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King Weekly Sentinel King's Community Mewspaper

Thursday, March 5, 2020

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Volume 47, Issue 10

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King council recognized the efforts of local firefighters and staff of Rockford's Bar & Grill in raising more than \$10,000 to help a Vaughan child with a severe medical condition. Mayor Steve Pellegrini joined firefighter Guerino Maccagnan and Rockford's owner

Firefighters, Rockford's raise \$10K for family

By Mark Pavilons

The King community has come together to extend heart-felt support to a Vaughan family.

King firefighters responded to the call to help one of their own and staged a one-night fundraising event at Rockford's in King City. That event, which included donations, draws and support from Rockford's itself, raised an incredible \$10,165.

The King City Firefighters Association lined up candidates who received an "epic mustache shave" in support

of Rebecca Grace Silva. Rebecca, daughter of Vaughan firefighter Mark Silva,

is fighting Spinal Muscular Atrophy (SMA) Type 1. King firefighter Guerino Maccagnan said it's all about the fire department and everyone in it. Support for the event came from Chief Jim Wall right down to the new recruits.

Mark Silva said his family really appreciates the efforts from King firefighters and Rockford's, calling the fundraiser "fantastic."

Mayor Steve Pellegrini noted that Rockford's is well known for its support of any project or cause.

Fundraising efforts have been ongoing to raise enough money to get a very expensive drug in the United States. Zolgensma, not available in Canada, costs \$2.124 million U.S. It's heralded as the most expensive treatment in the world. The one-time treatment will extend Rebecca's life.

This disease affects Rebecca's motor nerve cells in her spinal cord, taking away her ability to walk, eat, and breathe. SMA does not affect Rebecca's mental or cognitive abilities. Sadly, 95% of babies with SMA type 1 do not reach their 2nd birthday and it is the number one genetic cause of death in infants.

Donations are being accepted through their page at gofundme.com/f/hope-for-rebecca-grace



REGULAR FEATURES

Editorial Business Page 8 Sports Page 15 Classifieds Pages 18-19



Macri retires from local Foodland.

See Page 8



First gala draws support for the arts.

See Page 11



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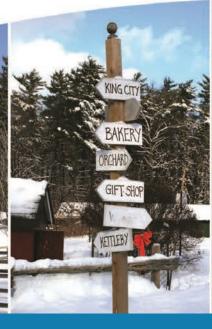
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UPCOMING MEETINGS

COUNCIL AND COMMITTEE OF THE WHOLE

Municipal Office, Council Chambers, 2585 King Road Monday, March 9, 2020

5 pm - Special Committee of the Whole working session re: The Township of King's Draft Strategic Plan

6 pm - Council/Committee of the Whole

Monday, March 23, 2020

6 pm - Council/Committee of the Whole

Public Meeting: Official Plan and Zoning By-Law Amendment File Numbers: Z-2019-13, OP-2019-05 and SPD-19-64 Applicant: 1986 King Road Developments Inc.

Location(s): 1986 King Road, King City, Part of Lot 6, Conc.3 To view full Council and Committee of the Whole agendas,

visit king.civicweb.net/filepro/documents

COMMITTEES AND BOARDS

Thursday, March 5, 2020

6 pm – Heritage Advisory Committee Municipal Office, 2585 King Road

Tuesday, March 10, 2020

1 pm – Accessibility Advisory Committee

Municipal Office, 2585 King Road Wednesday, March 18, 2020

6 pm – Committee of Adjustment Municipal Office, 2585 King Road

Wednesday, March 25, 2020

6 pm - Sustainability Committee Municipal Office, 2585 King Road

EMPLOYMENT OPPORTUNITIES

- Building Inspector closes March 10
- Administrative Assistant, Office of the Mayor and CAO (summer) - closes March 13
- Building Student (summer) closes March 13
- Customer Service Clerk (12-month contract) closes March 13
- Recreation League Convenor (casual contract) closes when filled
- Aquatics Instructor/Lifeguard (summer) closes when filled
- Crossing Guard (contract) closes when filled • Fitness Floor Monitor (PT, seasonal) - closes when filled
- Outdoor Program Facilitator (PT, seasonal) closes
- when filled • Program Instructor (PT seasonal contract) - closes
- when filled
- Summer Parks positions close when filled Outdoor Program Facilitator (PT seasonal) – closes
- when filled

Please visit the Township website at www.king.ca for employment opportunities.



BID NOTICES

For all bid opportunities, please visit the Township of King's website www.king.ca, click Popular Topics and click **BID OPPORTUNITIES**

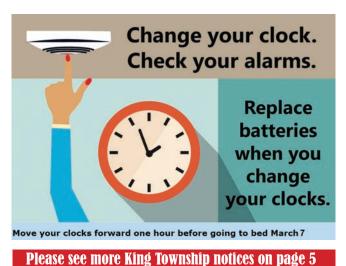
Or visit on the following link https://king.bidsandtenders.ca/Module/Tenders/en

REMINDERS



REMINDER! Help us keep your streets clear of snow and safe for passage. To ensure effective snow removal, Winter Parking Restrictions are in effect from November 1st to April 15th. On-street parking is prohibited on any roadway from 2 a.m. to 6 a.m. during this period.

If you have a catch basin in front of your property, please ensure it is clear of snow to allow the water to drain. Please do not push snow onto roads.



PUBLIC NOTICES

NOTICE OF MEETING

Special Committee of the Whole Working Session

"TOWNSHIP OF KING -DRAFT STRATEGIC PLAN PRESENTATION"

Council of the Corporation of the Township of King will hold a Special Committee of the Whole Working Session by the Administration Department on:

> The Township of King's Draft Strategic Plan -Presentation by the Administration Department

> > Monday, March 9, 2020 5:00 p.m. - 6:00 p.m.

> > > In the

Council Chambers

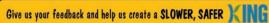
2585 King Road King City, ON

For further information regarding the Draft Strategic Plan, please visit the Town at www.king.ca or contact: Meghan Ditta, Strategic Policy Coordinator, mditta 905-833-6567

> Kathryn Moyle Director of Clerks/ By-law Enfor



TRAFFIC CALMING **PROJECT**



Visit **speaking.king.ca** to learn more about traffic calming, take a survey and use a map feature to place pins where you think traffic calming measures would be most effective. You also get to choose which type of traffic calming measures you would like to see installed. The survey will remain open until March, 2020.



Tuesday, Feb. 11

Schomberg Library 77 Main St 6:30pm - 8:00pm Councillor Bill Cober

Thursday, April 2

Ansnorveldt Library 18997 Dufferin St. 6:30pm - 8:00pm Councillor Avia Eek

Tuesday, March 10

Nobleton Library 8 Sheardown Dr. 6:30pm - 8:00pm Councillors David Boyd & Jakob Schneider

Tuesday, April 7

Township of King Municipal Centre 2585 King Rd. 6:30pm - 8:00pn Councillors Debbie Schaefer & Jordan Cescolini

Meet the Mayor & Ward Councillors

All are welcome!



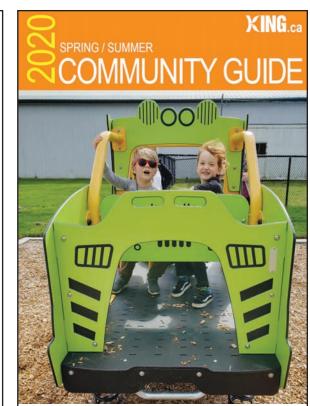
Council of the Township of King are now accepting nominations for awards to recognize volunteer contributions and achievements in the following categories:

- Citizen of the Year
- Special Recognition Non-resident of King
- Lifetime Achievement Senior Citizen Award of Merit
- Youth Award of Merit

Nominations for Volunteer Awards must be submitted on the nomination form obtained from the Clerks Department and will be received by the undersigned until 4:30 p.m. Wednesday, March 18th, 2020. The nomination form and further information regarding the criteria for each category is available at the Township office or on the Township website at www.king.ca, under the "What's New" tab.

Awards will be presented at the Volunteer Appreciation Night on Thursday, April 23rd, 2020.

Kathryn Moyle, Director of Clerks & By-law Enforcement Township Clerk E-mail: kmoyle@king.ca



2020 Spring/Summer **Community Guide**

Printed copies of the 2020 Spring/Summer Community Guide, containing a list of exciting programs and activities, have been delivered to households in King. You can also access the digital version at www.king.ca. Printed copies are also available at the Municipal Centre at 2585 King Rd., King City, all library branches and arenas.



TMP is a tool to help plan network

By Mark Pavilons

King will soon have an updated Transportation Master Plan, but the decision didn't come without a lot of debate and compromise.

A strong contingent of residents, largely from the Snowball community, turned out to oppose certain recommendations in this guiding document that centred around the 17th Sideroad.

What concerned most residents in attendance was specific recommendations to improve the 17th Sideroad. They believed these to be concrete plans, which would ultimately lead to a "thoroughfare," bringing with it increased traffic volume and speeds, impacting their rural areas.

But both consultant Brett Sears from WSP and King CAO Dan Kostopoulos stressed the TMP is a blueprint and strategic plan, aligning all other plans in King and York. Council has the final say in terms of budget and approving any projects in the future and recommendations in the TMP are not cast in stone.

Similar concerns were raised by citizens over possibly uploading the 15th Sideroad to York Region. This, they believe, would also result in a four-lane transportation corridor, ruining King's countryside.

Public outcry came before assurances from staff that neither of the roads will be converted overnight, if at all.

One resident said uploading the 17th as a regional road would be "frightening" due to inherent dangers and the topography. There have been a number of fatal accidents on the road and it would only get worse in the future.

Kingscross resident Ian Hilley said the TP is a significant document and he would like to see a "diminished emphasis" on a link of the 15th to Highway 400.

A Snowball resident, and avid cyclist said the 17th is a scenic road that would be negatively impacted by an increase in traffic.

One woman, representing a group

of 18 Snowball residents, said the it as part of their view of King's Offi-17th should never be widened, given the topography and the fact much of it is in the Oak Ridges Moraine.

A King City resident was "vehemently opposed" to any expansion of the 15th. He said he doesn't mind paying taxes, as long as they're not used to accommodate non-residents racing through King. It's an opportunity, he said, for council to stand up and listen to the citizens.

Other Snowball residents asked councillors to take a careful look at how the community is being modified through road network changes. They asked councillors to take a cautious approach.

The "bulldozers aren't warming up," Sears pointed out, noting the TMP is a long-term vision. It's a blueprint for the future, not a notice to proceed. He said the TMP is an attempt to set King up for "success" and this plan is something that will work for this municipality.

The recommendations contained in the TMP set out what can be done in an orderly fashion. It's a long-term rationalization of the road network, but council is always in charge.

Regarding the 17th. Sears said it already meets the criteria as a regional road and uploading it to York does have some benefits. They're not, however, recommending the road be widened at all.

"The reality is it is a regional road, it just isn't designated," Sears said. "Nothing has to change."

Kostopoulos noted there is a process to designate a road as a regional road. The benefits would be a cost saving to King coupled with an improvement of service and maintenance.

Mayor Pellegrini pointed out the 15th is not even on York's 10-year projection.

Sears also pointed out their work involved linking future work in King with York's long-term transportation plan. Nothing will be done without a full process, but they're trying to coordinate the TMP with future regional linkages.

Kostopoulos did say there is some urgency in approving the TMP. York needs to have it so they can consider

cial Plan.

He also reminded citizens that nothing in the TMP is a given - council has the ultimate authority over every project.

Councillor Jordan Cescolini said the Township does need to better inform residents.

