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King Weekly Sentinel

King's Community Newspaper

Weekly Circulation: 10,200

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FREE Thursday, January 25, 2018 Volume 45, Issue 4

Rockford's
905-833-0400
2124 King Rd, King City www.Rockfords.ca

Bar & Grill

Bill Nadeau Live!!
Friday, January 26th

Robbie Burns Day
Thursday, January 25th
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Patrick Brown visits King sanctuary

Conservative Leader Patrick Brown, and King-Vaughan candidate Stephen Lecce paid a visit to Dog Tales Animal Rescue and Sanctuary in King recently. They enjoyed a tour by animal rights activists and Dog Tales founders Rob and Danielle Scheinberg.

Submitted Photo

Forget the White House, let me find you the Right House

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INSIDE	REGULAR FEATURES		King is officially a 'Bee City.'		Kingscross woman praises 'heroes.'
	Editorial Page 4 Business Page 8 Sports Page 17 Classifieds Pages 20-21	Bee City CANADA	See Page 8		See Page 10

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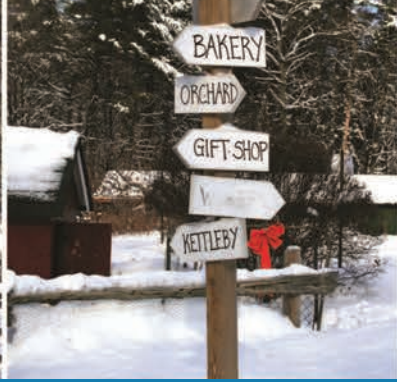
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UPCOMING MEETINGS

COUNCIL AND COMMITTEE OF THE WHOLE

Municipal Office, Council Chambers, 2075 King Road

Monday, February 5, 2018

6 pm – Council/Committee of the Whole

Public meeting: Zoning By-law Amendment, Official Plan Amendment and Draft Plan of Subdivisions

File Numbers: OP-2015-01, Z-2015-03 and 19T-15K02

Applicant: Bushland Heights Ltd.

Location: 13245 Jane Street, King City

Monday, February 26, 2018

6 pm – Council/Committee of the Whole

To view full Council and Committee of the Whole agendas, visit king.civicweb.net/filepro/documents

COMMITTEES AND BOARDS

Tuesday, January 30, 2018

7 pm – Sustainability Advisory Committee

Municipal Office, Council Chambers, 2075 King Rd.

Wednesday, February 7, 2018

6 pm – Committee of Adjustment

Municipal Office, Council Chambers, 2075 King Rd.

Thursday, February 8, 2018

3 pm – Holland Marsh Drainage System Joint Municipal Services Board

100 Dissette Street, Units 7 and 8, Bradford

Thursday, February 8, 2018

7 pm – Heritage Advisory Committee

Municipal Office, Council Chambers, 2075 King Rd.

Thursday, February 13, 2018

7 pm – Accessibility Advisory Committee

Municipal Office, Council Chambers, 2075 King Rd.

Thursday, February 20, 2018

7 pm – King Township Public Library Board

Schomberg branch, 77 Main Street

EMPLOYMENT OPPORTUNITIES

- Summer Camp positions (various) – close Feb. 2
- Aquatics positions (various) – close Feb. 2
- Parks Summer Student – Operator (student) – closes Feb. 2
- Parks Operator – Afternoon Shift (contract) – closes Feb. 2
- Seasonal Parks Operator (contract) – closes Feb. 2
- Event Support Staff (P/T, contract) – closes Feb. 9
- Outdoor Program Facilitator (P/T, seasonal) – closes Mar. 5

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

PARKS, RECREATION & CULTURE

Astronomy Moonlight Snowshoe

Description: Come and join us for a beautiful evening of winter snowshoeing and enjoy the stars, the sights and sounds at Cold Creek. Guest speakers will provide tips and tricks to map out the night sky. Snowshoes are available to rent. Please note that snowshoeing is weather dependent. If there isn't enough snow to snowshoe we will alternatively hike.

Date: Sat., January 27

Time: 7 pm

Location: Cold Creek Conservation Area (meet at Visitors Centre)

Program Fee: \$5 snow shoe rentals

Ages: All Ages

Registration: email environmentalstewardship@king.ca or call 905-833-5321 ext. 5226

PUBLIC NOTICES

Notice of Public Meeting Concerning a Proposed Zoning By-law Amendment, Official Plan Amendment and Draft Plan of Subdivision

The public are invited to attend a public meeting to be held by the Council of the Corporation of the Township of King on:

Monday, February 5th, 2018 at 6:00 P.M.

at the Township of King Council Chambers at 2075 King Road, King City, ON to inform the public and receive comments on these applications, under Sections 51, 34 and 22 of the Planning Act, R.S.O. 1990, Chapter P.13.

Subject Property

Location: 13245 Jane Street, King City, ON

East Side of Jane St., North of King Rd., and described as Part of Lot 7, Concession 4; King City, as shown on the attached map.

Applicant: Bushland Heights Ltd.

Our File Numbers: OP-2015-01, Z-2015-03 and 19T-15K02

What are the Proposed Changes?

- The proposed Official Plan Amendment proposes to amend the Estate Residential land use designation to Low Density Residential and increase the permitted density for the subject lands, as well as establish reductions in the required environmental buffers.
- The proposed Zoning By-law Amendment and Plan of Subdivision propose the development of a residential plan of subdivision consisting of a range of lot sizes for 88 single detached homes.
- The subject lands are located on the east side of Jane Street, north of King Road. The subject lands are described as Part of Lot 7, Concession 4.

Any person may attend the public meeting and/or make written or verbal representation either in support or in opposition to the Proposed Official Plan Amendment, Zoning By-law Amendment, or Draft Plan of Subdivision. *Written comments will become part of the public record.*

Appeal Procedure

If a person or public body does not make oral submissions at the public meeting or make written submissions to the Clerk of the Township of King before the proposed Official Plan Amendment is adopted, and the By-law is passed, the person or public body is not entitled to appeal the decision of Council of The Corporation of the Township of King.

If a person or public body does not make oral submissions at the public meeting or make written submissions to the Clerk of the Township of King before the proposed Official Plan Amendment is adopted, and the By-law is passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to add the person or public body as a party.

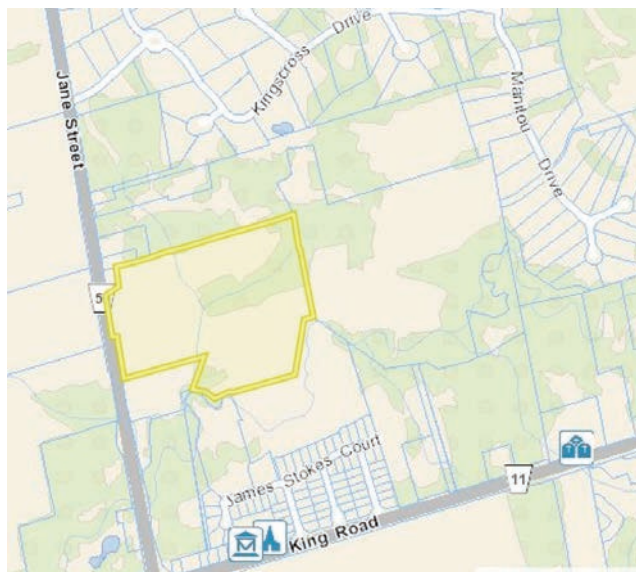
How to Stay Informed

If you wish to be notified of the decision of the Township of King in respect of the proposed Plan of Subdivision, Zoning By-law Amendment and Official Plan Amendment, you must make a written request to the Clerk of the Township of King, 2075 King Road, King City, ON, L7B 1A1.

Additional Information

A copy of the proposed Zoning By-law Amendment, Draft Plan of Subdivision, and Official Plan Amendment, as well as background information, is available for inspection at the Township of King Planning Department from 8:30 a.m. to 4:30 p.m. on regular business days or inquiries may be directed to Gaspere Ritacca, Manager, Planning & Development, at 905-833-5321 or by email at gritacca@king.ca. Please refer to the File Numbers OP-2015-01, Z-2015-03 and 19T-15K02.

Dated at the Township of King this 16th day of January, 2018.



Kathryn Moyle
Director of Clerks / By-law Enforcement
Township Clerk

Comments and personal information (PI) are being collected in accordance with the requirements of the Planning Act, R.S.O. 1990 c.P.13 as amended, and become part of the decision making process of the application as noted on this form, also become part of the public record. Should you have any questions or concerns with regard to the collection of personal information (PI), please contact the Planning Department, Township of King at (905) 833-5321.

**PUBLIC CONSULTATION
DRAFT 2018 BUDGETS & BUSINESS PLAN**

Council Chambers located at 2075 King Road, King City, ON

RE: Council Meeting: **Monday, February 5, 2018 at 6:00 p.m.**
Consideration of By-law for Adoption: 2018 Budgets & Business Plan

The Township of King adoption of the 2018 Budgets & Business Plan, will be tabled at the February 5, 2018 Committee of the Whole Meeting. Interested parties are invited to attend. Budget information will be available for review at the Township of King Municipal Offices at 2075 King Road or on the Township web-site at www.king.ca as of Thursday, January 18, 2018.

For further information regarding the Budget process please visit the Township's website at www.king.ca or contact:

Allan Evelyn, Director of Finance and Treasurer, aevelyn@king.ca
Telephone: 905-833-5321 or 1-800-688-5013, Fax: 905-833-2300

PUBLIC NOTICES



**Municipal Elections Compliance
Audit Committee Recruitment
York Region**

York Region's municipalities are recruiting experienced professionals for appointment to their 2018-2022 Municipal Elections Joint Compliance Audit Committee.

The Committee is required by the *Municipal Elections Act, 1996* to consider applications requesting audits of candidates' campaign finances. Committees may be required to appoint auditors and determine if legal proceedings are required as a result of the auditors' reports.

Applicants with a background in accounting, auditing, law, election administration, and/or public administration are preferred. Applicants should:

- have an understanding of municipal campaign finance provisions;
- demonstrate analytical decision-making and excellent communication skills;
- have experience working with or as a member of government boards, task forces and/or quasi-judicial bodies; and
- have flexibility to attend meetings during daytime and evening hours.

Applicants cannot be candidates in the 2018 Municipal Election nor can they have committed to providing professional advice to any person running for office in any York Region municipality. Applicants also cannot be Members of Council or current employees of any York Region municipality.

The Committee's term of office is four years, beginning in 2018. Successful applicants will receive a retainer of \$400 and a per diem of \$350 (plus mileage).

For more information about the Committee visit RichmondHill.ca/2018Election or email elections@richmondhill.ca.

To apply, visit RichmondHill.ca/2018Election. The application deadline is 4:30 p.m. on **Friday, February 2, 2018**.



Seeking Nominations For
VOLUNTEER AWARDS
Closing Monday, March 12, 2018

**VOLUNTEER
APPRECIATION NIGHT**

Thursday, April 26, 2018

Please see more King Township notices on page 3

Township sells strip plaza property for \$10.75 million

By Mark Pavilons

King Township has sold its current municipal office and strip plaza for almost \$11 million.

Councillors approved the deal Monday night. Zancor Homes (King Cort) Ltd. will pay \$10.75 million for the property at 2075 King Road in King City.

The Township will remain in the building until the new municipal office building is finished.

The sale price will cover the lion's share of the estimated \$13 million price tag to build the new municipal complex.

The property was put up for sale Sept. 11, 2017 and offers were accepted until Nov. 6. Staff reported there was considerable interest in the property, with bids ranging from \$7 million to Zancor's winning bid.

Aside from the price, this deal meets the Township's goals and recommendations for this property.

Dubbed "Project MOVE," the new town hall will cost a total of \$21.5 million, when all related administrative and study costs are tallied. The construction cost of \$13.1 million includes a 6,000-square-foot gymnasium, as well as 3,000 square feet of office space to be leased to York Regional Police.

Financing for the new building not only gets the \$10.75 million shot in the arm, but will receive \$1.5 million from development charges, and a \$1 million

capital cost contribution from York Regional Police.

Staff aims to look for costs savings throughout the project. In the end, it's projected the municipality may only go into debt by roughly \$4 million.

In the end, the Township will benefit from the redevelopment of the current property, which will revitalize King City's core area. The property can be used for residential and commercial development.

Budget presentation Jan. 29

By Mark Pavilons

Guided by a frugal balancing act, King Township staff are putting the final touches on the 2018 budget. It will come as a pleasant surprise to some property owners.

Staff have worked hard to level the playing field and iron out the historic differences in the tax rate from village to village. A comprehensive mill rate, along with some belt-tightening could see some homeowners getting a tax break this year.

New growth in King has boosted municipal coffers, allowing staff to actually reduce the tax rate for the first time in recent memory.

