

Once the digging is complete, the site, located in historic Place D'Youville in Old Montreal and coincidentally across the street from Pointe-à-Callière (the Montreal Museum of Archaeology and History), will be converted into green space. The tunnel uncovered during this year's excavations links up to the museum's archaeological crypt, in which you can roam among the archaeological remains of Place Royale located beneath the museum. Pointe-à-Callière plans to have the tunnel accessible from the museum to display artifacts found at the Parliament site by 2017 - just in time for Montreal's 375th birthday.

- Nadine Kopp

Membership

Ah, school is back, the summer holidays are over, the weather is changing, and many of you will be starting to contemplate the upcoming holiday season, starting with Thanksgiving, going on to Halloween, and then the Christmas season and end of the year.

Yes, it's that time of year again! While getting together with friends and family over the next months will be on members' minds, this is the time of year when all non-profits begin to look towards membership renewal, and donations for the coming year.

The Foundation traditionally uses the newsletter mail-out to remind all our members about renewing membership for the upcoming year. Please see the membership form included in with this issue of **SUBSOIL**, which we hope you will take a moment to fill out and mail to us, along with your 2012 membership. And perhaps you know someone among family or friends who would like a membership as a gift this holiday season.

Support

Like all non-profits, our Foundation depends on the generosity of people like you for support. There are lots of ways you can help the Foundation meet its monthly budget revenue targets. Continuing your membership is one of these. Another way some members chose to support us is through a small monthly automatic deposit into the Foundation's bank account.

There are other ways to ensure that the important work of the Foundation continues, including a one-time tax-deductible donation (a cheque, or the donation of stocks, bonds, or property), or naming the Foundation as a beneficiary in a will or life-insurance policy.

Other gifts are more mundane but a great value to us in our work. Below is a list of some of the different things we can use.

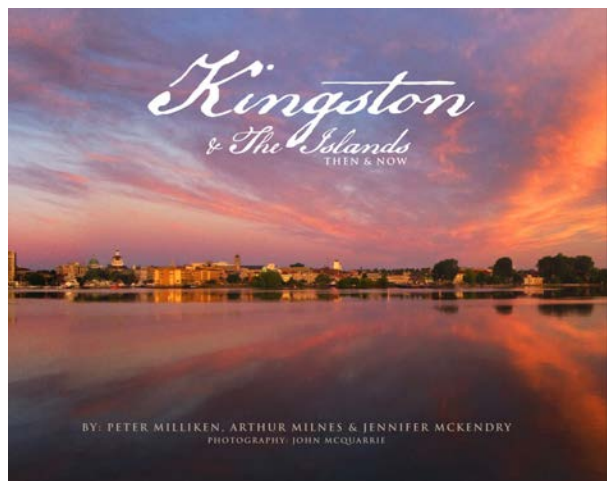
- **Canadian Tire money:** buys maintenance and cleaning supplies, light bulbs.
- **Store gift cards** (RONA, Home Depot, Lowes): buys tools and equipment for summer camp fieldwork, and the Kingston Archaeological Centre.
- **Gas station gas cards:** buys gas for educational programming and summer camp.
- **Air Miles or Aeroplan:** to offset staff costs to attend conferences for archaeology, or redeem for supplies.

Please consider us in your next giving cycle.

If you have any questions please do not hesitate to contact the Foundation at 613.542.3483 (Kip Parker, ext. 12, or Catherine Raby at ext. 10). Thank you for your generosity.