Councillor Bill Cober noted they have to have a plan (TMP), but it will evolve and change over time.

Originally adopted in 2015, King's first Transportation Master Plan set out a strategy regarding roads needs, infrastructure, traffic and future transportation needs.

With the approval of the new Official Plan in 2019, there was a need to revamp the transportation plan.

Included in the updated plan are a re-evaluation of local and arterial roads; reviewing connecting links and identifying transit networks.

Input from the public was sought at open houses in the fall of 2019. The draft updated plan was presented Feb. 10 during a working session of council.

Population, employment, land use and travel behaviour were all analyzed. The Township is envisioning active transportation facilities, transit routes and roads that support the communities and planned growth, over the next decade.

Staff took into account greater connectivity within the transportation network, as well as environmental concerns with certain roads.

The existing and proposed active transportation network was reviewed to look for any gaps and areas where infill links can enhance connectivity. The network not only includes roads, but walking and cycling paths, as well as recreational uses such as skateboarding.

The TMP also identifies improvements to the active transportation network. Expansion over time, of more than 250 kilometres of facilities, is expected to cost roughly \$50 million. This will be shared among other levels of government. However, the total cost to King for full implementation in the long run is pegged at roughly \$28 million.

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Editorial, Letters & Opinion

"A newspaper is the center of a community, it's one of the tent poles of the community, and that's not going to be replaced by websites and blogs."

~ Michael Connelly

Are we nothing, or are we everything?

Humans have an amazing capacity for pretty much anything.

Put a problem or puzzle in front of us,

and we're bound to solve it. We can create something out of noth-

ing, but not on the grand scale of the universe. At least not yet!

We can learn, grow, accumulate knowledge and wisdom. We can apply it to society as a whole, and we can teach, instruct, guide and inspire.

That's pretty cool for a species that's still pretty young in the grand scheme of the cosmos.

Okay, along with all those good things, we also created reality TV and plastic. It can be argued that we've done more harm than good on this planet of ours.

That's history.

What's important is the here and now, and perhaps the tomorrow and the days that follow. Evolution, progression and the passage of time combine to carry us, like a wave, into the unknown. We're riding high at the moment, at the height of our technological prowess and scienprove life on Earth.

I think it's important to be humble, when thinking about our accomplish- my mind, I believe that all who've lived ments, legacies, handiwork and creations. Our lives often can't be measured in physical, even logical terms.

Are we everything or are we nothing?

Aye, there's the rub as William Shakeare all merely actors in one huge play, performing our roles from birth to death. In our last "scene," as we prepare and fade into oblivion.

Now, Will was known for his tragedies and overtones of doom and gloom.

But what does await us at the end of our "strange eventful history?"

Only those who've had near-death experiences, who've been to the great beyond and back, can shed a tiny bit of count the seasons, what goes through light on the subject. But even their de- our thoughts? What do we hold dear? scriptions are vague and imperfect.



Mark Pavilons

afterlife.

Regardless of your beliefs and faith, tific savvy. Every year, every decade, we I do hope there's more than our humble move closer to curing diseases, solving existence here on earth, spinning and cosmic riddles and finding ways to im- flying through our neck of the universe. There has to be!

To what end? I'm really not sure. In and died somehow combine forces in the next plane of existence. Bits of our memories, spirits and yes knowledge, are gathered and collected, assembled in some form to become part of our speare once pointed out. He believed we massive realm - the cosmos that gave birth to everything.

Or not.

I hate, and fear the idea of passing to exit stage right, we become childish away and facing an eternity of "nothin our old age. We lose all of our senses ingness," just empty, hollow blackness. Of course, it won't matter to me, I'll be gone and won't feel a thing!

> They say your life passes before your eyes when the end is near. I'm not sure that I'd enjoy my personal highlight reel all that much.

As we age, become frail and begin to

The minutiae of everyday tasks -But if you believe in ghosts, spirits doing online shopping, taking out the or apparitions, you may also believe in trash, getting tires for our cars and another level of existence or dare I say, brushing our teeth - may not contrib-

ute to our overall well being. They are pretty meaningless in the big picture.

created to date. That's as unique and every one of our ancestors. Our very exdifferent as we are, as each wondrous istence is due to them, and so on and so snowflake that falls from the heavens.

If you're a parent, you are everything lineage. to your children - creator, giver of life, mentor, guide, provider and defender. very existence is essential, ordained if that should never have been left to mere producing. mortals! We are the builders of mira-

again, until we get it right LOL!

This one monumental achievement wash away. is the ultimate in legacies. While a person won't last as long as a steel bridge memory, but my memories of my paror concrete office tower, they have the ents and sister are blurry at best. The potential to save the world. They can, reality is that all of us will some day be and maybe will some day, fly to the stars, forgotten. cure cancer or dance into the hearts of millions.

feats. It's okay if they don't become fa- we got the chance to ride this merry-gomous, and merely meander through life, round of humanity. making spirits bright. It's okay if they are "average" and just work hard, con-thing in the universe. And that means tribute, touch hearts and raise families. everything!

Our role in all of this - the designers - set the whole thing in motion. We are What's not meaningless is what we've immensely important, as were each and forth. Just as birth is a miracle, so is our

Even if we don't have offspring our Without much training or experience, you will. The fact we're here in the first we invent life and bring human beings place must mean something. We can all into existence. That's crazy, and a task do great things, instead of merely re-

I don't know if being remembered is really important. We're remembered by Some of us do this over and over our loved ones, but as time moves forward, memories fade and our footprints

My wife has an almost photographic

Who wants to live forever anyway?

Just as we should count our blessings We may or may not witness these every day, we should all be thrilled that

To exist at all is the most profound

I GOT MASKS, SANITIZER, WIPES, SPRAY ... C'MON, NAME YOUR DISINFECTANT.

Letter to the Editor

Promises to protect trees

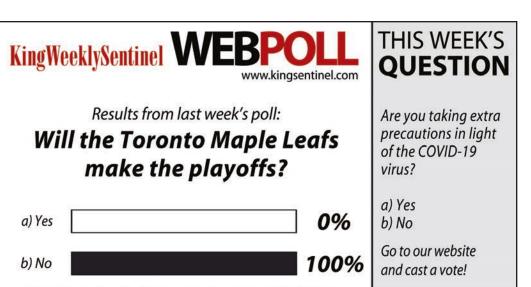
At the recent Committee of Adjustment meeting, (where citizens request minor variances on property changes they wish to make), several applications for construction/expansions were made. Neighbours of the 3 suburban residences in Nobleton, Schomberg and King City made deputations to the volunteers on the committee and expressed their concerns about the impact of the proposed construction on the trees adjacent to their homes.

All of the applicants assured the committee that the appropriate measures would be taken to protect or replace the trees.

I am writing to thank those neighbours for making the time and effort to participate in our local government (including a well-behaved babe in arms) as well as the property owners for showing their shared concern for trees. I would also like to sincerely thank the members of the committee for their efforts on all of our behalf.

King would not be King without the dedication of such volunteers!

S. Beharriell





Thought of the Week Labels foster stupidity?

If you read labels, you can lose faith in your fellow human beings. During the cold and flu season, is there an increased desire to operate heavy machinery?

King Township Trivia

The Nobleton Curling Club was formed in early 1956 with 56 playing members.



The results of this poll are in no way considered to be valid or infallible.

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Published every Thursday

CLASSIFIEDS: admin@caledoncitizen.com Simcoe-York Printing & Publishing Limited, publisher of the King Weekly Sentinel and the New Tecumseth Times.

More awareness needed in municipal processes

We are so very fortunate that our system allows for citizen input, lobbying and even emotional pleas.

A democracy can only be successful with the willing participation of its citizenry. The system works, but often monkey wrenches arise in the form of mis-information and an unclear perception of certain procedures, plans and processes.

Municipal planning isn't as complex as some make it out to be. Township staff and politicians are guided by several strategic plans, documents and its main Official Plan. Of course, a municipality like King doesn't operate in a vacuum, so it has to align its long-term vision with that of upper-tier York Region, and it has to follow directives issued by Queen's

In most cases, provincial legislation and acts trump any local author-

Angry and emotional residents

Editorial

appeared before council recently to oppose updates to King's Transportation Master Plan (TMP), mainly because it contained references and recommendations to improve both the 15th and 17th Sideroads. Residents believed this gave officials carte blanche to create four-lane freeways through rural King.

While staff recommendations in the TMP did mention that these roads could be, and perhaps would be, improved and expanded, nothing is cast in stone. Such moves would have to come from King council itself, with the support of York Region. Simply jotting down some long-term projections does not make it a reality.

These two roads in particular have long been the subject of debate, discussion and controversy. Most Township staff and councillors are well aware of this.

ing changes without comprehensive study, discussion and public input.

The TMP is a plan.

Part of the problem lies in communication, awareness and yes, a basic understanding of local government. Unfortunately, some people lack all of these and are often prone to knee-jerk reactions.

The Township has been working on the TMP for many months – it didn't just appear on the council agenda Feb. 24 out of nowhere. There have been open houses, information centres, website information and newsletter blasts from councillors. Documents are online for all to see and read.

Yes, the TMP is a massive document, not unlike the Official Plan. But keep in mind, these are guiding principles, strategies and visions that help put the big picture in perspective. They are tools for staff to use. And, in the case of both the OP and TMP, they

Council wouldn't just make sweep- are mandated and necessary in order for King to conduct business, collect development charges, and direct future development. They are meant to protect residents, not shanghai them.

Our advice to taxpayers – when in doubt ask. If you have concerns, questions or fears, contact Township staff or your ward councillor. Attend meetings. Read all available documents, and articles in your local newspaper. Become informed and engaged, early in the process! And, spread the word.

MP, Editor



Thursday, March 19 4:30 p.m. to 7:30 p.m.

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March 16 - March 20 Location: Nobleton Arena Time: 9:00 a.m. - 4:00 p.m. **Extended Care Available** Age: 4 - 12 Fee: \$170.00/week

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Visit www.townshipofking.perfectmind.com to register. March 2 for Residents | March 16 for Non-Residents

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Location

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Fee \$110 per person

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Install smoke and carbon monoxide alarms on every storey of your home. Test them

before emptying them into a metal container with a tight-fitting lid. Keep the container outside. · Always use a fire screen around the fireplace!

Allow ashes from your woodstove or fireplace to cool

every month.

For more information contact your **local fire department**.

King Fire & Emergency Services Administration 905-833-2800 Emergency 9-1-1



Office of the Fire Marshal and **Emergency Management** ontario.ca/firemarshal



Several cases of COVID-19 reported in York Region

The Regional Municipality of York has been notified of a fifth positive case of COVID-19 (as of Tuesday).

This positive case is a female in her 60s from the City of Richmond Hill. This case is travel related who returned home from Egypt on Thursday, Feb. 20.

She became symptomatic on Feb. 23. Since onset of symptoms, she has remained at home in self-isolation with no community exposures of concern.

As a result of the coordinated efforts of healthcare and public health system, all individuals who have tested positive to date have been quickly assessed and

The first positive case is a male in his 40s and the spouse of York Region's first Iran travel-related case. He had travelled with his wife and toddler but was asymptomatic on all flights. He was tested and assessed at Mackenzie Health Hospital in the City of Richmond Hill on Friday, Feb, 28. He had self-isolated prior to developing symptoms and has had no community exposure while symptomatic.

The second positive case is a male in his 50s and City of Toronto resiVaughan. He is the brother of one of Toronto's recently reported cases who travelled to Iran. He did not develop symptoms until after arrival in Canada. He also self-isolated and has had no community exposure. He was assessed and tested at Mackenzie Health Hospital on Friday, Fe.b 28.