Mayor Steve Pellegrini said they've been mindful of the impacts on taxpayers and the no-frills budget covers priorities and addresses needs.

While the tax rate may drop, that doesn't mean all property owners will see a break. Property assessment is controlled by MPAC and the phased-in assessments will still see some property owners paying more.

The budget presentation will take place at a special council meeting Jan. 28 starting at 6 p.m.

concerned citizens
CCKT
of king township

You are invited to the upcoming
CCKT General Meeting
Sunday, January 28, 2018, 2:00 - 4:00 pm
King City Seniors Centre, Fisher Street, King City
All About Trees!

Identifying heritage trees, exploring municipal tree regulations, rationale for preservation and replacement of trees.

Guest Speakers:




Refreshments Served – Bring a Neighbour! All are Welcome!

CCKT.ca


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REMINDERS



Place items at the curb by 7 a.m.

Questions about collection?
1-866-421-5625
WasteLine@gflenv.ca









dashing through the
SNOW



WINTER EXHIBIT
JAN.8 - FEB.23
King Heritage & Cultural Centre

Tuesday - Saturday, 10am to 4pm
2920 King Rd., King ON • 905-833-2331



MEET THE MAYOR & WARD COUNCILLORS

Tuesday, February 6 Nobleton Library 8 Sheardown Drive 6:30pm to 8:00pm Councillors David Boyd & Linda Pabst	Thursday, March 8 Schomberg Library 77 Main Street 6:30pm to 8:00pm Councillor Bill Cober	Thursday, April 5 Annarveldt Library 18997 Dufferin Street 6:30pm to 8:00pm Councillor Avia Eek	Tuesday, April 10 Council Chambers 2075 King Road 6:30pm to 8:00pm Councillors Cleve Mortellini & Debbie Schaefer
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Informal Meet & Greet • Discuss Ward/Township Issues

All Welcome!

Calling all residents of King Township.
Help your local fire fighters help YOU with
Adopt A Hydrant!



When Seconds count, which would you feel more safe with?
After a snowfall, check your nearest hydrants for a 3 foot (1 metre) radius of clearance



Please recycle this newspaper!

Editorial, Letters & Opinion

"Public opinion shapes our destinies and guides the progress of human affairs"

~ Frank B. Kellogg

Intelligence is only one sign of 'greatness'

"The true sign of intelligence is not knowledge, but imagination."

Albert Einstein

"Intelligence is the ability to adapt to change."

Stephen Hawking

Einstein was a genius. Hawking is a genius.

But even Einstein admitted that genius, unlike stupidity, has its limits.

In our modern society, we place value on certain human qualities. Among them are athletic prowess, business acumen and yes, intelligence. We are fascinated by the geniuses in our midst, those uber-smart people who can rhyme off a litany of facts, or solve complex mathematical problems in seconds.

We view young, musical virtuosos as geniuses or prodigies.

The human mind is so complex we have yet to grasp all of its intricacies. Sure, we can poke around a person's grey matter while they're awake on the operating table, but we have yet to understand memory, or how thoughts and emotions emerge from simple electrical impulses.

Is there such a thing as natural or inherent talent? Are geniuses born, or created?

Intelligence has historically been associated with greatness, but there are many examples to the contrary. There's no dispute that Einstein was super smart, but he used his influence against his own pacifism to convince the U.S. to develop the atomic bomb. His theory of relativity is still a go-to formula for modern scientists, but maybe one day it will be proven wrong.

Einstein did well for himself financially, and was reported to be worth \$1 million when he died in 1955 at age 76. But his estate made more money than he ever did. His estate earned more than \$20 million from a 2007 deal with Disney for the "Baby Einstein" brand.



Mark Pavilons

Hawking pulls in a pretty penny and a lot of money came from his books. He admits, though that money is "a facilitator, as a means to an end - whether it is for ideas, or health, or security, but never as an end in itself."

Historically, geniuses who died destitute included Tesla, Van Gogh, Edgar Allen Poe, Socrates, Franz Schubert and Rembrandt.

During my 30-plus-year career, I've met literally thousands and thousands of people. I have interviewed countless geniuses and millionaires. Most indicated that their success involved a lot of dedication, commitment, hard work, perseverance and yes, being in the right place at the right time - luck. Of course, they leveraged their skills and talents, mustered as much "smarts" as they could. But few said it was their intelligence that paved the way.

Thomas Edison was famous for coining the phrase "genius is one percent inspiration and 99 per cent perspiration." Most would agree that's true.

I have a colleague who is a card-carrying member of Mensa Canada, known as the "High IQ Society." While he brags about it from time to time, I'm not sure if this fact alone has helped him achieve relative success. He is our go-to guy when it comes to facts and figures.

I like to think my "smarts" tend to be social, common sense wisdom, and not necessarily mathematical, problem-solving skills. In my case, this "common sense is genius dressed in its working clothes" (Ralph Waldo Emerson).

When I think about all of those "greats" I've written about, I think about the rags to riches tales; the risk-takers and unsung heroes. I think about the humanitarians and the social bridge builders. I think about the architects of change.

We all have it in us, you know. And we all learn differently.

All three of my kids are quite different in their styles and ways they approach "book learning." I can see the brightness of these young bulbs, but I can also see how the "system" limits their potential. In many ways my kids are wise beyond their years but they all seem hemmed in by the rules, regulations and everyday realities of our modern society.

My oldest daughter Lexie is smart and compassionate. Her social skills and pleasant nature help define her.

My son is a bit of an anomaly. He can

absorb knowledge like a sponge, but only when it suits him. He disregards what he deems irrelevant, mundane or stupid. He's quick to pass judgement on inequities and detests things like government waste and greed.

My youngest daughter Kyleigh is tough, assertive, vocal and yes, bright.

All of them have my razor-sharp wit and have learned from the master of sarcasm. I believe there's much more than brainpower that will help them succeed in life.

There are many ways in which we can all train ourselves and our brains to expand. There are no shortage of experiments and exercise to improve our aptitude.

I have found that word games, even the host of smart phone apps, can be good for the grey muscles. I like to play video chess, poker and yahtzee. I would encourage everyone to read - books, newspaper and magazine articles, even blogs, every day. We criticize our teens for spending too much time playing video games, but there is evidence to suggest it helps in areas of coordination, problem-solving, memory, attention and concentration.

Most of us are not born geniuses. But we can all improve our mental agility.

Along with exercising our blob, it's a good idea to hone our compassion, zest for life and sense of humour, to achieve "greatness."

Editorial Drivers aren't getting the message

Despite widespread publicity and law enforcement measures, Ontario motorists are asleep at the wheel.

We're all well aware of the dangers of distracted driving - texting or using our phones while behind the wheel. And yet, it's actually getting worse.

A CAA study revealed that 83% of drivers polled believe texting while driving is a bigger problem today than it was three years ago. Texting and driving is tied with drunk driving as the #1 road safety concern among Canadians, according to the poll.

"Despite anti-texting and driving laws in all provinces across the country and several years of public education campaigns, Canadians still don't seem to be getting the message," said Jeff Walker, chief strategy officer, CAA National.

York Regional Police are disappointed in drinking and driving statistics. The 2017 stats show a 21 per cent increase from 2016 and a shocking 90 per cent increase from 2015. Despite police efforts to stop drivers from drinking or using drugs and driving, motorists are continuing to put their lives, and the lives of innocent people, at risk by driving impaired.

With the pending legalization of marijuana later this year, we just can't see how habits will change for the better.

Law enforcement, the media and government bureaucrats will all have to be even more diligent to get the message out. And we all have to listen.

We can all help prevent needless and senseless road tragedies.

Let's make this our number-one priority for 2018!

MP, Editor

KingWeeklySentinel **WEBPOLL**
www.kingweekly.com

Results from last week's poll:
Do you think businesses will raise prices or cut jobs as a result of the minimum wage hike?

a) Yes **100%**

b) No **0%**

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

THIS WEEK'S QUESTION

Who will win the Super Bowl?

a) New England Patriots

b) Philadelphia Eagles

So go to the website and cast a vote!



Brain teaser

I am a rock group that has 4 members, all of whom are dead, one of which was assassinated. What am I?

Last week's answer: A joke can be made, cracked, told and played.

King Township Trivia

King City was originally named Springhill, because of the many springs in the area.

<p>30 Martha St., Suite 205, Bolton ON L7E 5V1 Toll Free: 1-888-557-6626 905-857-6626 Fax: 905-857-6363 www.kingsentinel.com</p>	<p><small>PUBLISHER: London Publishing Corp. GENERAL MANAGER: Zach Shoub EDITOR: Mark Pavilons editor@kingsentinel.com PRODUCTION: Lisa Clendening ADVERTISING: Doug Sherritt doug@pcmedia.ca DISTRIBUTION: Cephe Cuming cc@cephiscuming.com OFFICE: Mary Ceph CREDIT DEPT.: Al Lord CLASSIFIEDS: admin@caledoncitizen.com</small></p>	<p>Advertising & Administration Head Office 30 Martha St., Suite 205, Bolton L7E 5V1 Tel: 905-857-6626 Fax: 905-857-6363</p> <p><small>The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise, and there shall be no liability for non insertion of any advertisement beyond the amount paid for such advertisement. Copyright King Weekly Sentinel 2018</small></p>	<p>Subscription rates: Within 65 km except towns with letter carriers - \$39.00 + G.S.T. Beyond 65 km and towns with letter carriers - \$67.00 + G.S.T. Single copies 94¢ + G.S.T. or \$1.00 (includes G.S.T.)</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div>
<p>Simcoe-York Printing & Publishing Limited, publisher of the King Weekly Sentinel and the New Tecumseth Times.</p>		<p>Published every Thursday</p>	

York nurses head into mediation to avoid strike

The Ontario Nurses' Association (ONA) is urging the Regional Municipality of York to negotiate a respectful contract with its 250 dedicated Public Health Nurses.

"Our Public Health Nurses work to keep their community healthy and safe," said ONA president Vicki McKenna, RN. "Our highly educated and highly skilled nurses run vaccination clinics, including influenza vaccinations, provide pregnancy counseling, prenatal support and support for high-risk families. They run breastfeeding clinics, partner with multiple community agencies and provide visits to new

parents to our youngest community members get a healthy start to life."

McKenna notes that Public Health Nurses also provide public health services, prevent disease, support child development, protect the community's safety and promotes healthy lifestyles.

The Public Health Nurses have been working without a contract since April 1, 2017. There have been five days of bargaining and two days of conciliation, and while some issues have been agreed to in principle, there continue to be outstanding issues. The two sides will enter mediation on Jan. 25. Should mediation fail, the Public Health Nurses will be put in a legal strike position the first week of February.

"This employer is demanding concessions from the hard-working Public Health Nurses, even as they continue to provide invaluable services the Region of York," noted McKenna. "This is quite simply unacceptable. Nurses do not wish to be forced to withdraw their skilled services and care from their community; the employer should re-think their tactics and instead, come to

the table prepared to offer a respectful contract."

Bargaining this round has been a very different experience compared with past experiences with this employer, McKenna said.

"After five days at the bargaining table, our members feel insulted, disrespected, disillusioned and devalued by their employer. The employer has flatly refused to listen to ONA members' counterproposal, ending the talks. It's well past time for Public Health Nurses to be recognized for the high-quality, vital services they provide to their communities," said McKenna. "We expect the employer to do their part and ensure the people of the Region of York continue to receive those services, uninterrupted."

ONA is the union representing 65,000 registered nurses and health-care professionals, as well as 16,000 nursing student affiliates, providing care in hospitals, long-term care facilities, public health, the community, clinics and industry.

Letter to the Editor

Action needed to curb tobacco

What is Canada's leading preventable cause of disease and death? It's tobacco. This week is National Non-Smoking Week, providing a reminder that tobacco is still our number one public health issue. Smoking kills 45,000 Canadians every year and is responsible for about 30% of all cancer deaths.

Based on the number of Canadians it kills, tobacco should be treated as an epidemic. It is well established that comprehensive, well-financed and sustained government strategies are highly effective at reducing smoking. With the current Federal Tobacco Control Strategy expiring in March 2018, we urge federal Minister of Health Ginette Petitpas Taylor to bring forward an aggressive new strategy with far better funding to achieve the goal of less than 5% tobacco use by 2035.

Canada has made significant progress, but an enormous amount of work remains. The lives of a vast number of Canadians hang in the balance.

Rob Cunningham
Senior Policy Analyst
Canadian Cancer Society

Police seek public's help in road rage incident

By Mark Pavilons

York Regional Police (YRP) are looking for witnesses after a road rage east of King Township last week.

YRP hope the public can help identify the man responsible.

Police report the incident occurred Jan. 18 between 10:45 and 11:15 a.m. on Yonge Street and King Road.