New Publication: Kingston & The Islands: Then and Now

by Peter Milliken, Arthur Milnes, Jennifer McKendry

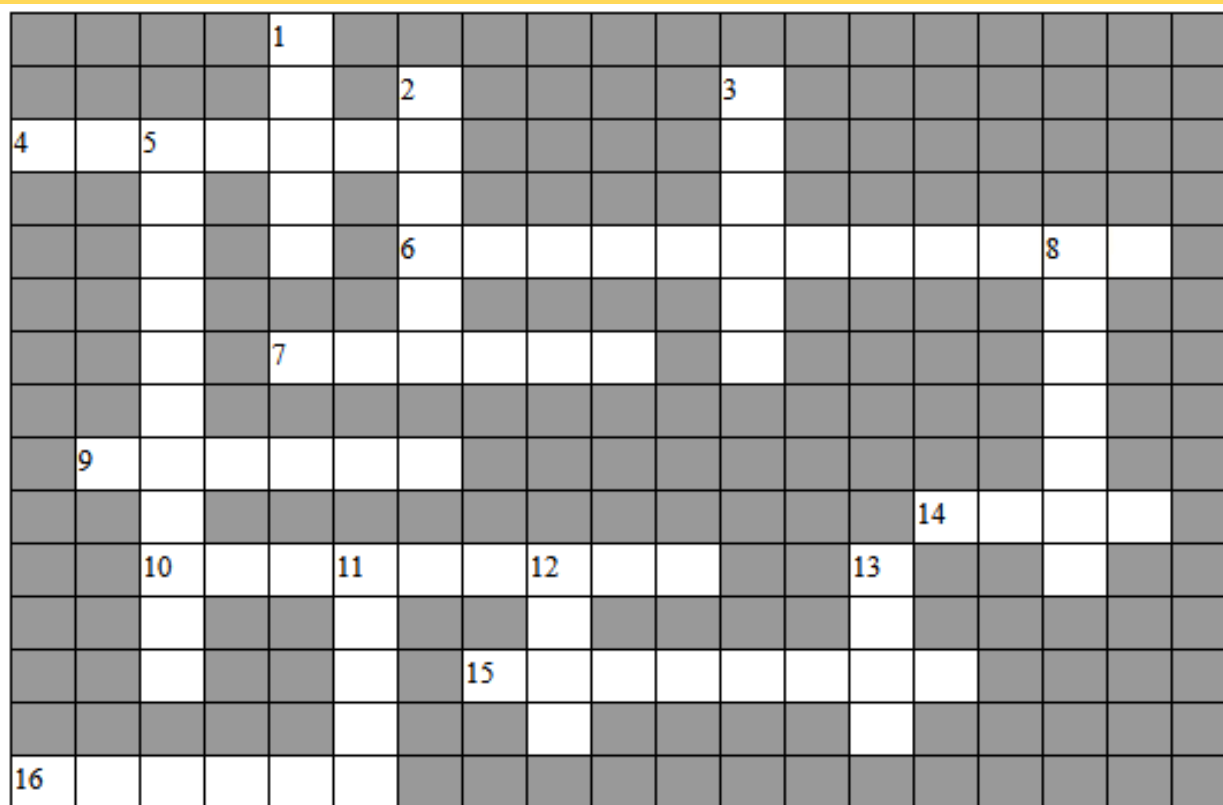


A new book on Kingston combines the past with the present with over 350 images including breath-taking aerial views by photographer John McQuarrie and text by local historians Arthur Milnes and Jennifer McKendry as well as former Kingston MP Peter Milliken. It is an intimate portrait of many of the places that define the city – businesses, culture, recreation, architecture, parks and people – evolving from virgin forest to thriving city. Many scenes are arranged in artful pairings with an archival illustration alongside a contemporary, colour photograph of the same view.

Available in our giftshop at the Kingston Archaeological Centre. Magic Light Publishing, 11.5" by 9", over 350 images, 208 pages, full colour, \$30 soft cover (ISBN 9781894673557); \$40 hard cover (ISBN 9781894673457)

Archaeology Crossword

(Answers to be posted November 1st on our website)



ACROSS

4. City destroyed by a volcanic eruption in C.E. 79.
6. Arctic shipwreck investigated by Parks Canada archaeologists this summer.
7. Nimrud is an ancient Assyrian city located south of Nineveh on the river _____ in modern Iraq.
9. Archaeological term for a trash heap.
10. The first gladiatorial school outside of Italy was found at this location.
14. Swedish galleon that sank on its maiden voyage.
15. Excavations at Canada's ex-Parliament took place in this city this summer.
16. Layers of soil.