The third positive case is a female in her 70s from the Town of Newmarket and a contact of the recently reported positive Egypt travel-related Toronto case. She was in Egypt with the known Toronto case. She was tested and assessed at Southlake Regional Health Centre on Saturday, February 29. Since testing, she has been in self-isolation. York Region Public Health is working diligently on its usual process of risk assessment and contact follow up.

As a result of the coordinated efforts of our healthcare and public health system, all individuals who have tested positive have been quickly assessed and isolated.

York Region Public Health is actively following up on all close contacts of these positive cases. Individuals that

dent temporarily living in the City of were not in direct or close contact with ing sure to cover your mouth. Put used these individuals are not considered at risk of becoming infected.

> The risk to York Region residents of COVID-19 continues to remain low and there is no evidence of community spread within York Region.

> York Region Public Health continues to collaborate with local hospitals, emergency services and other health agencies to ensure prompt reporting and follow up of all individuals who may require testing for COVID-19.

> Symptoms of COVID-19 can include fever, cough and shortness of breath.

Residents can take the following steps to protect themselves from this new and emerging disease:

 Avoid touching your eyes, nose or mouth with unwashed hands.

 Wash your hands frequently and thoroughly, including between your fingers, under your fingernails and your wrists. If soap and water are not available, use an alcohol-based hand sanitiz-

• Cover your cough or sneeze using a tissue or into your elbow or sleeve, betissue in the garbage and wash your hands after or use alcohol-based hand sanitizer.

• If you are sick, stay home from work or school until your symptoms resolve. If symptoms get worse, you may need to seek medical attention. Call your health care provider first, when possible.

 Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

· Increase cleaning and disinfection frequency of high-touch surfaces such as toilets, sink tap handles, doorknobs, counter tops, light switches and other shared items using regular household

· Avoid sharing personal items that come into contact with saliva such as toothbrushes, eating utensils drinks/ water bottles and towels.

Visit york.ca/covid19 or Ontario.ca/ coronavirus for more information. If you have additional questions, please contact Health Connection, Monday to Sunday 8:30 a.m.to 4:30 p.m. at 1-800-361-



From Thursday, March 5 to Wednesday, March 11 Sun 8th



Low -3C°

<1cm

Wind S 13k

Mainly Sunny Scattered Flurries High 1C° Low -13C°

FRI 6TH

~1cm Wind N 28k



High 3C°



Low -4C



High 10C° Low 3C° Wind SW 16k



Mon **9**TH

High 9C° Low -1C° 1-3cm/1-3mm Wind SW 15k



TUES 10TH

WED 11TH

Few Flurries High 2C° High 0C° Low -7C Low -6C° ~5cm Wind NE 20k



The King Weekly Sentinel

is your community newspaper Read us online at www.kingsentinel.com

Speakers highlight March 7 'Seedy Saturday' event

On Saturday, March 7, gardening enthusiasts, families, foodies and those wanting to learn, connect and celebrate Spring's renewal will gather at Newmarket Community Centre & Lions Hall, 200 Doug Duncan Dr. for York Region Food Network's (YRFN) 8th annual Seedy Saturday. The purpose of this event is to educate all about environmentally responsible gardening practices, seed saving and showcase what individuals can do better to live green.

This year's Good Food Speaker Series, in partnership with the Regional Municipality of York, will provide an impressive lineup of speakers including Cheyenne Sundance (Sundance Harvest), Jake Charles (First Nations Cultural Tours), Kaitlin Rizarri (Ryerson Good Food Market), and Patrick Nadjiwan and Aurora Felix (N'swo N'shiimenhig Endaayaat - Three Sisters' House). Topics include seed starting, medicine bags, seed and land practices, container gardening and indigenous food ways.

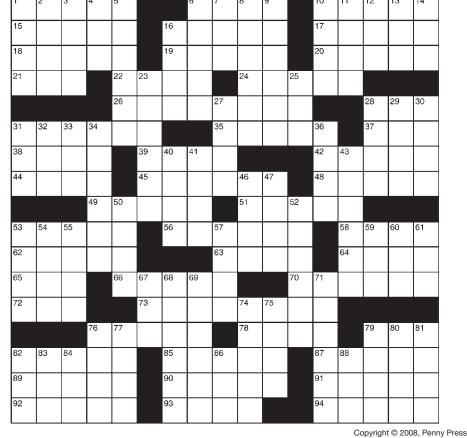
At the annual Community Seed Exchange, you can swap or pick up heirloom, traditional and culturally diverse seeds (for a small donation). The Seed Exchange is staffed by the very knowledgeable Lake Simcoe South Master Gardeners.

"Seedy Saturday is a perfect way to welcome in this decade of 2020 with YRFN's freshly redefined mission: YRFN connects and empowers people to access healthy food through education and advocacy," said YRFN's new executive director, Kate Greavette. "The event brings together knowledge from a variety of experiences and perspectives to cultivate awareness of different ways of growing."

The event runs 10 a.m. to 2 p.m. For more, email jessicat@yrfn.ca

CROSSWORD

PUZZLE NO. 456



ACROSS

- 1. Herb for sour cream
- 6. Churchgoer 10.A lean animal
- 15.Desert retreat 16.Naught
- 17.Weaken
- 18. Purple bloomer 19.Entomb 20.Miniature
- 21. Tavern fare
- 22. Absorbed 24.Droll
- 26. Time line, in a way
- 28. Fitness place
- 31.Discuss
- 35. Music drama
- 37.Resin 38. Polecat's weapon
- 39. Distinctive character 42. Sunday selection
- 44."Wish You
- Here" 45. Forest clearings
- 48.Dark fur
- 49.Big deal
- 53.Solder 56.Use a bubbler

- 51.Mellow

- 58. Computer fodder
- 62.Not as strict 63. Butter replacement
- 64. Plenty, once 65.Black cuckoo
- 66.Lout
- 70. Forgive 72."_ There Was
- You" 73.Friendliness
- 76.Flaxen-haired
- 78.List member 79.Timid
- 82.Louisiana swamp
- 85.Go off to wed
- 87.External
- 89.Into pieces

- 90.Cut off
- 91.Skeleton topper
- 92.Plains shelter 93. Romanov title
- 94. Toy bear **DOWN**
- 1. Popular drink 2. Icy precipitation
- 3. Landmass 4. By means of 5. Flee

- 6. Peculiar jargon 7. PC key
- 8. Frozen surface
- 9. Shiny metal 10. Highway vehicle
- 11.Gator's kin
- 12. Curtain holder
- 13.Fruit juice
- 14.Colloid 16.Holy hill 23. Coupe coop
- 25.Impair
- 27.Car path 28. Concrete piece
- 29.Cloy 30.Pinnacle
- 31. Maverick's mama 32. Type of poem 33.Negative conjunction
- 34.Halt 36.Cathedral recess
- 40.Arm bone 41.Percentage
- 43. Carpenter, at times 46.Of an epoch
- 47.Area

- 54. Rajah's wife 55. Botanist's angle 57.Crucifix

53.Calf's cry

- 59."Stand
- Deliver" 60. More than should be
- 61.Bristle 67."Long_ and Far
- Away" 68.Forthright
- 69.Heaps 71.Nearly
- 74. Windshield cleaner 75. Way to Rome
- 76. Tedious person 77.Bard's instrument
- 79. Kind of poker 80.Contained
- 81. Annually, for short 82.Cave dweller
- 83. Certain primate 84.Jabber
- 86.Future chicks 88.Don Ho's instrument
- Solution 50.Exceedingly on page 19 52.Streisand hit

Hip/Knee/Ankle Pain:

New Approach Delivers Remarkable Results

If you suffer from hip/knee/ankle pain (Injury/strain/tendonitis/Arthritis) you need to be aware of effective advancements that can eliminate years of pain, suffering, immobility and

frustration. You may have told your doctor you suffer with one or more of the following: sore, stiff, painful hip/knee/ ankle, "clicking" sound with movement,

difficulty bending, and/or walking. Often times, problems/symptoms in one of these areas leads to compensatory issues in one or more of these other joints.

You may find that your pain or stiffness affects your work, housekeeping, leisure activities, exercise, sports or other activities. You go to the drug store or to your doctor and get pills to help relieve your pain. But you find the pain keeps returning. Alternatively, the doctor may refer you to a specialist who may tell you that surgery is needed or is an option for you.

However, many people are hesitant to have surgery given its invasive nature. It is important to know that although surgery is sometimes necessary, it is considered a last resort in most cases.

Also, you may have heard that there are serious health risks associated with chronic use (or overuse) of pain pills or anti-inflammatory drugs that include damage to the liver, kidneys and gut.



There is a new, natural, safe and highly effective approach that has helped many sufferers improve their lives dramatically: Laser therapy uses light to favor and accelerate the body's natural healing processes. The innovative Multiwave Locked System (MLS) Laser produces a safe, efficient and simultaneous effect on pain, inflammation, swelling and water retention, exceeding the limits of traditional LLLT (Low power) and eliminates concerns of HP (High power) laser therapy.

What does this mean for you?

Our patients have reported a 90-95% relief of their symptoms, more mobility, increased flexibility and vastly improved function!

It is the very latest in medical technology, with years of clinical studies supporting its safety and efficacy and we are very proud to offer our patients effective solutions to their recent or chronic conditions.

"This new, natural, safe and highly effective approach has helped many

improve sufferers their lives dramatically". Come in and allow us to help you achieve the

results you deserve! Call (905) 773-2225 to book your FREE consultation and examination at King West Wellness Centre 141 King Rd., Unit 10, Richmond Hill (In the Home Hardware Plaza).

Government is proud to support Hospice Vaughan

By Stephen Lecce MPP King-Vaughan Minister of Education

Palliative care is a subject most people don't like to think about, but they're glad that caring organizations like Hospice Vaughan are there to provide compassionate support to individuals and their families. Caring for people who are near the end of their lives and sometimes in great pain can't be easy, so I applaud the employees of Hospice Vaughan and Ontario's other palliative care facilities for their hard work and incredible dedication to the important service they perform for the province's most vulnerable.

Our government understands that hospices provide patients with palliative care in a comfortable space, where they can be close to loved ones, which is why we are taking action to support them. In January, I was proud to join Minister Michael Tibollo at Hospice Vaughan to announce two Ontario Trillium Foundation grants awarded in 2019 which come to a combined total of \$147,400. These grants will be used to support the most vulnerable in our community.

Just a year earlier, our government

announced \$2 million in capital funding and \$1.05 million in annual operating dollars for Hospice Vaughan to support the building of a new 10-bed residential hospice facility – the Mario and Nick Cortellucci Hospice Palliative Care Centre of Excellence – which is currently under construction but scheduled to open later this year. The Centre of Excellence will also house the Pristine Homes Institute for Hospice Palliative Care that will serve an additional 200 end-of-life individuals and impact the lives of over 1,000 people.

Overall, the province is investing \$35 million to create 201 planned residential hospice beds across the province. Once these beds are created over the next three years, our government will provide over \$21 million each year for operational costs such as nursing, personal support and other services. These investments will help ensure that end-of-life patients are given the proper comfort, dignity and respect they deserve

Our government is proud to support Hospice Vaughan. And we are proud to work with the community to build this vital project, to give hope and light to those who face adversity and darkness in their lives.

New blood donors needed this year!

Winter storms, seasonal commitments and travel plans all impact the national blood inventory levels significantly. It could mean a decline in the national blood supply on hand. Meanwhile, patients across Canada are relying on donors to ensure lifesaving blood and blood products are available where and when they need it.