A grey or silver Honda was stopped at a red light on southbound Yonge Street at King Road. The driver of the Honda exited his vehicle and after retrieving a hammer, approached the vehicle behind him, a 2006 blue four-door Hyundai and smashed the driver's window. The driver of the Honda then took off from the scene, travelling southbound on Yonge Street.

The driver of the Hyundai, a 70-year-old man, and his 100-year-old mother, received medical treatment for minor injuries.

The suspect is described as a white male, roughly 30 years old. He was wearing a blue sweater, light-coloured pants, a hat and sunglasses. The car is described as a grey or silver Honda.

If you are involved in a motor vehicle collision, remain calm. If there are no injuries to any parties, contact police or attend the Community Resource Centre to file a report. If you feel uncomfortable or threatened in any way, remain in your locked vehicle and contact police immediately.

Anyone with information is asked to contact the #2 District Criminal Investigations Bureau at 1-866-876-5423, ext. 7241, Crime Stoppers at 1-800-222-tips or leave an anonymous tip online at www.1800222tips.com.



...OOOOOPS!
FEELING LIKE A
FISH OUT OF WATER?

How can I best care for my aging loved one now- or, in planning for the future?

I know... it's my turn, my responsibility!

So much time...

So much to do...

So much to worry about...

I feel so overwhelmed! HELP!

We have been helping seniors and their families like you for almost two decades—and, these years give us the knowledge, experience and wisdom to very much understand your situation and to provide you with the highest standard of compassionate and professional personal care for your loved one in his/her unique circumstance. Let's plan now together the best care for your loved one **at an affordable cost.**



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From Thursday, January 25 to Wednesday, January 31

THURS 25TH	FRI 26TH	SAT 27TH	SUN 28TH	MON 29TH	TUES 30TH	WED 31ST
Mainly Sunny High -5C° Low -10C° - Wind N 10k	Mainly Sunny High 1C° Low -1C° - Wind SE 22k	Mixed Precip. High 5C° Low 2C° 5-10mm Wind S 20k	Mixed Precip. High 2C° Low -6C° ~5mm/~5cm Wind N 17k	A Few Flurries High -5C° Low -12C° <1cm Wind N 25k	Mainly Sunny High -4C° Low -7C° ~1cm Wind S 15k	A Few Flurries High 3C° Low 0C° ~5cm

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Jose and Connie Melo celebrate 50th

Jose and Connie Melo celebrated their 50th wedding anniversary on Jan. 13 with a beautiful mass conducted by Father Paul at St. Mary's Roman Catholic Church in Nobleton. They were joined by their three sons, Nelson, Jim and Peter, daughter-in-law, 7 grandchildren, close relatives and friends. Jose, Connie and their sons run the family operated business, Allstone Quarry Products in Schomberg.

Jose had some sentiments to pass along about being married for half a century: "It really feels great. You look at your children and grandchildren and you think you will live forever. They are honestly a blessing. When Connie and I look back on our 50 years together as husband and wife, we can truly say we have had a wonderful life."

X CROSSWORD

PUZZLE NO. 476

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ACROSS

1. In line	54. Handbag	6. Type of paint	50. Midday
5. Scale	55. Religious picture	7. Graven image	51. Small forest-buffalo
10. Covered with foliage	56. Groom	8. Wire measure	53. Resting place
15. Daddy	59. Beach	9. Beef jerky	56. Single thickness
16. Spokes	61. Mackerel	10. Hideout	57. Fish eggs
17. Country club worker	62. Mauna ____	11. Circular current	58. Ingest
18. Load	63. The outdoors	12. Summer refresher	60. Ten times ten
19. Coral-landmass chain	65. Lead sulfide	13. Douglas ____ (tree)	61. Flying stinger
20. Large ducks	66. At any rate	14. Okay	64. Conform
21. Touse	67. Say it isn't so	17. Discontinue	65. Hose holder
23. Weeping	68. Dance step	22. Jug	68. Old-fashioned
25. Whole ball of ____	69. Get up	24. Approximate	69. "Mine eyes have ____"
26. Pitch	71. Roofing material	26. Province	70. Sandwich filler
27. Shade provider	76. Cosmetics	27. Enlarge	71. Beep
30. Hunting hound	79. Perch	28. Skipper's diary	72. Not present
34. Focus	81. Intertwined	29. Actress Farrow	73. Skin opening
36. Colorful carp	82. Acquaint	30. Hat's edge	74. Dreadful
37. Measuring device	83. Unevenly worn	31. Personal atmosphere	75. Sincere
38. Welsh herder	84. Diva's specialty	32. Marginal	76. Swab
39. At the end	85. Contour feather	33. "____ Street"	77. "Roses ____ Red"
41. Spring bloom	86. Check	34. Cold-weather garment	78. Cousins, e.g.
42. Singe	87. Squeal	35. Spit	80. Metallic rock

DOWN

1. Footless creature	40. Degrading
2. Hindu queen	42. Metal container
3. Literary work	44. Billfold item
4. Granny	47. Irritated
5. Necktie	49. Feel a dull pain

Solution on page 21

The word around King

Have you witnessed any inappropriate sexual behaviour in the workplace??

<p>Sarah McKinley "Not that I can think of."</p>	<p>Annalyse Sommers "Yes."</p>
<p>Matthew Ingersome "I'm not sure."</p>	<p>Karen LaRose "Often."</p>

New tech lab at CHATS keeps seniors connected

By Brock Weir

In any new situation, there is always the fear of the unknown and sometimes it can be hard to step over that threshold, but local seniors are taking those first steps in connecting and re-connecting with their families, friends and communities thanks to CHATS and the federal government.

The ribbon was formally cut recently on the CHATS Seniors' Technology Lab, a hub that will serve not only their clients in York Region and south Simcoe Region, but the community at large.

Made possible with a \$25,000 grant from the federal government's New Horizons for Seniors program, the technology lab currently boasts four desktop computers for seniors to use, each stationed at electronically adjustable

desks for maximum accessibility, eight iPads to extend the learning process, and numerous programs to get users up to speed on basic computer skills and even more advanced online programs.

"One of our first users said they were afraid of pressing the wrong button and breaking something because they still don't have the context," said CHATS CEO Christina Bisanz. "This is designed to be a safe space. You can play with it and you won't have to worry about breaking the computer. It's okay to experiment, okay to try things."

Clients of CHATS, which stands for Community & Home Assistance to Seniors, have had the opportunity to get a head start on the new Technology Lab and are already seeing results. Volunteers lending a hand to make it happen are coming in as well, including a

retired IBM professional and a woman who operated a similar technology lab in her native Iran.

Joslyn Bresette, Recreation Programmer at CHATS, recalls one of the first users coming in. This woman already had an email address, but did not have a regular means of using it.

"She came in last week and now she can come in and check her emails," Bresette recalled. "When she sent one out, in big capital letters, she said 'I AM SENDING THIS FROM OUR NEW CHATS TECHNOLOGY LAB' and she loved that was an option now."

"Technology is increasing so quickly that most of our communications are now digital and this gives seniors the opportunity to not only use technology, but be able to stay engaged with the world and engaged with their families," she said. "Here, we are able to bring them into an environment where they can be engaged, continue to be engaged

and participating members of the community and that is just fantastic."

Ms. Bisanz said the \$25,000 grant allowed them not only to put the lab together, but support staff investments to really maximize its potential.

"It is an initiative that we believe will have a long-term impact on our community, not just locally but we're hoping to look at how we can expand this to other areas of York Region and South Simcoe. It is designed to serve two objectives: to provide us with the tools to do this, but also to provide us with our own incentive to look at ways in which we can use a seniors technology lab, and in new and innovative ways," she said.

Over the last two years, CHATS has been working on a story telling project, collecting the stories and life lessons of their clients, and now, with this in place, they are examining ways in which they can virtually connect caregivers as well.



Lions donate to Epilepsy York

At a recent meeting of the Nobleton Lions Club, Leslie Davidson, from Client Services and Education, Epilepsy York Region gave an update on activities at Epilepsy York Region. Funds raised in the community are earmarked for smart watches, bracelets, pendants, sending the less fortunate to camp, for sports, and different forms of therapy. These funds also help to provide mattresses and pillows to help in alerting clients to upcoming seizures. Lion Vice President Earl Groombridge presented a cheque for \$1,000 to Epilepsy York Region on behalf of the Nobleton Lions Club.

Concerned citizen reports impaired driver

Caledon OPP are crediting a concerned citizen with informing them of a possible impaired driver.

The result was a 48-year-old Bolton woman was arrested Jan. 6 and charged with impaired driving, driving with more than the legal limit of alcohol in her system and resisting a peace officer.

Police report they received the tip at about 10:45 p.m. regarding a suspected impaired driver in King Township who was headed to Bolton.

Officers located the vehicle at an address in Bolton and spoke to the lone female occupant behind the wheel of a grey 2011 Mercedes. While speaking to her, an officer determined that her ability to drive was impaired by alcohol and proceeded to arrest her accordingly. The woman, however, resisted the arrest.

Police remind the public to call 9-1-1 if they suspect that someone is driving while impaired by alcohol or drugs. In doing so, they could be saving lives.

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Hospall Private Home Care treats clients like family

By Mark Pavilons

We're not all born altruists or entrepreneurs. Some are made.

King's Michelle McKay-Frauley, founder of Hospall Private Home Care Inc., learned by doing and by caring.

The experienced nurse said she's always had a passion for her "patient population" – the elderly, who have traditionally not had their fair share of care in our society. McKay-Frauley set about to change that.

She launched Hospall in 2013 and grew as a business woman and service provider.

"I simply wanted and believed in myself that I could lead an amazing group of caregivers into building something remarkable for our residents here in King and surrounding areas," she said. "I loved King from the moment I was asked to join the only doctor's office in King at that time over 12 years ago. I have never looked back at the relationships that I have gained and the ability to nurse in ways I could never have imagined."

Her nursing career spanned almost three decades, and she has a strong background in family medicine, palliative care/end of life, and long-term care.

"Myself and my team feel that our patients are more like our family," she stressed.

Accolades come from those on the receiving end of care.

A friend described Michelle as "committed and caring," someone whose attention to detail fuels her passion and your success. McKay-Frauley has a "nursing radar" and gift of "intuitiveness," that sets her apart.

McKay-Frauley said her group of caregivers all espouse Hospall's vision and mission – "We believe life is a gift! I believe that trust and compassion are



Michelle McKay-Frauley

very important part of entrusting one's healthcare needs into hiring care. I believe that Hospall makes a difference with all our families and our testimonials provide some insight into how our past and present patients/families feel about our care."

Canada is getting older.

Fourteen per cent of the population is above the age of 65, and by 2036, that number is projected to increase to 25 per cent. As hospital stays get shorter, home care is being touted as an efficient alternative. A growing and aging population is fuelling demand for long-term care.

The number of people waiting for beds jumped by almost 85 per cent between 2005 and 2012, when there were 19,000 waiting for placement, according to the provincial auditor. But the number of beds increased by only 3 per cent during that time.

With shortages in LTC beds in Ontario growing there is a greater need for seniors to have help in their own homes

while they wait for a bed or they are managed at home with support.

McKay-Frauley pointed out studies have proven that interactive caregiving is a method of caring for seniors that promotes physical, mental, social and emotional well-being. LTC does not have the means to be able to offer this to each and every in-house resident.

"Hospall provides this method of caring and encourages keeping seniors physically, mentally, socially and emotionally engaged. We believe we can help them retain better cognitive function, stay healthier and live independently longer within their own homes."

McKay-Frauley doesn't take anything for granted. She admits she often lays away at night thinking about her patients and her employees, and how to make her service that much better.

"I want everyone to try our service, and I want them to love it and believe in my mission as much as I do," she said. "I want to be able to get my team in there and make a difference. That's re-

ally what it comes down to – an almost unquenchable passion for what you are doing for others."

The Hospall team provides caring and dependable assistance and reliability 24 hours a day. This offers total peace of mind.

"I can honestly say that most all of our patients and families feel we are all a part of their family," she said.

Hospall's care is customized for each client and their respective diagnoses or ailments. Their breadth of services runs the gamut from respite care and administering medication, to house-keeping and overnight care.

"However, our objective never changes – providing the highest degree of care to all our patients and the utmost focus on quality of life for all."

As a small private company, Hospall provides a higher standard of care which is reflected by positive client experiences.

For more, visit www.hospall.com; email info@hospall.com or call 1-800-208-8480.

The Township of King is proud to be designated a Bee City



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King is Canada's 9th 'Bee City'

By Mark Pavilons

It's official, bees are welcome in King Township.

King has become the 9th certified "Bee City" in Canada.

The idea was presented by the Sustainability Advisory Committee, in an effort to support a healthy pollinator population in the area. As a Bee City, King will be a visible model for "progressive implementation of initiatives designed to protect and encourage native pollinator populations."

