

Worksheet- Geological Time and Mindfulness

“ I saw that by going down that huge fissure in the face of the earth, deep into the space and the silence and the solitude, I might come as close as we can at present to moving back and down through the smooth and apparently impenetrable face of time” Colin Fletcher’s words -in The Man Who Walked Through Time- (1968)

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In Mindfulness Practices- apart from the routine sense aspects of Taste, Touch, Sight, Smell, Sounds, Time and Cognition-way of looking can add further nuance.

Which Ancient Sea and Iceage elements can be seen in Riverwood and how did the forest ecosystem of Riverwood evolve?

What does the approach of explorers like Fletcher, Grua say about Grand Canyon and how does sense of Geological Time affect your sense of a place?

Earlier Perspectives

2015 Palam Discussions and Tripoli Walks [2015](#)

2019 50 years of [Man on Moon](#)



Bronte- Oakville



Rattray- 50 years of conservation-1975-2025



THE FOUNDING OF BURLINGTON

In 1798 Joseph Brant, the celebrated Mohawk War Chief, was given a Crown grant of 3,450 acres in this area. James Gage purchased land from the Brant Tract in 1810, and laid out a town site at the northern end of Burlington Beach from Brant Street easterly. Situated on the road between York (Toronto) and Niagara, the settlement, known as "Wellington Square", prospered and a post office was opened in 1826. A tannery, pottery and steam grist-mill were in operation by 1846. Growth was further stimulated with the arrival in 1854 of the Great Western Railway. The hamlets of Wellington Square and Port Nelson were incorporated as the Village of Burlington in 1873 which became a town in 1914.

Compiled by the Archaeological and Historic Sites Board, Archives of Ontario

Local Histories- Founding of Burlington - from 1790s- to establishment of a post office n Wellington-1926, to incorporation of town in 1914.