To maintain a healthy inventory of blood and blood products for patients over the winter months, new blood donors are essential. Many first-time blood donors say their experience is even more special when they donate with someone they know. Consider asking a family member, friend or colleague to donate blood with you and save lives together.

Groups of three or more donors scheduled to donate together can book the free lifebus shuttle to and from the donor centre. Please don't hesitate to reach out if you would like further information on organizing a group blood drive.

The Schomberg drives have proven to be quite effective as King residents turn out to support the cause. In 2019, the target for Canadian Blood Services was 174 units and a total of 212 units were collected, representing a response of 121.8%

To meet patient needs in 2020, the goal is to collect 290 units of blood in Schomberg. For the month of January, they collected 83/58 units target (143%).

The next clinic will be held at the Trisan Centre, Thursday, March 19 from 4:30 to 7:30 p.m. They're hoping for 58 donors and walk-ins are welcome. You can also book online at blood.ca



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Your Voice for Business in King



Rocco Macri made a difference at helm of Foodland

By Mark Pavilons

There's something different in the aisles at Schomberg's Foodland.

The end of an era came as Rocco Macri, the likeable, community-minded franchise owner, decided to retire.

Macri, who recently turned 68, decided to retire, after 45 years in the business, the last 11 in Schomberg. He's loved every minute of his career, and it won't be easy to say good-bye to a community he's grown to love. He wanted to leave the store on a high note.

The Vaughan resident said it's a good time to go, but the farewells, which began earlier this week, are not easy.

Macri has nothing but good things to say about his loyal, giving customers. Residents have always supported all of Foodland's fundraising calls. Macri has been a strong supporter of the King Township Food Bank for many years. He's been an avid booster of the firefighters and Schomberg Agricultural Society, too.

Nobody knows how many thousands of dollars worth of product Rocco has quietly donated to various community projects over the years.

need it" was his response," according

321 Church St., Schomberg

Beautiful 9/10 Acre

Building Lot

"He frequently doled out all manner of food and beverages to help keep costs down for various local fundraising events and community happenings.

"The King Township Food Bank was one of the biggest recipients of Rocco's community-mindedness. He encouraged the year-round display of food cards that could be purchased and left with the cashier for giving to the Food Bank (even fixing displays that had become damaged). The generous response of the shoppers has meant that the Food Bank has not had to purchase a single Foodland card to give to their registrants for many years.

"Three times a year, Rocco directed staff to pre-pack bags for food drives. The contents were items selected from a list of 'most needed' that King Township Food Bank gave to Foodland. Shoppers reacted enthusiastically, purchasing hundreds of dollars worth of bags every time they were made available. Rocco and his staff certainly made a difference in the sustainability of the food bank as it emerged, being in it's early years when he took the helm in

Macri's efforts never went unno-

He received the Sustainable King Award from the Township in 2014. In

2018, Macri won the People's Choice Award, at the annual Chamber of Commerce celebration.

Both his customers and employees have been "fantastic." He praised his team of employees, some of whom are familiar faces in Schomberg. They're known for going out of their way to help customers and carry out heavier items such as bottled water or water softener salt. It has become so much a part of their generous nature that it's automatic.

Macri said his business has been blessed by his loyal customers and as the community grew, so did the throng of local shoppers. He has seen local families grow and expand over the years and it's an amazing feeling.

The last decade at the Schomberg store has been his best by far, even though Macri admitted that he leaves "a piece of me in every store I've been in."

His days have never been typical, 9 to 5 stints and there was always something new and different. Macri was adamant about walking the floor each and every day, talking with customers and fulfilling their needs.

"I was always on the floor," he said. "It was in my DNA being on the front lines and I learned a lot."

It was a joy coming north every day to work and he's enjoyed every minute

Macri admits he's a "foodie" and



stranger, and will make regular visits back to the community.



in King & New

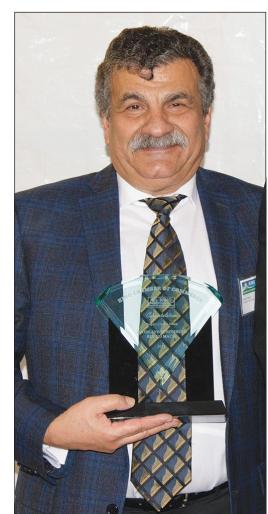
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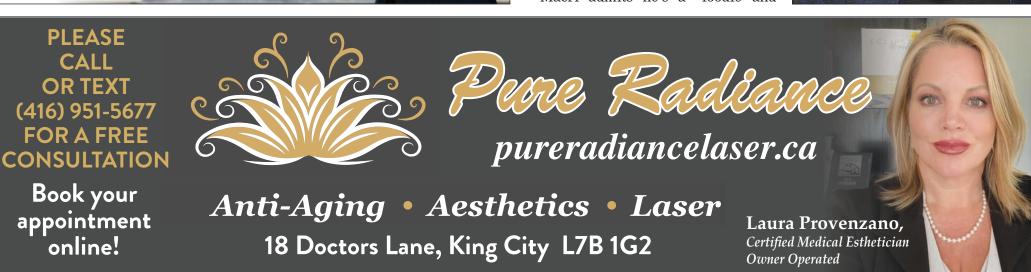
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Anytime Fitness is not your typical 'box gym'

By Robert Beraldi

Anytime Fitness becomes the first gym to plant their feet in Nobleton, located in the new plaza off of Mactaggart Drive.

Open since Jan. 13, this boutique style gym is 18-plus, open 24 hours, seven days a week and even on holidays.

Franchisee owner Carmelina Oppedisano has been with Anytime for over five years. She has been in the fitness and nutrition industry all her life and she's also a personal trainer and fitness instructor.

When she attended a franchise expo around Toronto, she first laid eyes on Anytime Fitness. After some research. she loved the concept of Anytime gym.

"I investigated and I researched, I loved the concept. I loved the concept how it is a family situated franchise," explained Oppedisano.

She turned to her sister Maria, who has a marketing degree and suggested they open up their own business. So they did and opened an Anytime in Toronto and now their second location all the way in Nobleton.

Oppedisano says she thought Nobleton was always a great place for a gym. It was seemingly, the right business idea.

"New area, new plaza development. We got an opportunity and we took it. So, as for why we are coming into Nobleton, why not? It's up and coming, with a lot of new development around and we all need a place to get healthy. That's what we want to be."

Anytime Fitness was the first gym designed to be open 24 hours. Of course. other gyms have followed. Oppedisano also shared that Anytime is the first gym with their own app that connects to members and the equipment.



Any franchise owner can customize what they bring in. She brought in Life Fitness products all across the gym. There is a bar code on each one and if you scan the machine with the app. there is a tutorial video that appears. just in case if you forgot how to use it. The machines count your reps and the length of time accumulated to complete your set.

On the treadmill, the console allows every owner to walk on the machine while being toured through a virtual setting. It gets better as the console, allows you to watch Netflix, YouTube

and cable television as you are walking or running. Netflix is not provided by Anytime, you must sign in with your own credentials.

Spread across the gym, this location holds some unique machines. As Oppedisano pointed out to the Sentinel on this gym-wide tour, the Jacobs Ladder is a full body exercise as the ladder continues to rotate and the user continues to climb.

There is a specially dedicated deadlifting station, with a padded platform used to reduce the impact of the

weights when they hit the ground and hardwood in between, for the user to stand on.

The highest free weight in the gym is 110 pounds. All weights purchased are from the brand UMAX. They are considered "bumper weights" as Oppedisano described, so the weight bounces slightly off the ground upon impact.

Prices range from \$22.99 to \$25.99 bi-weekly.

For more email nobletonon@anytimefitness.com or call 289-620-1970.

York Region amends its DC policies

The Province's Bill 108 has forced York Region to amend its Development Charge and Interest policies.

Regional council approved a new interest charge policy in response to changes to the Development Charges Act introduced by Bill 108.

Starting Jan. 1, 2020, developers can freeze the rate they will be charged at the date of site plan application or zoning bylaw amendment application. In addition, eligible types of development can now delay payment until the time of the building's occupancy and then phase the payments over five or 20 years.

Council approved a fixed 5% interest rate per year on both frozen and phased development charges. Charging an annual interest rate of 5% helps the Region recover growth related costs for new infrastructure.





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St. Patrick's treat from King's 'Diva'

Residents in for a treat this coming St Patrick's Day weekend, courtesy of King's own inimitable Diva In The Rough, Catherine Hughes.

After her two sold-out Christmas concerts, which have become something of a tradition in these parts, and a stint on stage starring in the paly The 39 Steps, Hughes has teamed up with Theatre Aurora to bring us Lilt, Laughter & Song, A St. Patrick's Day Celebration.

Those of you with long memories will remember that she and her little band of Irish misfits packed the King Museum a couple of years ago with a program of the same title. Never one to rest on her shamrocks, Hughes has written a brand new show this year, with actors and musicians bringing the audience Irish humour, stories & music. Joining her will be long-time pianist and combatant Don Guinn along with actors Kirsty Campbell, Shelagh Carlini and John Fetherston. Kevin Kennedy will also be singing and playing guitar, and Michelle Charlton will join the group on fiddle. Hughes and her troupe will bring you readings of stories, snippets of history, much Irish humour and, as always, surprises. Fans of Hughes's soaring contralto will not be disappointed with songs woven throughout the performance.

Hughes has made a point of making the show lively and full of laughs.

"There is a lot of heaviness when you get into the history of Ireland, it's unavoidable. But the humour, moving music and indefatigable Irish spirit is also unavoidable, so I focused on that."

Hughes admits that Irish songs are the toughest for her to sing because



they make her emotional.

"It's ridiculous. I can be singing something as silly as a bunch of nonwords like 'whack fol de diddle,' and I get all choked up. You can take the girl out of Ireland, but you can never get the Ireland out of this girl, I guess."

There is also a sing-a-long planned for the end of the show. A proper Irish Hooley. Not sure what a Hooley is?

Find out by tuning into the Internet mini-sensation "Irish Word of the Day," where Hughes gives less-than-a minute lessons in Irish slang. It's a very funny social media campaign that Hughes created to promote Lilt, Laughter & Song and it has caught a lot of attention. The Irish Word of the Day has garnered fans around the world, with Irish suggestions for future words. The Irish line at www.theatreaurora.com/tickets

Word of the Day is featured on Diva in the Rough's social media offerings; Facebook, Instagram and her own You-Tube Channel (which also holds some music videos from her CD.)

Lilt, Laughter & Song at Theatre Aurora, slated to run just one night on March 15, has tickets at \$30 in advance or \$35 at the door. Seating is limited and reservations are highly recommended. Ticket price includes traditional Irish stew & soda bread. Doors open at 6 p.m. for food and social with pre-show entertainment and the main event begins at 7 p.m. A cash bar will be available featuring a pint of Guinness at a paltry \$5.

Theatre Aurora is located at 150 Henderson Drive in Aurora.

For tickets call the Theatre Aurora expats from the four corners sending box office 905-727-3669 or purchase on-

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Charities are invited to apply for Hoedown funds

By Mark Pavilons

Local charities are invited to apply for funds generated by the annual Magna Hoedown.

The Hoedown is a unique event that supports 20 charitable recipients and more than 100,000 York Region residents each year. In its 30-plus-year history, the event has raised more than \$13 million.

The event is inclusive with a Student Hoedown for York Region students with disabilities. It supports the arts through its Hoedown Showdown and it promotes environmental sustainability through its zero-waste initiatives. On top of this, the Hoedown is run almost solely through the efforts of close to 800 volunteers, many of whom are Magna employees. They roll up their sleeves to make it all happen.