The goal of the Bee City Canada certification is to provide and promote healthy habitats for bees and other pollinator species. Bees and other pollinators around the globe have experienced declines due to a combination of environmental factors that have serious implications for the future health of flora and fauna. Bee City Canada encourages municipalities and their residents to support bees and other pollinators on both public and private land by fostering environmental awareness around this issue.

Honey bees play an important role in farm production and in the ecosystem. They are responsible for an estimated 80% of insect crop pollination. One-third of the human diet is derived directly or indirectly from insect-pollinated plants.

The conservation of pollinators is "critical" to the sustainability of King's natural areas.

"Becoming designated as a Bee City will demonstrate the Township's commitment towards being a leader in sustainability," according to a 2017 staff report.


King Township is enhancing existing and creating new habitats for pollinators in parks, gardens and naturalized areas. Designating the Township of King as a Bee City will demonstrate the Township's commitment towards increasing pollinator awareness, protection and conservation. Becoming recognized as a Bee City will further contribute to the Integrated Community Sustainability Plan. Bee City Certification will reinforce the goals of the King's Integrated Community Sustainability Plan by fostering community engagement and education and supporting healthy ecosystems and food sources.

In celebration of National Pollinator Week join the community on Saturday, June 23 at 10 a.m. for a community wildflower planting at Blue Heron Park and learn how to create a pollinator habitat. Creating a pollinator habitat will further support King Township's Bee City certification.

To register for the event please email environmentalstewardship@king.ca or call 905-833-5321 ext. 5226.

Lion Ken Hodgson honoured

Long-time member of the Nobleton Lions Club, Ken Hodgson, was honoured on his 95 birthday by Lions District A-711 Governor, Lion Surinder Sharma. In the Jan. 18 issue of The Sentinel, we misspelled Ken's name. We apologize for the error.



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Local beekeeper notes Liberal reversal on neonicotinoid pesticides

By Mark Pavilonis

A King beekeeper is disappointed with some double-talk at the federal level.

While the Liberal Party of Canada called for a moratorium on the sale and use of neonicotinoid pesticides, Health Canada has put the brakes on any action, pending more studies.

Canada's Pest Management Regulatory Agency (PMRA) noted the assessment of this group of insecticides is "extremely complex and multi-faceted."

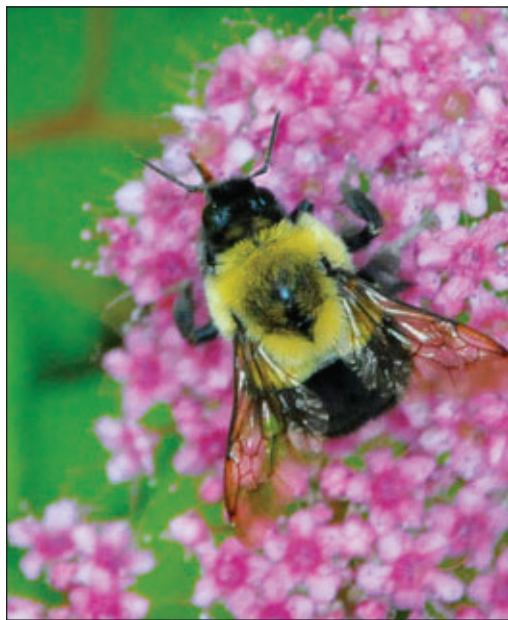
The PMRA admitted that neonicotinoids are linked to harmful effects on pollinators, they said there are other factors affecting bee health, such as loss of habitat and food sources, diseases, viruses and pests. Neonicotinoids are also used in the home, for controlling fleas on pets and protecting trees from invasive insects such as Emerald Ash borer.

The PMRA wants to continue to monitor bee health and neonicotinoids through 2018.

"It seems your party and its people have completely and totally abandoned your thoughts spelled out quite neatly and perfectly on page 38," said Andre Flys, of Pioneer Brand Honey.

"Frankly as a beekeeper I couldn't ask for more than what you've got here on page 38. But honestly with the PMRA announcement last month it couldn't be any further from the truth."

Flys was referring to the document of resolutions adopted by the Liberal Party at the 2014 biennial convention in Montreal.



The move by PMRA flies in the face of stated Liberal viewpoint, which notes that neonicotinoid-based insecticides have been subject to bans in other jurisdictions "due to the conclusive links to bee deaths."

The Liberals vowed to protect pollinator health and contribute "scientific leadership" to secure the future global vitality of pollinators.

Flys wants to know why Liberal promises are not kept, and why the PMRA is now choosing to ignore existing science and conduct further studies.

"I guess that's what we can expect from a bunch of lying liars who do exactly the opposite of their campaign promises," he said. "Maybe you or someone from your party could explain why your party lied and continues to ignore science."



Annual Pancake Breakfast a big hit

Councillors and staff welcomed upwards of 300 residents to the annual Pancake Breakfast at Nobleton arena Saturday. Mayor Steve Pellegrini said they met a great cross-section of residents from across the township. The event was capped off by a skate with the mayor.

Serving up the goodies were (above) Councillor Cleve Mortelliti, Councillor Linda Pabst, mayor's executive assistant Teresa Barresi, Mayor Pellegrini, Councillors Avia Eek and Dave Boyd. The town crier, in full dress, welcomed everyone to the family friendly event.



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King woman celebrates 'Heroic Humans' in our midst

By Mark Pavilons

We all have the power to be "heroes." Making a difference, and celebrating everyone's inner hero is what Heroic Humans is all about.

Created by King's Dana Clark, Heroic Humans is a social impact movement that provides a gathering space for inspiration, celebration and empowerment.

The online forum encourages everyone to play a part in celebrating the good versus the bad and share authentic stories, people, passions and inspirations. Heroic Humans is a space that seeks to foster acceptance and inclusion in a world wedded to judgmental social norms and constructs. It is a place that refuses to marginalize and exclude people. It is a place where we can thrive as our truest and most powerful selves.

The spark was lit for Clark when she was at a workplace meeting. She was asked about her passions and talents she brings to the world.

"I was here to be a 'Heroic Human.' It's something I just came up with on the spot. I had no other words to describe what place I wanted to hold on this planet. I said well, 'I guess I'm here to be a good daughter, a good sister, a good partner, a good granddaughter, a good friend, and I want to, in any capacity, show up for someone every single day of my life. I want to make a difference and I want to be a Heroic Human,'" she said.

The term kept resonating with her and she felt she had to do something with this.

She then registered the domain, and proceeded to start to build on the idea. "That was the birth of Heroic Humans, and the most transformational moment in my life."

Clark explained that the beauty of Heroic Humans is we are all "Heroic Humans." It's all about raw-humanity.

"The mission is to really get people to celebrate one another. It's about noticing the good in others, and bringing out kindness and support to those around you and your community. I truly believe that with connection, community and support - anything is possible. Whether you're a cancer survivor, a great barista, or an up-and-coming entrepreneur, I believe your community should know about you and those around you should encourage and support you. We don't



Dana Clark

acknowledge each other enough. So it's a space I've created to be able to do that and to celebrate that."

Clark wants to get everyone engaged and involved. She began with her family, friends and co-workers and it began to grow. With the impact of social media, you can broaden your reach and have access to people and places you'd never been able to otherwise.

"This way, no matter who you are, or where you are, Heroic Humans is a space where you will be welcomed, you will be respected, and you will be not only acknowledged, but also celebrated.

"When you acknowledge someone in the simplest ways, even as simple as saying: 'Hey, you matter here, and you really make a difference,' it engages people in ways that we're not used to. We should tell one another about the impact they have on our lives, because really, what do we have to lose?"

And people are listening. The response, Clark said, has been incredible.

"The amount of support you can get without directly going out and asking for it is downright life changing. I always say to myself, if something ever happened to me, or to the world, and Heroic Humans ended tomorrow - I would feel so fulfilled. It means so much to me and that's truly what makes Heroic Humans possible. If you believe in others, believe in yourself, and believe in humanity, you believe in Heroic Humans."

Ultimately, she'd like to see Heroic Humans spread and evolve. She'd love to one day host conferences all across the world, with people from every walk of life coming together to inspire others, celebrate others.

In the meantime, she's starting to lay the foundation for some workshops in different cities around this area.

"I have launched a clothing line and it's also a goal to make myself known to the corporate world and to hopefully attract some corporate/business partnerships.

She's also in the process of bringing on a series of different ambassadors, from all different communities, with the hopes to inspire and reach as many people as possible.

"I knew I couldn't do this alone, and decided to enrol some of the people I am personally inspired by, and who stand as influential and courageous members of their communities. It's so important to me to energize and include people from all walks of life. I recently brought on two LGBTQ+ ambassadors, and an environmental ambassador."

Even change-makers can learn a thing or two.

Clark admitted she's learned that all people really want is to be seen, heard, and loved.

"I really do appreciate humanity more than ever. If you just ask for help, most of the time someone will help you. If you just smile at someone, most of the time they'll smile back. If you treat someone with kindness, they'll probably treat you with kindness back."

And it's as simple as being curious and aware.

"Ask the difficult questions. I've learned I've got nothing to lose by simply trying to dig a little deeper."

In order to bring heroic people to light and to surface their amazing stories, it forces Clark to get in contact with people from all over the place.

"From Louisville, Kentucky, to Iceland, to PEI, it's a lot of fun coming into contact with people I would've never met otherwise. The thing that keeps me motivated is seeing how people want to celebrate one another. There's a section on my website that allows people to write in to me and to tell me about their Heroic Human, and I'll later feature them on either the website or various social media handles, and it makes me believe, more than anything, that there is good in the world, and that all we really have to rely on is each other."

Heroism comes in all forms. Whether it's someone who lights you up, inspires you or others, or pours your favorite cup of coffee; everyone has their own story to tell and a life to change.

Help Clark uncover even more Heroic Humans. Visit www.heroichumans.com or contact her at dana.clark@heroichumans.com. Check them out on Facebook and Instagram, @theheroichumans

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Sciatica is defined as compression of a spinal nerve root in the lower back, often owing to degeneration of an intervertebral disc.

Sciatica most commonly occurs when a herniated disc, bone spur on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg.

You go to the drug store or to your doctor and get pills to help relieve your symptoms. But you find the symptoms keep 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.

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Five Backpacks family tours Thailand, Nepal, Bosnia, Croatia

By Sunny McGaw

“Sawadee ka” from Thailand!

Our first stop in The Land of Smiles was Koh Phangan in the Gulf of Thailand, an island made famous by Full Moon parties, but also very naturally beautiful, and quite calm and family-friendly when there is not a full moon.

We all stayed in quintessentially Thai huts on the beach, complete with teak architecture, palm-lined paths and quaint beach bars and cafés up and down the beach. The island itself is rather rugged – mountainous in the interior – making it impassable except on coastal roads. Other than tourism, the main industries are fishing and coconut farms.

Arriving in Kathmandu, Nepal was sensory chaos – smells of patchouli, incense, wet garbage, and vehicle exhaust, dogs and pigeons and monkeys on the streets, prayer flags dangling from every imaginable location above our heads, beaded dreadlocks, and honking horns ... There are no sidewalks to speak of, and shops line the streets, filled to the brim with colourful artwork, prayer beads, hookas, and used books.

The other quick realization about The City of Temples, is that Nepalese are perhaps the kindest, most sweet and generous people on earth. Upon arrival at our small hotel, I asked a young porter if I could please borrow his pen for a moment. He smiled and scurried away. I thought that he hadn't understood my request, however, he had gone next door to a convenience store to buy me a new pen.

Our plan for Nepal was to spend two days in Kathmandu, buying any gear that we needed for our trek in the Himalayas, and then to push out to Pokhara, (starting point for trek), by bus. Trekking gear is incredibly inexpensive in Nepal. Both knock offs and authentic brands are available for a small fraction of what we pay in the west (ie; two pair of North Face hiking trousers and two Colombia ball caps for \$35 Canadian).

The main shopping area is called Thamel, and bartering plays a big role in any purchase. We didn't, however, take the negotiations too far. The haves and have nots disparity has never been quite as apparent to us as it was in Nepal.



Evidence of the April 2015 Earthquake is abundant. Some rebuilding has taken place, but rubble and half-buildings are on every street.

After 48 hours in Kathmandu we were ready for the mountains! We left the intensity of the city early one morning and set out for what was a five-hour bus ride to the small town of Pokhara.

The tourist bus offered was comfortable, but the ride was a treacherous 10 hours due to the driving conditions (to cover 200 kilometers). The roads leaving Kathmandu are tough – potholes are the norm, not the exception. The road is washed away as often as it is not. Choking dust and constantly honking horns. The views, however, are spectacular – mountains, villages, rice fields, smiling kids walking to school.