DOWN

1. The Rosetta Stone contained these three languages: Egyptian hieroglyphics, Demotic, and _____.
2. L'Anse-aux-Meadows is the only known site of a _____ village in Canada.
3. Archaeologist that discovered King Tutankhamun's tomb in 1922.
5. Pre-Columbian 15th-century Inca site located 2,430 metres high in Peru.
8. Monument known as "Cleopatra's Needle" in New York.
11. Mysterious lines in the Peruvian desert.
12. Heinrich Schliemann discovered this city in 1868.
13. Monolithic human figures carved from rock on Polynesian Easter Island between the years 1250 and 1500.

Upcoming Events

November 8th - Joint Event with the Frontenac Heritage Foundation Tour of the Kingston Archaeological Centre

Where: 611 Princess Street

Time: 7:30 p.m.

TBD - Inauguration of Barrier-Free Lift and Unveiling of Artwork by Barry Blunden

For up to date information about our events and programs check our website at www.carf.info or follow us on Twitter @carfkington.

Artifact Feature: Jacks

In the past two seasons of excavation of the double stone cottage built in 1833 on the grounds of Canada's Penitentiary Museum during our "Can You Dig It?"© summer camp, we have uncovered three metal jacks from a game of Jacks. Traditionally, jacks are metal objects with six tips at right angles to one another, four of which are usually rounded, with two opposite tips more pointed, which ensures that the jack is relatively easy to pick up. Also required to play the game is a small rubber ball. To play, the jacks are scattered into the play area. The players take turns to bounce the ball off the ground, then pick up jacks, and catch the ball before it bounces for a second time. The number of jacks to be picked up is sequential: at first you must pick up one ("onesies"), next two ("twosies"), and so on.



Two jacks excavated this summer at Canada's Penitentiary Museum.

Jacks is an ancient game, dating back to prehistoric times. Evidence of the game has been found in prehistoric caves, where the first game pieces were made of natural materials: animal bones, stones, seeds and shells. The precise origin of the game is unclear, however, it may have originated in either Egypt or Lydia. When the Greeks and Romans adopted the game is unknown, but the popularity of the game in antiquity is evident. Abundant archaeological and visual evidence exists: not only have numerous knucklebone pieces been found at various sites, but the game is frequently depicted in painting and sculpture.

The game, originally known as Knucklebones for the use of small anklebones of sheep (game pieces that naturally have six sides), was known as *astragaloi* in Greek and *tali* in Latin. It could be played in several different ways but the simplest and possibly most common form of the game, played by children, was comparable to the modern-day game of jacks: all five small pieces were simultaneously tossed into the air, the goal being to catch as many as possible on the back of one hand.

Adults played different variations of the game of knucklebones in antiquity. For women, the game served an oracular function. A woman who played knucklebones was seen as placing herself in the hands of fate. This was especially true of young, unmarried women who, by playing knucklebones, were thought to be entrusting themselves to Aphrodite. In Greek, young women were often referred to as *philastragalai*, i.e. "loving knucklebones." Conversely, men treated knucklebones like dice. Using only four knucklebones, men would throw the pieces onto the ground or a table thirty-five times. Each side represented a different numerical value, so that each knucklebone throw was calculated. Although each knucklebone side was different and thus did not require a numerical marking, often, for the sake of convenience, numbers were inscribed on the pieces.

It is clear, that knucklebones/jacks were used differently according to the player's age and gender. Therefore, the game pieces discovered at the Penitentiary Museum may represent the playthings of children that once inhabited the cottage, or the diversions of prison guards housed there in order to pass the time.

- Nadine Kopp

SUBSOIL is published bi-annually by the Cataraqui Archaeological Research Foundation. The Foundation is committed to the recognition, investigation, and preservation of archaeological resources throughout Ontario. The goals of the Foundation are met through its role as an active centre that sponsors archaeological research, programs of public education and the publication of technical and popular reports on the research conducted by the Foundation.

Levels of annual membership: bronze \$20; silver \$25; gold \$50; platinum \$100. Send cheque payable in Canadian funds to the Cataraqui Archaeological Research Foundation at:

**Cataraqui Archaeological
Research Foundation**
611 Princess Street,
Kingston, Ontario
K7L 1E1

If you have not received an issue, contact CARF (address above or carf@carf.info) for a replacement copy. **SUBSOIL** welcomes material and correspondence from members.

Help us save trees by going paperless. Let us know if you would like to receive full colour copies of **SUBSOIL** via e-mail in the future.