The 32nd annual Hoedown takes place Sept. 18 and 19, and this year, 20 York Region charities, non-profits, and community groups will be selected as recipients of the Hoedown proceeds.

Applications will be open until 4 p.m. on Friday, March 27.

"The Hoedown is proud to provide critically needed funds to so many wonderful organizations in our communities," said Erin Cerenzia, manager of Neighbourhood Network and chair of the Magna Hoedown. "It's also an incredible opportunity for smaller, grassroots organizations to collaborate together and receive funding. In fact, over the years we've had several groups tell us that without the Hoedown, they wouldn't be able to keep their doors open. We are committed to supporting the community with this important event!"

For more, visit www.hoedown.ca or email info@hoedown.ca



194 McEwan Dr. East, Bolton 905-857-2646

Showtimes for Friday, March 6 to Thursday, March 12, 2020

1917 (14A) SAT-SUN 10:05AM, 1:20

BLOODSHOT (TBC) THU 7:00, 9:50

SONIC THE HEDGEHOG (PG) FRI, TUE 3:00, 5:25, 7:50, 10:15; SAT-SUN 10:10AM, 12:30, 2:55, 5:20, 7:45, 10:10; MON, WED 7:05, 9:35; THU 6:50, 9:35

ONWARD (TBC) FRI, TUE 3:45, 4:15, 4:45, 6:30, 7:30, 9:15; SAT-SUN 10:15AM, 1:00, 1:15, 3:45, 4:15, 4:30, 6:30, 7:20, 9:15; MON, WED, THU 6:30, 7:00, 9:15

BAD BOYS FOR LIFE (14A) FRI-SUN, TUE 9:40; MON, WED 10:00

BIRDS OF PREY (14A) FRI, TUE 10:10; SAT-SUN 10:00; MON, WED 9:50; THU 10:00

CALL OF THE WILD (PG) FRI, TUE 4:00, 6:45, 9:30; SAT-SUN 10:20AM, 1:05, 4:00, 6:45, 9:30; MON, WED, THU 6:45, 9:30

THE INVISIBLE MAN (18A) FRI, TUE 4:20, 6:50, 7:15, 10:05; SAT-SUN 1:30, 4:20, 6:50, 7:15, 10:05; MON, WED 6:50, 7:15, 10:05; THU 7:15, 10:05

THE WAY BACK (TBC) FRI-SUN, TUE 1:10, 4:10, 7:10, 9:45; MON, WED, THU 7:10, 9:45

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DINING ROOM RESERVATIONS RECOMMENDED

Inaugural gala reflects King's commitment to the arts

By Mark Pavilons

A packed house launched what is sure to become a new tradition in King Township. The inaugural Mayor's Cultural Gala drew strong support last week at Cardinal Golf Club, despite Mother Nature trying to throw a monkey wrench in things.

The evening of fun and entertainment raised funds directed to King's strong arts community.

Mayor Steve Pellegrini told the crowd that when people drive through King they see a beautiful Township, but they may not understand the magnitude of our vibrant arts, culture and heritage scene and the importance or the value they bring to this incredible municipality.

"In fact we have the most vibrant arts, culture and heritage organizations in York Region and are the envy in the GTA."

The gala, he said, is about celebrating those organizations and their contributions to King and, raising funds to help keep them strong, not only today but for years to come.

"Some people might ask, why bother supporting local arts, culture and heritage? To them I'd say a community is about more than roads and sidewalks. It's about connecting people through a shared sense of culture and heritage."

Artists, writers, musicians, dancers and chefs all draw their inspiration





from the wonders of King Township, he

Arts Society King, one of the event's charities, was founded 15 years ago by a group of passionate citizens devoted to supporting and promoting the extraordinary number and diversity of creative people residing in the township.

ASK is proud of its contribution to the growth and popularization of arts and culture in King. It is the go-to organization of hard-working volunteers who promote events through its website and e-blasts, Facebook and a calendar of events.

Mosaic is the much-anticipated quarterly boutique magazine, which features insightful writing that explores local history and lore, fine arts and crafts, and presents the lives and minds of creative people of every stripe all done by volunteers.

The Studio Tour is a highlight of spring. Lovers of visual art come from near and far to take in the country scenery and visit artists' right where they work. A feature of fall is the open-air Schomberg Street Gallery art show, plus a real feel of old-style small-town Main Street culture.

Music. drama and dance round out

Arts Society King's offerings to audiences who delight in local artists and come together to celebrate their talents.

ASK's motto speaks of its mandate: "Arts Society King, Enriching King Township through arts and culture for all."

The King Township Historical Society promotes the community's culture. It dates back to 1972 when a group of dedicated residents, with interests in preserving the history of their Township, gathered to form the Society.

The Society's objectives are to encourage research into the history of the Township, secure and preserve an accurate account of its development, and promote public interest in King's story.

Past projects include erecting the road signs in the Township to note the route of the Carrying Place Trail, founding the King Township Museum and Archives, and placing storyboards around the park in Kettleby describing the history of the site.

Currently, the Society has commissioned a history of the Township, written by Kelly Mathews, to be published in hardcover and released May 2021.

"Without all of you, King would not have such a fantastic arts, culture and heritage community," he said.

King City United Church Friday, March 13, 2020

Irish Dinner

Entertainment

Date: Friday, March 13, 2020

Time: 6:00 pm Supper 7:00 pm Entertainment

Location: King City United Church 50 Elizabeth Grove, King City

Tickets: \$18 Adults \$5 Children \$40 Family

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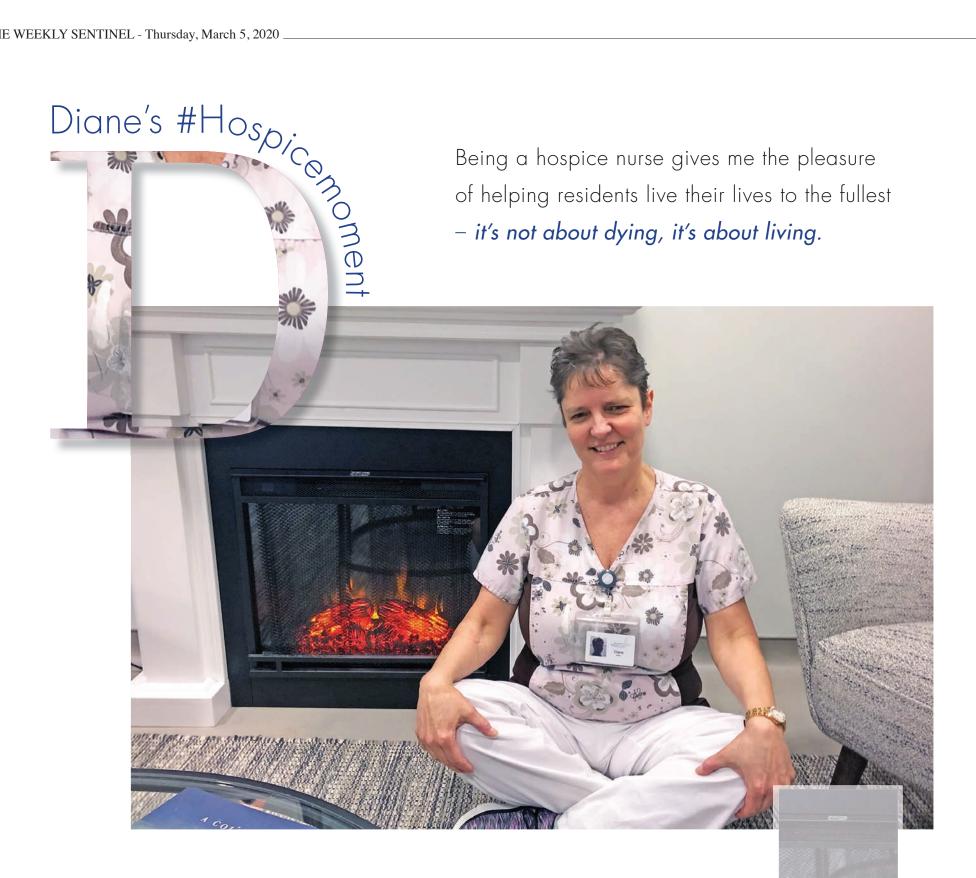
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Partnership will focus on Moraine stewardship

By Mark Pavilons

A unique partnership will further enhance and protect the Oak Ridges Moraine.

A newly expanded mandate for Greenbelt Foundation sees it teaming up with the Oak Ridges Moraine Foundation. Together, the scope or priorities will see renewed emphasis on this vital natural feature.

"Over many years, the Greenbelt Foundation has demonstrated its commitment to protecting the Moraine as a key feature of the Greenbelt through strategic investments, awareness activities, research projects, and collaboration with Oak Ridges Moraine Foundation," said Edward McDonnell, CEO of the Greenbelt Foundation. "Moving into our 16th year, the Greenbelt Foundation looks forward to working together with the Moraine Foundation to strengthen our work as champions of conservation in the Greater Golden Horseshoe."

The partnership is the result of a strong working relationship between the two groups, and is grounded in the belief that more can be achieved together than separately. The Oak Ridges Moraine is among the most important natural features in southern Ontario, inextricably linked to regional prosperity, water supply for millions, and our ability as a region to adapt to climate change.

"Conservatives have a long history of strong environmental stewardship that includes creating the legislation that protects and preserves the Oak Ridges Moraine and the Niagara Escarpment, and the largest expansion of parks under former Premier Mike Harris. Our government under Premier Doug Ford is proud to continue that legacy by supporting the Greenbelt Foundation and the Oak Ridges Moraine Foundation's new collaboration," said Andrea Khaniin. Parliamentary Assistant to the Minister of the Environment, Conservation and Parks. "The joining of these two organizations will help ensure the longterm protection of both the Greenbelt and one of its most important features, the Oak Ridges Moraine now,

and for future generations."

Every day, Ontarians reap the benefits of the Oak Ridges Moraine Foundation's visionary work. Since its inception, the Greenbelt Foundation has also been a key supporter of the protection and restoration of the Moraine. Moving forward, GBF will build on the work of ORMF by incorporating their objectives into GBF programs and activities. The two organizations have defined a set of shared priorities that will frame work moving forward, ensuring the legacv and investment of ORMF - with respect to preservation, ecological monitoring, restoration, and education - continues through research, grant-making, and communications.

"The Oak Ridges Moraine Foundation is very pleased to move forward as a part of the Greenbelt Foundation, while maintaining the priorities and values that have served us well since 2002," said Robert Messervey, interim board chair of the ORM Foundation. "This partnership will build on our successes as a foundation and deepen our ability as a community to protect and enhance the Oak Ridges Moraine into the future."

McDonnell further explained talks between the groups, as well as broader stakeholder groups, about joining forces has been ongoing for about a year. Details were finalized in late 2019, including a set of "shared objectives" to guide the work.

The Greenbelt Foundation is focused on building on the legacy of Moraine stewardship by seeking to support with our partners more than 30 projects on or adjacent to the Oak Ridges Moraine. These are local environmental restoration projects that have benefits such as improved water quality, as well as efforts to improve climate resiliency including reducing the risks of flooding to local commu-

"We have also always had an interest in improving public access and recreational opportunities so this will mean new opportunities to support recreational assets like the Oak Ridges Moraine Trail," McDonnell sasid



David McKeown, Greenbelt Foundation board chair: Shelley Petrie, Greenbelt Foundation program director; Edward McDonnell, Greenbelt Foundation CEO, Caroline Schultz, executive director of Ontario Nature; Robert Messervey, Interim Board Chair of Oak Ridges Moraine Foundation show their support for this new historic partnership.

efforts and engage both the historic communities that have supported the protection and enhancement of the Moraine but also the larger community of people who love the Greenbelt and understand its importance to Ontario's health and prosperity."