We learned that in the next three years or so there will be a Chinese-funded international airport built in Pokhara, which will negate the need for trekkers to land in Kathmandu and take the bus to Pokhara. This will make for a much less arduous travel experience, but will certainly impact Kathmandu tourism, which is the country's #1 industry. Nepal is incredibly new to development by western standards. As of 1950, (when Nepal became a democracy), Nepal was largely without schools, hospitals, roads, telecommunications, electricity, and civil services.

The Annapurna region was appropriate for our family – steep and chal-

lenging at times, but safe and achievable for even the slowest members (me). Most days we trekked for five hours or so, with the first half of the trip being mostly uphill. One day we climbed 3,900 steps in a row.

Each night we ate and slept in tea houses in tiny villages that time seems to have forgotten. A tea house consists of a dining hall with benches, rows of rustic tables, bare light bulbs dangling from the ceiling and often a barrel fire in the centre of the room for warmth. We generally ordered our dinner at 4:30, ate at 6 p.m., retired to our rooms by 7 p.m., and were asleep by 8:30.

Food was terrific – breakfasts were hearty with pancakes, muesli, porridge, toast, and coffee with water buffalo milk! Great fuel for walking. For dinner we especially loved a traditional Nepalese meal called “dal bhat” – steamed rice with lentil soup and spicy pickle – mixed together and eaten with your hands.

Tea house bedrooms were very basic but comfortable – two or three beds with thin mattresses and a window.

The weather in the Annapurna region was much warmer than expected. Most days before the summit were in the mid 20s and we hiked in shorts and t-shirts. There was sunshine every day, and we saw spectacular sunrises and sets. The top town, Ghorepani, was just below 3,000 metres and was quite chilly (below freezing every

night and morning).

People who have visited Nepal often rank it as one of their favourite places they have traveled – as it now is for us. Incredible natural beauty, fascinating culture, quietly charismatic people. Namaste Nepal!

Bosnia

The top 10 things we loved about Bosnia:

Bosnians love the colour orange. We noticed it first with Bosnian architecture – the deep rust clay roofs and the peachy exterior walls. And the more we looked the more we saw it! Orange furniture, linens, artwork, tapestries and more.

Cevapi – it's kind of like a mini skinless sausage, served with a warm pita, French fries, and salad veggies. Cevapi is the most famous dish in Bosnia. Eaten as a kind of casual street-food – comparable to Canadian hot dogs or poutine.

Smoking still seems the favourite Bosnian pastime. After being in Europe for two months we are accustomed to fairly constant smoke exposure, but Bosnians take it to another level. Our tour guide in Sarajevo told us that she was considered a “lame Bosnian” as a non-smoker, and our river rafting guide offered us all a cigarette after our BBQ meal one day, including our 10-year-old daughter.

The Flag. We heard an interesting story about the meaning of the Bosnian Flag – there is no meaning. With the formation of Bosnia Herzegovina after the '90s war, a new flag was required, but due to remaining conflicts and harsh feelings, a new design could not be agreed upon. A few years later Bosnia was invited to participate in the Olympics, and they realized that a flag was required – or else the athletes risked walking into the stadium carrying a flagless stick! The EU submitted this design – blue with a yellow triangle and a bunch of stars, (the number of stars changes depending on the flag – no kidding!)

Skinny roads. We had a tiny rental car. We found ourselves on several occasions feeling very stuck, requiring 17-point turns. The roads were created before cars were invented.

See 'Journey' on Page 15

Head starts begin here.

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Arts & Entertainment

King resident part of nominated documentary team

By Mark Pavilons

A King resident is part of a team nominated for a Canadian Screen Award.

Sarain Fox, host of Rise on Viceland, is part of the team who put this unique documentary series together.

Rise has been nominated for the Canadian Academy award for best documentary program.

Fox, along with Paul Sun-Hyung Lee of CBC's Kim's Convenience, and Karine Vanasse of CTV's Cardinal, announced the nominees in 30 categories for the 2018 Canadian Screen Awards Broadcast Gala in Toronto recently.

"Our homegrown work just keeps getting stronger and more relevant, and we look forward to celebrating the best

of it all at the 2018 Canadian Screen Awards," said Beth Janson, CEO, Academy of Canadian Cinema & Television. "As our media landscape changes and audiences have more choices of what to watch than ever before, the Canadian Screen Awards are an essential opportunity to highlight our own voices and the diverse array of our work."

The Canadian Screen Awards will be presented over four nights during Canadian Screen Week (March 5 to 11), culminating with the Canadian Screen Awards Broadcast Gala, which will be televised live on CBC on Sunday, March 11 at 8 p.m.

Rise is a vibrant, gripping and immersive documentary series that will take us to the front lines of global In-



King's Sarain Fox (left), along with Paul Sun-Hyung Lee of CBC's Kim's Convenience, and Karine Vanasse of CTV's Cardinal, announced the nominees in 30 categories for the 2018 Canadian Screen Awards Broadcast Gala in Toronto recently.

igenous resistance. Informed by their First Nations heritage, hosts Sarain Carson-Fox and Gitz Crazyboy guided viewers on a journey of discovery into Indigenous cultures to examine the social and political factors that threaten their liberation in the 21st century.

Fox hosted the eight-hour documentary and travelled to Indigenous communities across the Americas to meet people protecting their homelands and rising up against colonization.

Rise chronicled several different movements of resistance by indigenous people, including the current Standing Rock protest of the Dakota Access Pipeline, and the Apache Stronghold protesting the handover of Oak Flat to the Rio Tinto mining company in 2015.

"I think people can fall into a really linear thinking when they think about

Indigenous issues," Fox said. "And what we're trying to showcase is that it's not just one thing, it's actually the fabric that this country is made of, that Indigenous people are interwoven with it."

Canadian Screen Week is the largest national showcase of talent in the film, television and digital media sectors in Canada. It is a week of events that gathers members of the Canadian Academy from across the wide spectrum of Canada's screen industry to connect with Canadians and celebrate achievements.

The Academy of Canadian Cinema & Television is the largest non-profit professional arts organization in Canada. The more than 4,500 members encompass industry icons and professionals, emerging artists and students. For more, visit www.academy.ca



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DEN OF THIEVES (14A) FRI, TUE 3:30, 6:40, 10:00; SAT-SUN 12:25, 3:30, 6:40, 10:00; MON, WED-THUR 6:40, 10:00

MAZE RUNNER: THE DEATH CURE (14A) FRI, TUE 3:45, 6:55, 10:05; SAT-SUN 12:30, 3:45, 6:55, 10:05; MON, WED-THUR 6:55, 10:05

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King councillors question transition of Bill 139

By Mark Pavilons

The drawn-out transition of replacing the Ontario Municipal Board seems to run contrary to “building better communities.”

King councillors were given an update on Bill 139, Building Better Communities and Conserving Watersheds Act 2017. The main thrust of the legislation is to replace the OMB with a new Local Planning Appeal Tribunal, which is designed to improve the land use appeals system. The bill also aims to give communities (and municipalities) a stronger voice in planning decisions.

But a lengthy transition, and few firm details to date, have some local

councillors scratching their heads.

Applications and appeals, up to and including the time of Royal Assent will be heard by the existing OMB. As well, the Province has provided little in the way of firm details for the tribunal’s makeup, framework or implementation. This has led to a flood of last-minute appeals.

Councillor Cleve Mortelliti noted this means the “OMB will be alive and kicking for a while.”

Councillor Debbie Schaefer sees this as counterproductive. The government passes new legislation to clean things up and yet extends the life of the OMB. This, she said, defeats the purpose of the new Act.

The tribunal will give greater weight to municipal decisions and will only make a decision on second appeal of a municipality’s ruling. The Act introduces changes to the way appeals are conducted to save time and money and create “a more level playing field for all participants.”

King staff note the details will become clear when the Act is proclaimed later this spring.

Part of the council exercise was sending its comments to the Province. Staff pointed out that King has received a number of OMB appeals on applications where council has not made a decision.

“The influx of appeals appears to be a result of the anticipated changes presented by Bill 139.

“The transitional provisions which allow complete applications at the time of Royal Assent to appeal under the current system to the Ontario Municipal Board will encourage even more appeals, which delays implementation until the new rules come into force.”

Staff is asking the Province to

strengthen transitional provisions to prevent this from happening.

Regarding the watershed component of the Act, new measures are drawing support.

The Lake Simcoe Region Conservation Authority supports these updates as it represents two years of review and collaboration.

The Act will help to strengthen oversight and accountability; increase clarity and consistency in authority programs and services; increase clarity and consistency in regulatory requirements.

“The new Conservation Authorities Act signals to us that the Province wants to work more closely with conservation authorities, and we’re very pleased with that,” said Councillor Avia Eek.

“It is important moving forward that we continue to work with the Province to ensure that our mission to work with our community to protect and restore the Lake Simcoe watershed by leading research, policy and action is achieved.”

All-day weekday service on the Barrie GO Line

Ontario is giving commuters and families in Toronto, York Region and Simcoe County more transit options by rolling out all-day weekday service along the Barrie GO rail line.

Steven Del Duca, former Minister of Transportation, was at Aurora GO Station with Chris Ballard, MPP for Newmarket-Aurora, for the announcement recently. The province has introduced new mid-day and evening weekday service between Union Station and Aurora GO Station. Combined with the existing service, travellers along this section of the Barrie GO line will now benefit from all-day train service, seven days a week.

The service improvements and enhancements along the Barrie GO line include:

- New hourly, two-way service between Union Station and Aurora GO Station during the mid-day and evenings, and extra morning, afternoon and late evening trips between Bradford GO Station and Union Station.

- Hourly weekend GO rail service starting December 30, 2017.

All GO trains will serve the new Downsview Park GO Station, connecting to the TTC Line 1 subway extension to York Region.

Timed GO bus connections providing customers north of Aurora GO Station convenient access to the new GO train services.

The province is also cutting the cost of commuting for people in the Greater Toronto and Hamilton Area. Starting in January, senior, youth and student commuters will pay a TTC fare of just \$1.50 when they use a PRESTO card to transfer between GO Transit or the UP Express and the TTC.

Adding more GO service on the Barrie Line is part of the largest rail project in Canada as Ontario transforms GO from a commuter transit system to a regional rapid transit system. Weekly trips across the entire GO rail network will grow from about 1,500 when the program began in 2015 to nearly 6,000 by 2024-25, with more all-day and 15-minute service coming to the Barrie Line.

Ontario is investing \$21.3 billion to transform GO Transit from a commuter transit service to a regional rapid transit system. A total of 230 GO train trips will now operate every week along the Barrie GO line, nearly six times the 40 trips per week that were operated a decade ago.

“This is fantastic news for GO train users in my riding and everyone across York Region. Drivers, commuters and casual transit users have been asking for increased service and more GO Transit options. We are delivering,” said Chris Ballard, MPP for Newmarket-Aurora.

Since 2013, Ontario has built three new GO stations, renovated 10 existing GO stations, and added approximately 7,000 new GO station parking spots. The province has also purchased 264 new GO buses, 150 new GO train coaches, and 10 new GO train locomotives.