The public can expect to see a renewed level of activity, both in terms of stewardship of the Moraine through grant investments, but also activity related to education and engagement.

"We have worked closely with Oak Ridges Moraine Foundation stakeholders to identify key priorities, as well as a strategy for implementing them over the next few years. We're pleased to say that protection of Ontario's natural heritage is an issue that all parties can support," he said.

The Greenbelt Foundation is the only organization solely dedicated to ensuring the Ontario Greenbelt remains permanent, protected, and prosperous. For more information on

"By coming together we can focus the Greenbelt Foundation, please visit www.greenbelt.ca

To date, the Oak Ridges Moraine Foundation has educated Ontarians and promoted the importance of the Oak Ridges Moraine as a unique hydrological feature, as well as a landscape with unparalleled biodiversity. The Foundation has improved access to the Oak Ridges Moraine landscape for recreational purposes through strategic grants and communications, and has supported monitoring and restoration activities that protect critical Moraine water systems.





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King Weekly Sentinel SECTION B

Sports • News • Community Events Classifieds • At Your Service



Schomberg Cougars turn in great season in 2019/20

By Robert Belardi

The Schomberg Cougars vastly improved this year, finishing in fifth place in the North Carruthers Division.

Last season, the team finished in eighth place, winning only one playoff game. This time around the organization battled their way into the mid-section of the division and won three playoff games against the Orillia Terriers; a team the boys only defeated once before all year.

The Cougars began the year 5-4-1.

"We started off, right off the bat with two wins and some momentum and a lot of positive vibes were happening in our changeroom," explained head coach Brett Delmas.

"Thanksgiving weekend, we beat the number one team in overtime. That was a highlight for sure. We beat Alliston in overtime, Connor Childerhose scored the goal. It was his birthday."

The Alliston Hornets only lost four games all season long.

In the month of October, the organization was active in the trade market, seeking viable options for the former Stayner Siskins forward Vito Sica; who they acquired at the beginning of the

vear

Despite Sica's goal scoring talents, he was traded to the Caledon golden Hawks for defenceman Cameron Clewes and forward Kory Lund.

Less than a month later, in one of the hardest points in the season, the Cougars were presented another opportunity to acquire a goaltender.

"We didn't actively seek new goaltenders too aggressively, but, situations were presented to us and we took advantage of those situations," explained Delmas.

The Cougars signed Alex Surzycia from Georgina and signed Sarnia Sting draft choice Curtis Boothe shortly after. The two goalies already knew each other. It was a partnership that Delmas knew, was the right fit.

The Cougars went out and acquired forward Sam Pink from Stayner to add to the locker room. At the end of the year, defenceman Evan Evenhuis came from Penetang for the final transaction.

Delmas reflected on the two worst months of the season. November and December proved to be a huge challenge for the organizations. Players were absent from key games due to work, school and other distractions



Assistant Coach Brian Else (left) and head coach Brett Delmas (right) instruct the Cougars from the bench on Jan. 9 against Caledon Golden Hawks.

that presented themselves. According to Delmas, the Cougars lost more "man" games than the other clubs.

Throughout the hard times, and all the way to the end of the season, Delmas has seen improvements from some of his players that took the 18-year coaching veteran by surprise.

"The new acquisitions were definitely a surprise, Cameron Kokelj, Connor Childerhose and Rees Cameron; two of them being local boys, right from Schomberg," Delmas proclaimed.

Kokelj led the team in points this year with 46 and Childerhose was third in team scoring with 41.

Delmas went on to mention three players that improved the most. Harris Goan, Matthew Wadge and Cameron Robinson all adjusted their hockey game that have made them better players. Wadge and Goan had career years. Robinson improved his discipline and cemented himself as the shutdown defenceman on the roster.

Throughout the year, Delmas also adjusted to the league and explained, the symmetry between the coaching staff and the management is key for success.

There is plenty of turnover in Junior C. There is no guarantee that every player will return. The Cougars pride themselves as an organization that encourages players to move up if the opportunity presents itself.

The other opportunity he feels has presented itself, is the actions taken off the ice that improves the organization. It stems from the philosophy and the famous saying; like father like son applies, especially when the parent club of the Cougars is none other, than the Junior A club the Aurora Tigers.

The Tigers want to improve their culture. The Cougars want to do the same. This club is no longer a "bottom-feeder" in the North Carruthers Division as the reputation might suggest in the past.

The Schomberg Cougars is important to King township for one reason, that not every resident might be aware of.

"The team is ultimately owned by the Township of King. That means, every resident has the right to know what is happening with the Schomberg Cougars."

Think of the Cougars like the Green Bay Packers. The city of Green Bay, owns the NFL franchise.

The same applies here and backed by the Hull family, the Cougars is an excellent hockey franchise. They play in the Trisan Centre. It's a clean facility and an excellent place to come out and attend games.

Delmas says the fan base is growing and he has had residents explaining that more and more people are interested. The final home game of the year was a prime example of this interest.

So was game seven all the way in Orillia. As Delmas pointed out, a lot of fans travelled over an hour by car, to watch the Cougars compete.

King is also one of the townships that is fortunate to have three minor organizations beneath the Junior C program. NobleKing, King and Schomberg are the three programs beneath the Courses.

"We want kids, from a very young age to aspire to be Schomberg Cougars," urged Delmas. "We want that to be their goal."

The structure is available for the Cougars to be successful. The team has never won in this league before. The goal is to win consistently and to be a force in the league and a place where players can build on themselves, in this family-oriented dressing room.

There is a long way to go. Moving up three spots in the division and residents being involved is the beginning. There is more to come from the Schomberg Cougars, as the club prepares for the 2020-2021 season next year.



tival. Photo by Starting Gate Communications.

Show jumping team ties for 4th

Highlighted by a strong performance by 2008 Canadian Olympic champion Eric Lamaze, the Canadian Show Jumping Team tied for fourth place in the \$150,000 CSIO4* Nations' Cup held Feb. 29, at the Winter Equestrian Festival in Wellington, FL.

Eric Lamaze of Wellington, FL; Vanessa Mannix of Calgary, AB; Jonathon Millar of Perth, ON, and Beth Underhill of Schomberg, represented Canada in the only Fédération Equestre Internationale (FEI) sanctioned senior team event held during the 12-week Winter Equestrian Festival. A total of nine teams competed for top honours over a track set by American course designer, Ken Krome.

Underhill, 57, and her mount, Count Me In, got Canada off to a strong start by leaving all the rails in place. However, the reigning Canadian Show Jumping Champions incurred four faults when they failed to clear the entire width of the open water jump.

Lamaze, 51, kept Canada in the thick of things with the recently acquired Idalville d'Esprit, a 12-year-old Belgian Warmblood gelding (Carabas v/d Wateringhoeve x Nabab de Reve) owned by Chris Stinett and Lamaze's own Torrey Pines Stable Inc. The pair left all the rails in place but were caught by the clock for a single time fault in the opening round.

Counting a total of 13 faults, Canada was tied for third place with Brazil at the end of the first round. The United States had a flawless scorecard with zero faults while Ireland sat in second position with five faults.

Coming back for the second round, Underhill was working on a clear round when Count Me In, a 13-year-old Hanoverian gelding (Count Grannus x Sherlock Holmes) owned by Sandy Lupton, took exception to the triple combination, resulting in an unplanned dismount and immediate elimination.

That meant the scores of the next three Canadians would all count towards the team total. Mannix brought home a score of four faults the second time out with Catinka 25 while Millar again incurred eight faults with Daveau, this time dropping rails at the double combination at fence three and again at the 'b' element of the triple combination at fence 11.

Lamaze then delivered a clear round in fine fashion, much to the delight of the Canadian cheering section that had bravely endured the unseasonably cold Florida weather. That gave Canada a total of 12 faults in the second round, and an overall score of 25 faults to tie for fourth place with Israel.

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community.

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Curlers complete playdown portion of season

By Shellee Morning

The Monday night Men's League has now completed its season's round robin play and is now poised to begin its 2019-20 playoff schedule.

The transition comes with the closest parity within the league in the club's 9-year history. The top two teams - Gerrits and Inglis - finished in a perfect tie. The next 2 teams – Barber and Davis (3 points back) - are also in a tie, while teams Brown and Broad are a mere half a point back from second.

With the 19 teams (roughly 20 point spread) this close in the standings (and should everyone continue to play as they have), this year's playoffs should be unbelievably thrilling. If the club's lounge could talk, it would be saying that the doubles, draws and tap ups have been a key feature among the men of King and fully expects to see much of the same. Strategy, communication and accuracy throughout each team's dynamic will be crucial towards any chance of hoisting the prize and

warranting the title.

The double knock-out format will re-seed the teams to determine which teams will play for the Championship A Division Trophy or the Runner-up B Division Trophy. The Brier, the Canadian Men's curling championships, are on this week and although the men of King don't have the sponsorships that the pros do, they certainly have all the ingredients to make it one heck of a championships series.

Mixed League

Thursday mixed league has now concluded the next chapter of its play-down format series with the top 2 teams in each of the 4 groups moving onto the A-Division championship playoffs.

Last week's games included "decision-makers" (winner moves to A, loser moves to B), while others played for pride. The word "playoffs" can play either way for any sports athletes, but it will always ensure some of the best performances as well.



Skip Jack Campbell along with his team of Laurel Nelson, David Chauvin and Rosie Kamstra successfully qualified for the Mixed League A Division playoff series.

Photo by Shellee Morning



(Hockey Option) March 16-20

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The last few weeks the mixed league has had some truly impressive team performances that will undoubtedly continue throughout the playoff series. The main characters in the final chapter have vet to be determined as the final playoff games are scripted towards this year's championship title winners.

Participating players will include teams Campbell, Sheardown, Barber, Pelland, Steenhoek, Clark, Morning and Inglis for the A Division series. B-Division teams will include Broad, Lee, Groombridge, Robinson, Quick, Boynton, Davis, Gerrits and Stronach.

Equality among both divisions is at an all-time high. Games can go either way at any time and, it's not uncommon for teams to be down by 4 or 5 points and find a way to crawl back, and win it!

Social League

Wednesday social league will get un-

der way with their second half playoff schedule with a 3-week playdown series to seed the teams for the league's final night of curling.

Currently the top teams in the A Division include Bryce Clark, George Gerrits and Chris Welch. The B Division current leaders are Dave Kolb, Peter Mumford and Ian Broadhurst. Championship night format will see the first place team match up with the second, third versus 4th, etc. Wednesday curlers never disappoint for drama, excitement, or fun. Stay tuned.

Within the next few weeks the club's remaining leagues are all set to begin their playoff schedules with various formats that are designed to suit their league. All of which will no doubt include the hits, draws and taps curling towards their leagues championship

Socially or competitively, King Curling really has it all and each year it just gets better and better.



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Schomberg Should Know

By Wendy-Sue Bishop 905-590-0054 wsue52@hotmail.com

Red Cross Blood Donor Clinic

The next Blood Donor Clinic for Schomberg is planned for Thursday March 19, from 4:30 to 7:30 p.m. at the Trisan Centre, 25 Dillane Drive, Schomberg.

You can register on-line at blood. ca and also all walk-ins are more than welcome. 58 Donors are needed for this clinic.