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Before March 19th

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<p>Simple Selling for Entrepreneurs Date: Tuesday, March 20th Time: 7:00-9:00am Place: Cardinal Golf Club, 2740 Davis Drive West, King City</p> <p>If you are like most entrepreneurs you have a gift to share with the world and you are passionate about doing so BUT you may not love the part of your business where you actually have to sell something. If that sounds like you then this talk is for you.</p>	<p>Simple Selling On Steroids – Sell More. Close More Date: Tuesday, June 19th Time: 7:00-9:00am Place: Cardinal Golf Club, 2740 Davis Drive West, King City</p> <p>Have you ever wondered why you aren't closing more sales in your business? Have you felt sure that you were going to get a new client only to fall short? If you are tired of not getting everything that you want out of your business – and you want more clients, more cash and to simplify your sales conversations then this is the program for you.</p>	<p>What's Your Sales Style – What You Don't Know Might Hurt You Date: Tuesday, October 16th Time: 7:00-9:00am Place: Nobleton Lakes Golf Club, 125 Nobleton Lakes Dr, Schomberg</p> <p>What would it mean to your business if you could increase your sales easily by up to 75%. If you think this is magic it is not. Understanding your natural style, its strengths and turn offs will allow you to do just that.</p>
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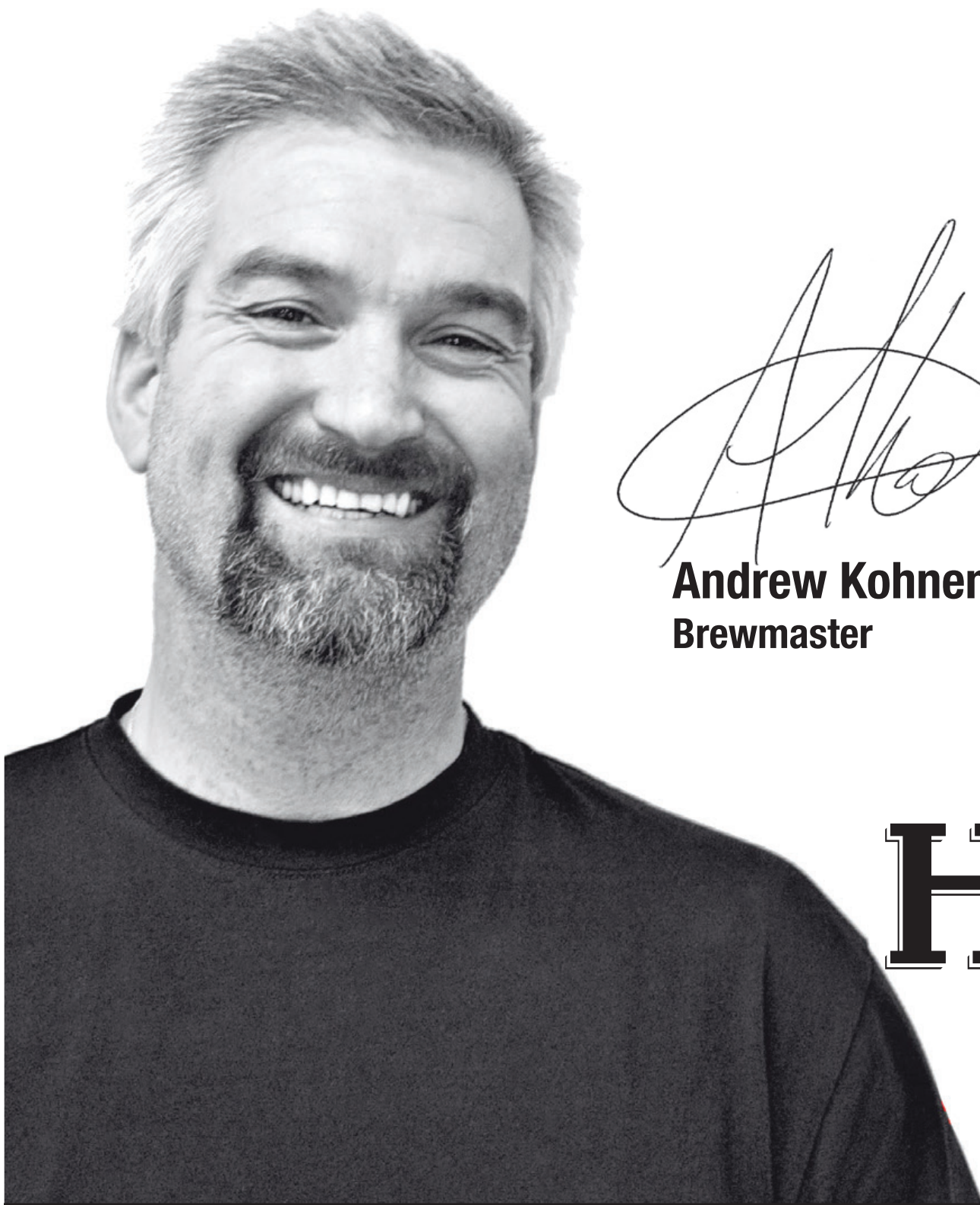


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Journey offers lessons in geography and history

From Page 11

Bosnia looks like Canada (especially King Township). As we drove through the Bosnian countryside we were in awe of the views – rolling hills and beautiful fall colours. Coniferous and deciduous forests and clean fresh-water streams. Felt like we were driving in the King City countryside, until a herd of cows meandered across the road in front of us.

Warm welcome. Bosnians were happy – and surprised to see us, especially outside of Sarajevo, where there are not many tourists. One day, we stopped for directions at a small café in a tiny town. The bartender saw our Croatian licence plates and thought we were pretty exotic. When she found out that we were Canadian she was speechless.

The great outdoors. With a 65% unemployment rate for people under 35, youth must find things to occupy their days – and outdoor adventure seems at the top of the list. Camping, skiing, hiking and rafting are all popular. There is, of course, the need to look out for “Unexploded Land Mine” signs – we saw several. Humbling.

Dark sense of humour about the war. We have visited war-torn countries before, but none that had witnessed conflict this recently. The consensus as we understand it, is that the best way to think and speak about the almost four-year siege was with humour. Our Sarajevo guide joked about growing up quickly as a girl – as she lived in her basement with 50 other people for four years. Another favourite example of this humour is the ICAR Canned Beef monument. It was erected in 2007 by a local artist – a gesture of irony and possible ridicule to the humanitarian donors of this very unpopular food item that was constantly supplied to the city from 1992-95. It’s reputed to contain some incredibly nasty, gelatinous contents, and the occasional intestine. Even the cats avoided it! The suspicion is that the canned beef was a WW2 left over.

Croatia

It has been 14 years since John

and I were in Croatia, and we noticed some significant changes! When we first visited, Croatia was still reeling from the Bosnia war, and tourism was almost non-existent. It was friendly, but gritty and a little raw around the edges. Many of the Croatians we met had served in the war, and there was much discussion of unexploded land mines in the rural areas.

Today, the Dalmatian Coast of Croatia, (south, along the Adriatic Sea), is polished, tidy, and organized – it feels almost like Switzerland with palm trees! This part of Croatia is considered one of the best retirement locations for Europeans, and we can certainly understand why. The prices are competitive, (groceries are a little less than Canada, but our AirBnB is very, very inexpensive due to the low season); the weather is moderate, (still 23 degrees each day), and the setting is spectacular.

As with many Balkan countries, the youth are leaving in droves – especially the educated ones (14,000 youth left Croatia last year alone). So the economic future will be questionable.

Croatians are incredibly proud of their accomplishments in innovation and sports. We have been asked on several occasions: Did you know that the torpedo, parachute, neck tie, ball point pen were invented in Croatia? There are statues and posters paying tribute to Croatian Olympians and other athletes along most boardwalks and public squares.

One day on the island of Brac, we undertook an athletic challenge – hiking to the top of Vidova Gora, the highest peak in the Adriatic, at 778 meters. It took almost seven hours round trip – some of us were faster than others. The trails were well maintained, and the view at the top was spectacular – worth the aching legs that resulted.

Sunny McGaw Whitehead, John Whitehead and their three children are on a one-year adventure around the world. You can follow the Whiteheads via their blog at fivebackpacks.wordpress.com or www.instagram.com/fivebackpacks/





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King Campus expansion: status update



Week by week, the King Township community is getting a better picture of Magna Hall, currently under construction at Seneca's King Campus.

The three-storey, 200,000-square-foot building is currently a hub of construction activity. Major work is complete on the exterior walls and roof, and in the coming weeks, more attention will turn to the construction of 25 classrooms and labs.

When Magna Hall opens its doors to students in September, it will provide the infrastructure to help

Seneca welcome an additional 1,500 students, bringing King Campus's total enrollment to 5,000. The campus is home to Seneca's applied arts and health sciences programs, which prepare students for careers ranging from nursing and social service to early childhood education, public safety and counselling.

The new building is named in recognition of Magna International Inc., which has provided a \$3-million gift to Seneca's Campaign for King Campus, the fundraising initiative in support of the campus expansion, as well as academic programs and student financial aid.



Alumni donor profile

Seneca alumni have stepped up to contribute to the Campaign for King Campus. Police Foundations graduate Winston Stewart, founder of Wincon Security, has continued his longtime support of Seneca with a \$100,000 pledge toward Magna Hall capital costs. Seneca will name a classroom at Magna Hall in recognition of Stewart and his family's generosity.

"In my family, we use the saying 'sowing the seeds.' A farmer will sow one seed, which will result in crops for years to come," said Stewart. "Making a difference begins with just one student. If we all had a farmer's mentality, we could promote education for thousands. Hopefully my contribution will encourage and inspire other alumni to give."

Stewart originally aspired to become a police officer, but during his time at Seneca, he learned more about all the different aspects of law enforcement.

"Speaking to professors and getting introduced to their industry contacts opened a lot of doors for me," said Stewart. "Before I knew it, I had a list of law enforcement professionals that I could draw from to help me start my own company."

Shortly after graduation, Stewart opened Wincon Security with just one client and a \$10,000 loan from his mother. In 2018, the Markham-based company will celebrate its 25th anniversary.

Stewart has maintained a strong connection to Seneca, volunteering on the Alumni Council and establishing the Winston Stewart College Opportunities Bursary.

"It's important for donors to support students because they will be needed to help drive the economy in the future," said Stewart. "That investment is needed now."

Learn more about Seneca's King Campus expansion and how you can support King students: senecacollege.ca/king.

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King Weekly Sentinel SECTION B

Sports • News • Community Events
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Schomberg Cougars stung by Alliston Hornets

By Jake Courtepatte

A tough end to the regular season schedule has put the Schomberg Cougars in a tight spot, after squandering a two-goal lead on Friday in a 6-2 loss to the Alliston Hornets.

Visiting the New Tecumseh Rec Centre for the final time this year, the embittered rivals took it to each other early, with Schomberg taking advantage of a slashing minor just over six minutes in.

Linden Sturrock made a nice cross-ice pass from the blue line off the opening faceoff of the power play, setting up Brandon Cohen to open the scoring with a wristed.

Another slashing minor allowed Schomberg to take a 2-0 lead with just six seconds left in the first period, breaking in on a four-on-two with Spencer Ripley earning his ninth of the year.

A revitalized Alliston team came out in the second, however, breaking the shutout of Matthew Lolli on a rebound early in the frame.

Three more consecutive goals fol-

lowed for the Hornets in the period, highlighted by some bad puck luck for the Cougars, including a redirection off an Alliston body and a gifted rebound off the back boards.

Alliston's Brendan Macham shut the door on the Cougars for the entirety of the third period, ending the game with a 6-2 score for the home team.

Lolli made 20 stops on 26 shots.

The loss came just one day after falling 7-4 to the Midland Flyers at Trisan Centre, who the Cougars are battling for fifth place in the eight-team division.

Despite throwing an impressive 40 shots at the Midland net, it was Midland that scored the game's first goals, digging a hole for Schomberg they could not climb out of.

Owen Heilemann scored his first of two power play markers early in the second to break the shutout, though it was too little, too late, while Cohen and Sturrock each added a single of their own.

With the Flyers streaking and back-to-back wins for the Huntsville Otters, a tight race has developed in the



Schomberg's Linden Sturrock battles Alliston players in the Cougars' 6-2 loss to the Hornets at New Tec Rec Centre on Friday.

Photo by Jake Courtepatte

MP Schulte hosts skate on Family Day

King-Vaughan MP Deb Schulte is hosting a Family Day skate on Monday, Feb. 19 from 2-4 p.m. It will be held at the King City arena on Doctor's Lane in King City.



PJHL's Carruthers division between the three rival squads, each within two points of each other with two games left on the schedule.

Schomberg currently holds down sixth place, in line to face the third-place Caledon Golden Hawks in the first round of the postseason, though nothing will be final until the regular season's final game on Sunday night.

The Cougars will have their work

cut out for them, once again facing Alliston in the season's final home game at Trisan Centre on Thursday, before visiting the 20-15-0-3 Penetang Kings on Friday.

Thursday's puck drop is set for 7:30 p.m.

For stats, schedules, and more information, visit www.schombergcougars.com.



King Township Mayor Steve Pellegrini helped owner Mary Triano cut the ribbon to officially open Core Athletic Club to King City on Saturday.

Core Athletic opens its doors in King City

By Jake Courtepatte

For those looking to keep their New Year's resolutions, look no further than a new state-of-the-art facility in the King's Ridge Marketplace plaza.

Core Athletics held their official ribbon-cutting ceremony on Saturday with the help of Mayor Steve Pellegrini and councilor Cleve Mortelliti, opening the doors on the giant, two-tiered facility.

Offering top of the line strengthening and cardio equipment, the facility also offers a wide range of fitness classes from yoga, to TRX, Pilates, and more, including a rooftop track.

More information can be found at www.coreathleticclubs.ca.



Coaches:

We want to hear from you! Send us your game reports, tournament results, etc. for Hockey, Figure Skating, Basketball, Volleyball, Gymnastics, Skiing, Martial Arts, and anything else sports-related that's going on in your community.

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Skip Kay Sinclair delivers during Tuesday night Ladies Lead and currently has her team tied for 2nd place overall.

Photo by Ian Donaldson

Roar of the rings heard at the King Curling Club rink

By Shellee Morning

The Scottish originally dubbed curling the “roaring game” because of the sound the rock made as it slid down the pebbled ice surface. Today, the roar is still made by the stone and can be heard throughout the sheets of King, but the sounds the players themselves create during play each week is equally loud. The hurry hard cheer has become legendary to the sport of curling that echoes across the rinks and not only enhances to the exciting environment it also adds to the competitive juices within the game.

During last week’s Tuesday night ladies league the “roar” was in top form as the girls took to the ice with high hopes as each team were in the hunt for the win.

The third game into Round 2 began and the hurry hard calls were fired up on the first stones thrown. Sheet 4 featured Team Morning up against Team Stronach, and with both teams struggling so far this season, each were desperate for a win.

Opening frame Morning collected a single and proceeded to gather single points in the next 4 ends for a 4-0 score. The score board did not reflect the play of Skip Kelly Stronach and her squad of Laurel Nelson, Larrissa, Edith Mussato and Larrisa Frangakis as they played well setting up guards and come-arounds. Credit has to go to Morning’s front end of Sharon Dorney, Nancy McCarron and Vice Kaye Groen, who executed precision take outs and draws to the button, allowing their Skip to play the guard shots throughout most of the game.

After only one hit and one draw was called upon Morning during the 7 end game, Morning was able to keep Stronach in the chase. Stronach called a great game strategically and with the delicate touch of her draw weight found the scoreboard late in the game but it would be Team Morning luckily finding their first win of the round.

Jessop and Gorsline tallied up in a great comeback effort by the Jessop team that had the other 3 sheets watching closely. After being down 6-0, Skip Anne Jessop and her rink of Sandra MacDonald, Pat Schneider (spare) and Cindy Perkins stockpiled a 4 point end then stole the next 3 to take a 7-6 lead to close out the 7th end. Sensational sweeping and tremendous take outs contributed to the overpowering play by Jessop’s team. Coming down to the last rock in the final end Skip Kathleen Gorsline put the finishing touch on a 2 point end to pick up the tense and hard fought for 8-7 win.

Other winners included Teams Brown and Sinclair who’ve both put down back to back wins and continue to stay close to the leaders. Team Oakley is on a 3-game win streak matching the equal play of Gorsline to round out the top of the Round Two leader board.

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Valencia CF coaches in conjunction with
KNSC coaches will organize a camp.

KNSC.CA

Schomberg Should Know

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

Schomberg blood clinic

The next Schomberg Community Blood Donor Clinic is planned for Wednesday, Feb. 21 from 4:30 to 7 p.m. at the Trisan Centre.

We found collecting blood last year was certainly a challenge, due in part to the change in frequency for females donors, who now must wait three months between donations, rather than two, as it was determined that females need more time for their iron levels to recover after donating blood. The well-being of our donors is a top priority, so while this change was a good move to benefit our donors, it has left us needing to “replace” the females who can’t donate as often with new donors, willing to make saving a life a part of their routine.

We had some great clinics in December (Schomberg’s clinic collected 102%

of the target!) as donors clearly took hold of the festive spirit, donating blood as a way of giving back to their community. Unfortunately, many of those holiday donors don’t rebook to come back in February, and as explained above, any of the females who donated in December aren’t yet eligible.

As a result, the February clinic is booked at just 57%. I encourage those who have never donated to take the first step — take the Eligibility Quiz at www.blood.ca and donate if you can. The need for blood never stops and one day it may be you or someone you love who needs it. Your donation can help save a life.

Weather continues to affect our collections nationally. The so-called “weather bomb” that hit Atlantic Canada earlier this month caused the cancellation of our clinics in five cities. The impact of those uncollected units is still being felt across the country as we all encourage donors to find their way into a clinic to help “build up the bank” for all Canadians.

Exercise program for seniors

If you are a senior looking for a way

to get more exercise, get more fit and do this all for free, then we have something for you.

The Township, along with the Care-first Seniors & Community Services Association, is offering a free year-round program at the Nobleton Community Centre, 15 Old King Road, on Wednesdays and Fridays from 1 to 1:45 p.m.

There are 4 types of exercises offered: endurance; strengthening; stretching and balance.

For further information and registration please call 416-847-8939 or 416-557-9599

Schomberg United Church

This Sunday, Jan. 28, our service will be held at St. Mary Magdalene Anglican Church at the usual 9:30 a.m. service time. All are welcome.

Schomberg Youth Club continues its Friday night games and activities at 7 p.m. at Schomberg Public School. Nobleton and Schomberg United Churches provide this popular (secular) program free to all area youth ages 10 to 16. There is also a learn-to-play guitar program with basic guitars available. The music program is provided by Nobleton’s Barry Simpson and Bolton’s Dennis Kowal. Contact Jack Campbell at 905-939-2992 for more information.

Nobleton United is hosting another movie night on Thursday, Feb. 1, from 7 to 9 p.m. “Call of the Forest, the Forgotten Wisdom of Trees” is a beautiful documentary featuring scientist and acclaimed author Diana Beresford-Kroeger. The film follows Diana from the sacred sugi and cedar forests of Japan to the great boreal forest of Canada, as she shares the history and legacy of these old growth forests while explaining the science of trees and the irreplaceable roles they play in protecting and feeding the planet. She reminds us that when we improve our profound human connection to woodlands, we can restore our spirit, our health and our planet.

All are welcome. Refreshments to follow. A free-will offering will be taken to help cover the licensing costs.

Schomberg United meets at St. Mary Magdalene, 116 Church St., at 9:30 a.m. most Sundays, but at the Kitchen Bredon Manor on the first Sunday of the month. For more info, visit nobleton-unitedchurch.com and click on the Schomberg United link, or call 905-859-3976. Messages are picked up regularly.



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Snowmobile deaths reach the highest level in years

The Ontario Provincial Police (OPP) responded to 27 snowmobile deaths during the 2016-2017 season, marking the highest number of fatalities since the winter of 2003-2004.

Last season was also the worst on record for snowmobilers whose ride took a tragic turn while travelling on frozen waterways. One-third (9) of last season’s victims died as a result of their snowmobiles either going through the ice or entering open water.

As the OPP kicks off Safe Snowmobile Week with the Ontario Federation of Snowmobile Clubs (OFSC), they are urging snowmobilers to leave all forms of risky behaviour behind when heading out for a ride, especially when riding on frozen waterways.

“The spike in snowmobile fatalities and all-time record high in ice-related deaths last season are unacceptable. The vast majority of the 27 snowmobilers who died took unnecessary risks instead of making it a safe, enjoyable ride that got them home safely to their families. With very few exceptions, speeding, driving too fast for the conditions, consuming alcohol, riding on unsafe ice and other risky behaviours are what lead to snowmobile deaths every year,” said Deputy Commissioner Brad Blair, Provincial Commander, Traffic Safety and Operational Support.

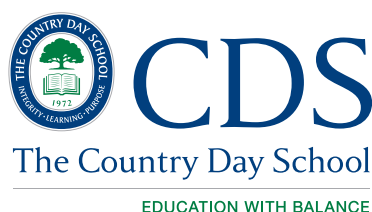
“Snowmobiling occurs in an unpredictable and uncontrollable natural setting with inherent risks that demand constant rider preparedness, vigilance, caution, unimpaired reaction and smart decisions. The OFSC encourages all snowmobilers to click on the GO Safe link on our website to learn about how they can enjoy the safest ride possible,” noted Lisa Stackhouse, Manager, Participation and Partnership Development, OFSC.



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Introducing Three NEW Entrance Scholarships

The Country Day School is pleased to announce the creation of the York Scholarship Bursary available to three incoming Senior School students starting in 2018-19. This renewable scholarship will provide support for 65% of tuition and additional fees throughout their high school career. The York Scholarship Bursary is awarded to students based on financial need, as well as a demonstrated and balanced approach toward academics, the arts and athletics. To learn more, visit www.cds.on.ca/yorkschoolarshipbursary

JOIN US AT AN OPEN HOUSE | Saturday, January 27, 10 am – 1 pm

Nobleton Notes

By **Angie Maccarone**
416-917-0406

St. Paul's Church

Guys, you're invited to come out to the Men's LifeConnect group which meets Saturday mornings at 9 for about one hour.

We watch a half-hour online message and then discuss what it means and how we can apply it in our lives. The message is delivered By Pastor Mark Hughes of the Church of the Rock in Winnipeg who uses humour extensively to make his points. So, guys, resolve to invest one additional hour a week (that's less than 1%) in your spiritual growth.

The Community Youth Group takes place every Wednesday night at the church from 7-9 p.m. (unless there is a special activity planned). Come join in the fun. Check here for details, or contact our Youth Leader, Taylor Scott at scottie_tay@yahoo.ca or 289-338-2539.

A2J is a program for kids in Grades 3 to 6. It's an evening of Bible stories, songs, games, crafts, self-confidence

building and lots of fun. A2J meets the 2nd and 4th Friday evening of each month, through May. It's not too late to join. Contact the church office at 905-859-0843 for more information.

Join us Sunday, Jan. 28 at 10 a.m. as Jeff continues his series through John. Jeff's message this week is titled "Passion for God's House." Following the service we have a great time catching up with each other over coffee and goodies.

Jeff's messages are posted at www.passionatelyhis.com each week. They are also on Facebook Live and are available on the church's Facebook page (@stpaulsnobleton) for viewing.

For more information about any of our activities or events, please contact the church office at 905-859-0843 or visit our website at www.stpaulsnobleton.ca

St. Mary's Church

Thank you to the following for providing the Roses for our Lady of Guadalupe at St. Mary's Church for the weekend of Jan. 13/14, namely, Lou Guidolin & Family - Pamela De Luca (in Thanksgiving). To donate white roses to Our Lady, please fill out the donation envelope available at the front of

her image at St. Mary's or in the foyer at St. Patrick's.

St. Mary's Valentine Dinner Dance will be held on Friday, Feb. 2. Reception 6:30 p.m. and dinner at 7:30 p.m. Live entertainment, DJ, door prizes, silent auction, open bar, antipasto, pasta, entrée, dessert & fruit. Tickets are \$100 (\$40 tax receipt). Proceeds for St. Mary's Church.

New to our parish? Welcome to all who have moved into our parish boundaries. To be a registered member of our parish is to have a sense of belonging to a Community of Faith. If you are not currently using envelopes for the regular collection and would like to be a registered member of our church, please use a pink envelope (complete name address) located in the foyer and the parish office will assign a box # to you and mail it out.

Parishioners who wish to be visited by our Pastor on the first Friday of the month for sacraments, please contact the parish office @ 905-939-2256.

Nobleton United Church By Nancy Hopkinson

Sunday, Jan. 28 will be special baptism service for Ethan Laverty. The Joy-

ful Spirits are practicing a song called "Child of Mine" by Michael A. Schmid for this special event. If you like to sing, come and join the Joyful Spirits on Wednesday at 7 p.m. Dennis Kowal is on piano and Barry Simpson is on guitar.

Our next movie night is on Thursday, Feb. 1, from 7 to 9 p.m. "Call of the Forest, the Forgotten Wisdom of Trees" is a beautiful documentary featuring scientist and acclaimed author Diana Beresford-Kroeger. The film follows Diana from the sacred sugi and cedar forests of Japan to the great boreal forest of Canada, as she investigates our profound biological and spiritual connection to forests. Diana shares the history and legacy of these old growth forests while explaining the science of trees and the irreplaceable roles they play in protecting and feeding the planet. She reminds us that when we improve our profound human connection to woodlands, we can restore our spirit, our health and our planet. All are welcome. Refreshments to follow. A free-will offering will be taken to help cover the licensing costs, which really supports the production of similar interesting and thoughtful films.

More on Page 21

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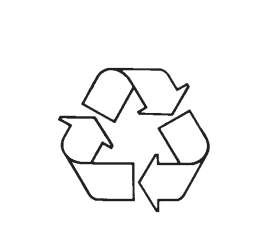
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Please Recycle This Newspaper

From Page 20

This film reminds me of the United Church's New Creed (1968) which states in part "We are called to be the Church: to celebrate God's presence, to live with respect in Creation." Films such as "Call of the Forest" give me pause to think about living with respect in Creation.

The next Messy Church is Feb. 9, from 5 to 7 p.m. There are crafts and table tennis for the first hour, a short interactive story until 6:15, and then a dinner with raw veggies and dip, fresh fruit and something hot from the oven. Children must be accompanied with a responsible adult. More details next week.

Looking ahead, we have our Annual General Meeting on Sunday, Feb. 25, following the service and a light lunch.

We are having our famous Pasta Dinner with meatballs (Gino DiFebo's heritage Italian recipe) on Friday, March 2 at 6:30 p.m. The meal includes salad, buns and dessert (canned fruit, ice cream and a special crispy Italian wafer cookie called pizzella). Tickets are \$20 per adult, and \$45 for a family (12 and under). For tickets call Linda Olsen at 905-859-0442. The meal is or-

ganized 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. There is also the fun of door prizes.