Horticultural Society

The Schomberg Horticultural Society celebrates its 85th anniversary this year. As part of this year long celebration the society presents Frankie Ferragine's talk on "Garden Crazy" as he explores how we garden and have gardened through the centuries. A humorous talk delving into old gardening books with some tips and tricks.

It takes place April 15 at 7 p.m. and tickets are \$15. It will be at the King Township Municipal Building at 2585 King Road.

Limited tickets available on: https://www.eventbrite.com/e/frankie-ferragine-tickets-94245204945

York Pines World Day of Prayer

York Pines United Church UCW will be having their first meeting of 2020 on Tuesday, March 10 at 1:30 p.m. with the observance of the World Day of Prayer. This year the program is prepared by the women of Zimbabwe. Everyone is welcome and this meeting never fails to generate good discussion. The church is located at 3150 Lloydtown Aurora Road, Kettleby, 905-727-8118.

Schomberg United Church By Nancy Hopkinson

The World Day of Prayer is being held on Friday, March 6 at 1:30 p.m., at St. Patrick's Parish, 91 Church St. This is an ecumenical service and the focus this time is on the country of Zimbabwe and the story of healing "Take up

your mat and walk."

On Sunday, March 8, at 9:30 a.m., the service will be at the Kitchen Breedon Manor.

On Tuesdays in Lent, 9:30 to 11 a.m., Rev. Carol-Ann will be in her office in Nobleton and available to discuss Richard Rohr's book "Wondrous Encounters," with its short messages for each different day in the 40 days of Lent.

Nobleton United Church invites all to attend their famous DiFebo Pasta Dinner on Friday, March 13 at 6:30 p.m. For reservations, call Linda Olsen at 905-859-0442. More info in Nobleton Notes.

The next Seniors' Lunch is on St. Patrick's Day, Tuesday, March 17 starting with entertainment at 11:30 a.m. at the Kitchen Breedon Manor, followed by corned beef sandwiches and potato leek soup, followed by grasshopper pie! Please let Sheila Kelly (905-939-2315) know if you are interested in attending. Donations toward the cost of supplies for the meals are gratefully received.

The Joyful Spirits started up their practices last Wednesday in preparation for Schomberg United's anniversary. The next practices are at Nobleton United, March 18 and 25 at 7 pm, and the others are at Schomberg United on April 8, 15, 22 at 8 p.m. with a band. If you like to sing, it is not too late, come along and join us.

Thursday, March 19, from 6:30 to 8:30 p.m. is the next Stitch and Sip evening at Nobleton United Church. More info in Nobleton Notes.

Schomberg United meets at St. Mary Magdalene, 116 Church St., at 9:30 a.m. most Sundays, but at the Kitchen Breedon Manor usually on the first Sunday of the month. For more info, visit nobletonunitedchurch.com and click on the Schomberg United link, or call 905-859-3976.

Anglican Parish

This coming Sunday morning March 8, the second Sunday of Lent, the Anglican Parish of Lloydtown will hold a 10:30 a.m. combined parish service of Holy Communion in the hall adjacent to Christ Church, Kettleby on Kettleby Rd. mid-way between Jane and Keele Sts. A tea /coffee hour with treats follows the service for those wishing to stay. The Sundays in Lent are not considered fast (abstinence) days.

Many thanks to all who helped make our parish Feb. 25 Shrove Tuesday pancake and sausage supper such a great success and happy time!



learn to skate build confidence have fun!

Spring Programs run April 17 to June 19

- CanSkate
- PreCanSkate
- StarSkate





Nobleton Notes

By Angie Maccarone 416-917-0406

This Sunday at 10 a.m., Jeff will be leading us in worship as he continues a series on the book of Ruth with a message entitled, "Only A Foreigner."

There is always a time of conversation over coffee and refreshments following the service. We offer ministry for children aged 0 to 11 during worship, and teens will be comfortable in the worship gathering. Don't hesitate to bring your kids! Come and join us. You will be glad you did!

The Community Youth Group meets every Friday at 7 p.m. The youth group is for those in Grades 7 to 12. This program is aimed at providing a safe and caring environment where teens can have fun and learn about God. Our focus is on fun and developing a sense of camaraderie and care for each member of the group, while at the same time devoting some time each week to a Bible lesson or Bible life application. Some of their latest activities have been watching a movie that has just been released on DVD, Overcomer distributing clothes that had been collected for the

Inn from the Cold Program. Coming up will be a weekend away at Pioneer Camp. Regardless of the activity, you are sure to find a welcoming community focused on living out our relationship with Jesus. Bring your friends along. Follow our Instagram account, "4:12.youth.group," to stay up to date on current events.

A2J (All to Jesus), our program for kids in Grades 1 to 6, will be meeting at 7 p.m. A2J will meet the 2nd and 4th Fridays of the following months. Feel free to come, and bring your friends along.

We have LifeConnect Groups (smaller groups meeting to encourage and deepen our faith in each one's life journey). A Men's LifeConnect Group meets on Thursday morning at 10 a.m. at the church in Room 3. If you are available on a Thursday morning, why not consider joining our study? We will be covering a wide variety of topics. A Women's LifeConnect Group meets on Tuesdays at 9:30 a.m. in Palgrave.

The first and third Tuesday of the month we have a group of men and women that get together at 1 p.m. to do quilting. The second and fourth Tuesday of the month, the focus is on knitting. All handcrafted items are donated to various mission projects. Please

join in if you enjoy handcrafts, or even Schomberg and also at All Saints Anwould like to learn how!

We are blessed at St. Paul's to have diligent librarians that have worked for years on creating an amazing library, one that keeps expanding with new books, both fiction and non-fiction, as well as DVDs based on true life stories. and more. It is said that what goes into a mind comes out in a life. What you read, watch and listen to really matters! Please feel free to borrow from our church library which will certainly help stretch, grow and encourage you.

Jeff's messages are posted at www. passionatelyhis.com each week. They are also available for viewing on Facebook Live, on the church's Facebook page (@stpaulsnobleton) and its You-Tube page (search St. Paul's Church, Nobleton), and our website, stpaulsnobleton.ca. For more information about ANY of our activities or events, please contact the church office (905-859-0843) or visit stpaulsnobleton.ca.

Nobleton United Church By Nancy Hopkinson

The World Day of Prayer is being held on Friday, March 6 at 1:30 p.m., at St. Patrick's Parish, 91 Church St.,

glican Church, 12935 Keele St., King City. This is an ecumenical service and the focus this time is on the country of Zimbabwe and the story of healing "Take up your mat and walk."

Our regular Sunday service is at 11:15 a.m. Come join our community of faith with songs (on our electronic piano and/or on video), readings from the "Song of Faith," Bible scripture readings and a message from Rev. Carol-Ann each Sunday to help guide us for the week.

Our famous DiFebo Pasta Dinner is on Friday, March 13 at 6:30 p.m. This meal includes meatballs (Gino DiFebo's heritage Italian recipe), pasta, Caesar salad, buns and dessert (canned fruit, ice cream and a special crispy Italian wafer cookie called pizzella). The cost is \$22 per adult; \$10 for ages 5 -11 years old; and free for those under 5. For reservations, call Linda Olsen at 905-859-0442 and leave a message. The meal is organized by Gino & Sue DiFebo and Val Ball. There is only one sitting, so call ASAP to reserve your seats. This is a lovely occasion. There is time to talk to your neighbours.

More on Page 19

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From Page 18

The next Messy Church is on Tuesday, March 17 (St. Patrick's Day), 5-7 p.m. Bring your little ones and enjoy doing the Lenten crafts together (5-6 p.m.), participate in an interactive Bible story about the 3 temptations that Jesus experienced in the wilderness (6-6:15 p.m.), and how he handled them, and have dinner with us. Messy Church is fun for adults as well as children. There is no charge for this evening.

For more info, visit nobletonunitedchurch.com, our Facebook page, or call 905-859-3976. The church office is normally open on Tuesday, Wednesday and Thursday mornings. Messages are picked up regularly. Nobleton United, 6076 King Rd., is north of the King Rd., about 6 buildings west of Hwy. 27.

Anglican Parish By John Arnott

You might say March starts off with a saintly bang marking St. David's Day on the first, St. Chad's Day on the second, St. Casimir on the fourth following along with St. Patrick on the 17th and St. Cuthbert on the 20th.

Chad and Cuthbert are particularly

connected in the York Township area of Toronto, especially in the community still known as Fairbank, where I grew up.

St. Cuthbert's United Church, a large red brick building, stands like a sentinel on a rise of land at the northeast corner of Eglinton Ave. and Dufferin St. Although my home church was St. Hilda's Anglican Church just across the road I was a member of the boys' club St. Cuthbert's hosted 1 night a week September through June. Now St. Chad's Anglican Church where my parents were married and where the St. Clair Horticultural Society of which with my mother was a member held its meetings stands today in the heart of Toronto's Little Italy on Dufferin St, a stone's throw north from St. Clair Ave.

The St. Alban's Anglican community in Nobleton notes that early March's Cuthbert and Chad both of whom lived in 7th century AD Angland that would eventually evolve into a single kingdom, England, were 2 of the greatest saints and missionaries of their of time.

Under the watchful eye of St. Aidan, Chad (aka Ceadda) was educated along with his brother Cedd who also became a saint, at the great centre of learning, the abbey of Lindisfarne on Holy Island close to the Northumbrian coast. Then with the strong backing of King Oswy of Northumbria he was consecrated Bishop of the Northumbrians with his headquarters the ancient city of York. But because of a conflict with St. Wilfred, the absentee bishop, living in France, Chad resigned his position and retired to nearby Lastingham Abbey which he and Cedd had founded and where he became abbot.

This more quiet existence was short lived for when the bishop of the neighbouring kingdom of Mercia died Chad was persuaded to take his place and a dangerous place it was as the warlike Mercians were still mainly pagan.

Chad spent the rest of his life in Mercia and through him and his devoted followers Christianity took a firm and lasting hold within the kingdom.

Cuthbert, in his early teens, was a shepherd but he wanted more from life than tending sheep in the lush green pastures of what is today northern England. He was introduced to Prior Boisil who was a monk and teacher at the great Melrose Abbey then in Northumbria now in the Borders area of Scotland. Under the prior's guidance Cuthbert received a sound education.

Cuthbert, who had become a monk

7 things to consider when buying a shed

and teacher, was chosen to replace his beloved mentor as prior. The new prior known to be a great speaker added missionary work to his teaching duties. He would travel on horseback many miles in all kinds of weather to encourage Christians struggling with their new faith and persuading others who had abandoned it to return. As well when he could he helped care for sick especially those who had contracted plague which he now seemed immune to.

As bishop of the Lindisfarne area he helped bring about better relations between the Celtic Church which wanted to keep its traditions and the Roman Church which wanted to replace them with more Romanized ways.

Most of what we know about these 2 saintly men comes to us in the 8th century AD writings of another Anglish saint, the Venerable Bede. And another connection I have to this story is that my maternal grandfather Edward Heron Ripingill was born and raised in Monkwearmouth-Jarrow were St. Bede monk and brilliant historian scholar spent much of his life. Ted, as we called our grandfather, attended St. Peter's Anglican Church, which incorporates many of the surviving fragments of the monastery where Bede lived.

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Backyard sheds can be useful assets. Sheds can create storage space in the garage, basement or other areas of the house that have become gathering spots for gear typically used outdoors. Sheds are ideal for housing mowers, tools and even pool-care equipment. But they specializing in can be put to other uses as well, such as behigh-quality masonry, ing key spots to engage in hobbies or even as a and natural stone

child's clubhouse.

Various factors should be considered before building or buying a shed. A storage shed can be a significant investment. Once placed, sheds may remain in their dedicated spots for years to come. That means careful thought should go into the planning process.

1. Check your local building codes first. Before you accumulate building materials or order a shed, be sure to know the ins and outs of shed codes. The codes may impact the shed's placement, construction, the materials used, size, and numerous other factors. It's much easier to amend plans beforehand than to face the hassle and expense after learning you did things incorrectly.

2. Choose placement wisely. Spend several days assessing the yard and thinking about the uses for the shed. If you plan to store pool floats and chemicals inside of the shed, it should be located close enough to the pool to be convenient. Look at the lay of the land. If there is a soggy patch of land that can turn swampy under the shed's foundation, that is a poor location choice. If you need access to electricity, placing it far away from the house could necessitate running expensive wiring.

3. Consider the design. Just because a shed is for storage doesn't mean aesthetics should be overlooked. Choose a shed style that complements your home. You may also want to match certain architectural features, like arched doorways or dormers. Design also may relate to practicality. For instance, storing a riding



Sheds can be an asset and improve storage capability in the backyard.

mower inside may necessitate dual doors that open widely.

4. Invest in quality materials. Spending a little more and using quality materials can ensure it lasts long enough to be cost-effective. The right materials will be resistant to splitting, cracking, decay, and insect damage.

5. Prepare the site well. A proper foundation for the shed is almost as important as the shed itself. You cannot just drop the shed on the lawn and leave it, as the shed can sink or structural issues may arise if it is placed on a

6. Blend into the environment. Surround the shed with shrubs or plants so that it blends into the yard and complements the space.

7. Deck out the interior. Use every storage tool at your disposal to maximize floor, wall and even rafter space for storage. Plan where items will be kept and customize the storage options around those locations.

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King's Corners

King City United By Sheryl Sinka

Mark your calendar and join us on Friday, March 13 for an Irish Dinner at King City United Church, 50 Elizabeth Grove. We will start serving an Irish Stew dinner with all the fixins at 6 p.m. Entertainment including dancers from the Maureen Miller School of Dance will be performing starting at 7 p.m. Tickets are Adults \$18; Children 6 – 12, \$5; children 5 & under free; or \$40 for a family. Call 905-833-5181 to reserve tickets or for more info. Take-out orders available.

On the first Sunday in Lent we were encouraged to trust in God to show us a different way, one that does not focus on ourselves and starts by allowing ourselves to be vulnerable. The path allowing us to fulfil our potential lies ahead of us, littered with challenges

making. Trust that God will show us 833-5375. the way.

This Sunday, March 8 is the second Sunday in Lent, our time of reflection commemorating Jesus's 40 days of fasting in the desert and allowing time for our growth with God. Rev. Andrew Lee will be presiding this Sunday, please join us for the 10 a.m. worship. We do have hearing assisted devices are available for the hearing impaired. Just ask as you arrive. Select sermons are available on our website kcuc.net

The women's prayer group has resumed meetings at the Residences of Springhill at 80 Burns Blvd. and gathers on Tuesday mornings at 9 a.m. The condo community is on the south side of King Road and meetings are in the small dining room on the main floor. Departure time is optional but please try to arrive just before 9 so as to be let in. Prayer is powerful and whether it is illness, anxiety or life situations for yourself or someone else, consider adding your voice to this ministry. For and temptations of our own human more information contact Deana at 905-

Tea and talk meets on Friday mornings at the Sunset Grill (1700 King Rd.) at 10 a.m.

All are welcome to come out and join in a cup of coffee or tea and some conversation. If you have any questions please contact the church office at 905-833-5181.

Website at kcuc.net. Sermons are available on our website. Sunday worship at 10 a.m.

King Bible Church

We are excited to welcome the Women's Ministry Team from Teen Challenge on Sunday, March 8!

Come and hear a dynamic presentation featuring students sharing their amazing stories of freedom from addiction. They will be here for our worship service which begins at 10:30 a.m.

Please take advantage of our excellent children's ministry. Our Sunday morning Celebration Zone provides age-appropriate programs for children aged 4 to Grade 8. Our children's program is staffed by screened volunteers who care about your kids! The children in Grade 1-8 will join their parents for the beginning of the service until they are invited to go downstairs. The children in Kindergarten can go directly to their class at the start of the service.

If you have children aged 0-3 then we invite you to bring them to our beautiful and safe Nursery facilities which are located on the lower level.

Caregivers will meet you there.

Our "Legacy" nights are our family Bible study nights. We will provide Nursery care for children 0-3.

Our children (JK-Grade 5), Junior High (Grade 6-8) & Senior High (Grade 9-12) classes will meet downstairs.

Our adults will meet upstairs. Our program runs from 6:45 to 8 p.m.

Vacation Bible School 2020 s back. We invite your kids to join us the week of August 10-14 for "Concrete & Cranes"! This summer we will learn how Jesus is Our Strong Foundation.

Further details will be on our website the end of March and registration will open in April.

You can find us at 1555 King Rd. King City (at King Rd.& Dufferin), 905-833-5104, visit www.kingbiblechurch.com or email info@kingbiblechurch.com

St. Andrew's By Kathy Patterson

St. Andrew's shares the love of Jesus in the community and beyond.

Join us this Sunday, the second Sunday in Lent! Morning worship is at 10:30 a.m. and the Sunday school for schoolaged children up to age 12 runs concurrently. Lynn Vissers will be taking the service.

The Rev. Dr. John Vissers shared with us a new take on fasting and feasting during this holy time. How are we preparing ourselves?

Things to get rid of or do without: pettiness, being judgmental, putting ourselves first, just to name a few. Rather, feast on building up by being kind, encouraging others, taking time to "feast on God's Word" and talk with Him.

The Women's Prayer Circle meets Tuesday mornings at the Condo - 80 Burns Blvd. from 9 to 10 a.m. What a great way to start your day! Philippians 4:6&7. Not able to join us, but interested in other locations or times? Contact Kathy Patterson at 905-833-0391.

More on Page 21

King City Senior's Centre activities

By Carol Kanitz

The next potluck lunch will take place at the Centre on Friday, March 19 beginning at 12:30 p.m. Attendees are asked to bring either a main course item or a dessert. All are welcome.

On Wednesday morning, March 25 at 10 a.m., CHATS will make a presentation about the services that are available for those of us who want to stay in our own homes as long as possible. Some of the topics to be discussed include meals, transportation, housekeeping, visitations. This presentation is open to anyone interested in the topic so please let your friends and neighbours know about it.

Updated information can be found at our website – www.kingcityseniors.ca



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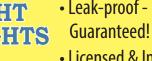
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Mark your calendars ... the ecumenical World Day of Prayer service is this Friday at 1:30 p.m. This year all Saints Anglican Church, 12935 Keele St. is hosting the service. The service was written by the ladies of Zimbabwe. All are welcome.

For pastoral care please call the Rev. Paul Johnston, our Interim Moderator at 705-341-7738. Our church office phone number is 905-833-2325. We are located at 13190 Keele St., 2 blocks north of the King Rd.

All Saints Anglican Church By Patrick Gossage

Special photography presentation by Rev. Don Shields will be held after the 10:30 service on March 22. He will explore mindful picture taking whether with a camera or cel phone, learning to be present to what is around us. He reminds us that Christianity is foremost a faith of images and icons. Learn from his own amazing photos how to use photography as a tool for insight, meditation and prayerfulness. Potluck lunch will be served.

International Feast to support King refugee families – Mark Saturday, April 4 at 5:30 for this celebration of our diversity with delicious food. Tickets are \$25 and children under 12 are free. Reserve by contacting our office at 905-833-5432.

Words to live by on the first week of Lent – The first Sunday in Lent's readings were of Adam and Eve in the Garden and Jesus in the wilderness. The tempter in the garden is a serpent, and he appears as Satan in the wilderness. The serpent promises to make Adam and Eve like God. Satan wants Jesus to choose to be showy, do miracles and be powerful. Jesus chooses the vulnerable and the weak.

"The stories are portals to deeper truths," Rev. Dr. Elizabeth said. "What does it mean to be tempted? In Greek the word means to test. This is the only way to interpret Abraham's being tempted to kill his son. Would God ask him to do that – no, he was being tested. This is a great truth. What we call temptation is not meant to make us bad but to make us good. To transform us. It is part of the journey to become our true spiritual selves. Jesus and our story is not so much the tempting but the testing ... the trials that produce character and hope. May this Lent take us on a wilderness journey that does not leave us he same way it found us."

Women lead the World Day of Prayer (WDP), a worldwide ecumenical service on Friday, March 6 at 1:30 p.m. to be celebrated at All Saints. Members of all King City churches come together at this annual event. We invite your colleagues and neighbours to join us as well! We will share worship and refreshments with others in the community. Extra parking available on Doctors Lane, south off King Road

Horticulture By John Arnott

In late February deep in the frozen ground here in the Northern Hemisphere unrealized by most of us. life is beginning to stir. And already sap that supplies us with what will become sweet syrup is rising in sugar maples soon with the lengthening daylight hours to coax trunks and branches out of their winter sleep!

As well down in that frozen February ground perennial and biennial plants are seriously considering to slowly and gently push out of their long hiberna-

With many of these early risers new life is stored in round hard wraps called bulbs, corms, tubers, rhizomes or stolons. All of these are generally found underground and produce roots from their undersides All produce new plants asexually (without pollination) by side sprouts or bulblets although most also produce small amounts of seed from being pollinated.

Bulbs are globe-shaped with a flat stem bases and pointed tops surrounded by layers of "scales" which will become the leaves. In the centre of these protective scales is a tiny immature stem which is meant to grow upright holding the bloom and later seed pods. This reason it is important to plant bulbs with the pointed tops up. For added protection nature provides a papery skin or sheath around the outside of this growing receptacle.

Corms are round thick and flat with flat stem bases and top bumps. They have solid tissue innards from which stems blooms and leaves develop rather than layered scales and all enclosed in a papery skin. They should be planted with bump tops up.

Tubers are thick underground stems that grow vertical down into the ground an inch to several inches. Their outer covering is usually a tough peel with ridges or bumps and some develop a woody texture with age. Some tubers such as radishes, potatoes, carrots, beets and yams are grown for food

Thursday, March 5, 2020 - THE WEEKLY SENTINEL - 21 while others such peonies dahlias, begonias.davlilies and orchids as are grown for their ornamental value.

New plants can be gotten from some tubers such as potatoes, peonies, daylilies and begonias by taking stem, leaf or tuber cuttings.

Rhizomes are much like long thick but narrow bumpy tubers with the main difference being they grow horizontally. Iris is a good example and its underground stem should have its topside showing but barely above ground or else it will not bloom n Cuttings for new plants can be made from it.

Stolons is really a diet conscious rhizome sleek and thin but tough and tenacious. Goldenrod, milkweed, obedient plant and strawberries spread or branch out on stolons. Everywhere on the stolon where growth has stopped and then restarted a new plant, a clone of the main plant, will sprout. Stolons can be at ground level or underground.

Now while peonies and native orchids require a certain amount freezing in order to bloom, dahlias, begonias, gladioli and amaryllis in spite of their built in protection will not winter outdoors in our area.

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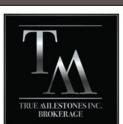




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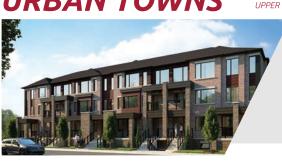
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