If you are interested in reading some sermons that our minister Carol-Ann Chapman has given, please visit our website and click on the "Message from our Minister" button.

If you would like to meet our minister casually, come to Nobleton's Tim Hortons on Wednesday mid-morning. She plans to be there, if she is not needed elsewhere.

Our worship services are at 11:15 a.m. Sundays at 6076 King Rd., Nobleton. For more info, visit nobletonunit-edchurch.com, our Facebook page, or call 905-859-3976. The Nobleton United Church office is normally open on Tuesdays, Wednesday and Thursday mornings. Messages are picked up regularly. Nobleton United is on the north side of the King Rd., about 6 buildings west of Hwy 27. We have a big parking lot at the rear of the building, an accessible ramp at the rear of the building, chair lifts and accessible washrooms. We warmly welcome everyone, old and young.

Nobleton Lions

The Nobleton Lions Club has a very busy spring planned, beginning with the annual Pancake Supper on Shrove Tuesday, Feb. 13. Guys, pay attention, this will be the night before Valentine's Day. Do we need to say more? The location is downstairs at the Old Community Hall just north of the arena between 5 and 7:30. Prices remain the same as last year at \$7 for adults and \$3 for kids 12 and under - great value for your dining dollar! Please come out and help your Lions Club support the community. Admission proceeds will be donated to the Nobleton Skating Club.

The Pet Value Walk for Dog Guides is planned for Sunday, May 27. This walk helps provide funding for six different specialty streams including Canine Vision Dogs, Hearing Ear Dogs, and Service Dogs to help challenged Canadians overcome a variety of impairments. Check out www.walkfordogguides.com for much more information.

After that comes the Nobleton Lions Annual Fund Raiser on June 3. This year the event is a Charity Golf Tournament to be held close to home at Nobleton Lakes Golf Course. This is the major fund raiser for the Lions Club,

with proceeds planned to go to numerous organizations in and around town. Golfers and hole sponsors are invited to call Jim Kassam at KARS on King Rd west of Hwy 27 at 859-5277.

Watch this space for further details as the events get closer, and why not check out our website at www.nobletonlions.com Also, you could look us up on facebook or Instagram.

Free advertising is available to non profit groups in and around Nobleton via the electronic sign at the library. Contact the Township of King for details on how to get your message up there at no charge.

Your support is greatly appreciated by the Lions and those who we support, in keeping with our motto, "We Serve."

The Lions Club is seeking new members at this time. If you are interested in helping your community become a better place to live while having lots of fun, please call Bob Phillips at 416-522-9675.

Ladies Volleyball

We play Thursday evenings from 8 to 9:30 p.m. in Nobleton and are looking to add a few players to the roster. Please call Glenda at 416-561-6016.

708 OBITUARIES

Wellington, Keith

Born December 16th, 1945, aged 72 years, peacefully passed away Monday, January 8th, 2018. Dearly beloved husband of Marilyn Wellington. Much loved father of Craig, Jordan, Jared, and Lauren Wellington, father-in-law of Jenny Wellington, Kristina Wellington, and Christopher Snyder. Cherished grandfather of Liana, Tess, Liora, Austin, and loved brother-in-law of Carol (Greenwood) Winger. Relatives and friends will hold a private memorial at the Wellington family home at a date to be determined. Arrangements entrusted to Rod Abrams Funeral Home, Tottenham. www.RodAbrams-FuneralHome.com Rest eternal grant unto him, O Lord: and let light perpetual shine upon him.

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King's Corners

King City United

The 4th annual Pasta Dinner & Concert with the musical stylings of Sandra Kirby and her brilliant accompanist, Oleg Samokhin is Saturday, Feb. 10 with dinner at 5:30 and the concert at 7 p.m. Tickets are \$25 for the dinner/concert or just \$20 for the concert. The theme is "Come Fly With Me! Songs of Travel and Romance."

They're kicking it up a notch as there will be a video camera on the piano so that no matter where you sit, you can watch Oleg's fingers dance across the piano keys! This is one event you should plan to attend.

Do you enjoy a good breakfast and a chance to make new friends? Join us for "Tea and Talk" at King City Sunset Grill at 10 a.m. on Fridays. We are usually the group sitting just inside the entrance. You don't have to attend King City United Church to attend "Tea and Talk" (actually you don't even need to have tea).

King City United holds worship services every Sunday morning at 10 a.m. There is Sunday school for the young people after the children's story during worship. King City United is located at 50 Elizabeth Grove, King City. For more information, call our Office Administrator Kristen at 905-833-5181 or visit our website: www.kcuc.ca

King Bible Church

We welcome you to join us for Worship Service on Jan. 28 as Pastor Mark will be continuing our sermon series "Discipleship" with "Go and Bear Fruit."

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 JK-Grade 8 will be in the service for

the beginning until they are invited to go downstairs.

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. KBC Big Football Game Party! Men, we invite you to our annual Super Bowl Party on Sunday, Feb. 4; game time is 6:30 p.m.

The buffet meal starts at 5:30 p.m. and the cost is \$10. Arrive early and bring a friend! Contact Robert Hume or Steve Heise for any information. Sign-up sheet is now available.

St. Andrew's By Kathy Patterson

There's a warm welcome at St. Andrew's! Our Sunday worship service is at 10:30 a.m. with Sunday school for children up to Grade 6 running concurrently. Join us after the service for refreshments and a chance to chat.

Last Sunday Lynn Vissers concluded her post-Christmas series by looking at Joseph and his response to God's direction. The Wise Men followed the star to worship this new King, Jesus. King Herod followed his own heart, fearful, corrupt and evil, wanting to destroy this young child. Joseph listened to God through the dreams and responded quickly, wanting to obey, out of his love for God.

The Rev. Dr. John Vissers will be taking the service this Sunday, Jan. 28. Lynn Vissers is scheduled February 4, 11 and 18.

The King City Lodge Visitation is this Thursday, Jan. 25 at 2 p.m.

The Annual Congregational Meeting will take place following the worship service, Sunday, Feb. 25.

How can we at St. Andrew's bless you? Would you like to pray with someone? Need resources on prayer? Let us know. God has promised to hear and to answer our prayers. He also has promised to never leave us!

Should you have pastoral care needs please contact Lynn Vissers, our Direc-

tor of Congregational Ministries at the office or at 905-833-5762 or contact our Interim Moderator, the Rev. Paul Johnston, 705-341-7738.

Our church office number is 905-833-2325. We are located at 13190 Keele St., 2 blocks north of the King Rd. A ramp is available for accessibility. www.standrews-kingcity.ca

All Saints Anglican Church By Patrick Gossage

Lent: The King community is invited to All Saints annual well attended traditional Shrove Tuesday Pancake supper Tuesday, Feb. 13 from 5 to 7 p.m. in our downstairs hall. Pancakes, sausages and dessert and refreshments all for \$7 each or \$20 or a family. It's our version of Mardi Gras - or "fat Tuesday" before denial of too much good eating for Lent.

Then Lent starts the next day. One way to approach Lent is to give back, volunteer, visit a shut in, join a community group instead of giving something up! And of course we urge you to come to church. Ash Wednesday on Feb. 14 at All Saints offers two inspiring services in the chapel - in the morning at 10 a.m. and the evening at 7 p.m. Either will get you going on a new you for Lent.

All Saints Popular Pub Night returns Saturday, March 3, at 6:30 p.m.

Note new date for a real night of pub food, including bangers and mash, pub quiz like in the old country, music and good fun. We invite people who like a party from the community to come and enjoy a real old-fashioned pub evening with their friends. This is a licensed event. Only \$25 a head, and you can buy tickets at the door.

Horticulture By John Arnott

The summer mystery has been solved! What mystery you say? Well then let me explain.

Late last spring I was over at Humber Nurseries, a garden centre on Hwy. 50

at Hwy. 7 in the Brampton area looking for 3 of my favourite garden annuals - diascias (twin spurs), Buenos Aires (v. bonariensis verbena) and angelonias (a. augustifolia). Just outside the annuals area I spotted 3 pots of a tall plant with striking flat spikes of yellow flowers that I'd never seen before and none of the pots had a name tag on them. When I asked what they were nobody seemed to know. Even Guy Peters, the head man at Humber, couldn't identify them. But he said "take them with you. I won't charge. See how they do and let me know next spring."

These "unknowns" happily settled into my garden and bloomed all summer long into the fall and even survived 2 light rooftop frosts. Now I'm thinking perennials not annuals at all and so I decided to bring them in to overwinter.

I went through my gardening books hoping I'd come across a picture of them - but no such luck. Then a few days ago, I was moving my few houseplants around in my sun room and when I went to move them the idea hit me that the now gone flowerheads looked like shrimps. And you guessed, it when I googled "shrimp plant" there they were golden shrimp plant (pachystachys, Greek for thick flower spike, lutea Latin for yellow).

From this spike of yellow leaf-like bracts that make it so attractive come its long thin flared tube shaped flowers that I read hummingbirds just love.

This broad-leafed evergreen perennial native to sub tropical South America [especially Peru] is a showy easy care plant indoors and out. It can grow from 36 to 48 in./ 90 to 120 cm tall but tends to get leggy as it grows older and should be pruned down to a foot/30 cm high in the spring. The plant is not particular about soil and grows well in average well draining garden soil in full sun but does appreciate some shade relief on very hot summer afternoons. A few trowels of compost such as composted cattle manure is also appreciated.

It won't winter in our area so bring indoors.

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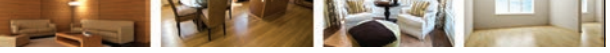


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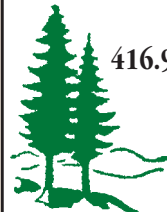
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York to deliver \$2.4 billion in water and wastewater projects

When it comes to planning for the water and wastewater needs of residents, York Region is taking a multi-dimensional view with a long-term outlook. In a report to council, York Region provided a status update of some of its priority infrastructure projects essential to meet water and wastewater demands and serve growing communities.

“Although planning the Region’s infrastructure has many complexities, our goal is simple,” said York Region chairman and CEO Wayne Emmerson. “As our communities continue to grow, the water and wastewater system must be able to accommodate the increasing population.”

With more than 140 projects under way, the 10-year Water and Wastewater Capital Plan focuses on building the main sanitary system, sustaining infrastructure service levels, managing risk and ensuring reliable service to the current system.

Key projects highlighted include:

Upper York Sewage Solutions: The Upper York Sewage Solution project, once approved, will provide service and support growth in the Towns of Aurora, Newmarket and East Gwillimbury. Modifications to existing infrastructure will increase sewage service capacity in these areas and alleviate risk

of overflow during high-flow events. The project also includes design for a Water Reclamation Centre to treat sewage using innovative purification and water recycling technologies

Duffin Creek Plant: Before water can be returned to Lake Ontario, it is treated at the top-performing Duffin Creek Plant to ensure compliance with stringent provincial treatment regulations. The plant treats wastewater from residents and businesses in York and Durham Regions. Stage one and two of the upgrades represent a \$200 million investment including mechanical, electrical and process work that is nearing completion.

Humber Sewage Pumping Station: Upgrades to electrical system are complete, allowing for continued growth in the City of Vaughan.

Leslie Street Pumping Station: This station collects wastewater flow from the Cities of Vaughan, Markham and Town of Richmond Hill and pumps it to the Duffin Creek Plant for treatment. Upgrades to the pumping station have increased the facility’s electrical and standby power and capacity to meet the community’s future growth. The facility has achieved Leadership in Energy and Environmental Design (LEED) certification.

“York Region continues to consider the present and future needs of our residents,” said Vaughan Regional Councillor Mario Ferri, chair of environmental services. “These updates are important as it allows us to identify priority projects while maintaining a high level of environmental and public health protection.”

Over the next 10 years, York Region is on track to deliver \$2.4 billion in environmental infrastructure across all nine local cities and towns. Implementation of the work identified in the 10-year capital plan is critical to delivering capacity needed to serve growth within the current financial limits.

King City Senior’s Centre activities

By Carol Kanitz

Please note that our annual general meeting will take place tomorrow – Friday, Jan. 26 from 2 to 4 p.m. at the Centre. Please support your club with your attendance.

A reminder that Destinations 2018 will take place at the Centre on Wednesday, Feb. 7 from 2 to 4 p.m.

Agnes (905-841-7390) or Jayne (905-853-1436) are now taking reservations for the first trip of the year. We will travel to the Showplace Dinner Theatre for an all you can eat buffet followed by a performance of “A St. Patrick’s Day Kitchen Party.” This will take place on Friday, March 16. The cost is \$99 per person.

Easter is early this year so our annual pancake supper will take place on Tuesday, February 20. There will be two sittings – 4:30 and 6 p.m. Tickets will soon be available at \$10 per adult and \$5 for children under 12.

Be sure to check out our website – www.kingcityseniors.ca

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