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SALES REPRESENTATIV

With limitations still in place for indoor facilities and activities, King Township has prepared outdoor rinks across the municipality so residents can get outside and enjoy some activity and fresh air. Here, local youth hit the ice in King Clty for some shinny. Turn to Page 7 for more.

Homeowners face small hike in water rates

By Mark Pavilons Editor

Average homeowners will face a blended 3.21% hike in their combined water and wastewater rates in 2022.

Township staff and councillors were quick to point out the water and wastewater system is based on a user-pay, cost-recovery strategy. Water rates are calculated by usage so the more you use, the more you pay.

For average users, they won't notice much of a difference this year.

The blended rate, based on lower tier, 270 cubic metre use, will cost homeowners roughly \$37.04 more in 2022. It works out (on 270 cubic metre usage) to roughly \$1,200 per year and the increase is just over \$3 per month.

King Treasurer Peggy Tollett explained the majority of King residents (71%) are in the tier 1 range, while 22% are in the upper tier 3 level.

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REGULAR

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The water and wastewater system is based on both fixed and variable rates. The Township is adamant that the fees charged pay for both water and infrastructure. Of the typical water bill, King only gets to use 28%, while York Region gets the lion's share of 72%.

York Region is responsible for bulk water supply and transmission, as well as wastewater treatement and trunk sewer systems. The Township is responsible for the operation and maintenance of local water distribution and sewage collection pipes in King City, Nobleton, Schomberg and Ansnorveldt.

A roughly 3.3% rate hike will continue through 2027, with an estimated increase of 2.9% beyond that year.

The per cubic metre charge varies, ranging from \$1.88 to \$4.27.

See 'Residents' on Page 3

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Len Mizzoni releases his

5th album

in 5 years.

See Page 11



Bolton firm puts Canada in forefront of space exploration.

See Page 13



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UPCOMING MEETINGS

COUNCIL AND COMMITTEE OF THE WHOLE

Monday, January 24, 2022 6 pm - Council and Committee of the Whole Virtual meeting live streamed at http://king.ca/meetings

Monday, January 31, 2022 6 pm – Public Planning Meeting Virtual meeting live streamed at http://king.ca/meetings

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

COMMITTEES AND BOARDS

Wednesday, January 26

6 pm – Committee of Adjustment

Thursday, February 3

6 pm - Heritage Advisory Committee (Virtual Meeting - Not Live-Streamed). If you wish to participate in the meeting virtually, register by emailing cpang@king.ca by 12 pm (noon) on the day of the meeting.

BID NOTICES

For all bid opportunities, please visit https://king.bidsandtenders.ca/Module/Tenders/en

EMPLOYMENT OPPORTUNITIES

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

- Senior Human Resources Advisor Deadline January 25
- ServiceKING Associate (12-Month Contract) Deadline January 26
- Aquatics Seasonal Positions (Aquatics Manager, Aquatics Supervisor, Lifeguard/Instructor) – Deadline February 15
- Camp Positions (Camp Director, Camp Program Coordinator, Inclusion Program Coordinator, Camp Counsellor) – Deadline February 15
- Outdoor Program Facilitator (Contract) Deadline February 15
- Parks Seasonal Worker (Contract) Deadline February 15

COMMUNITY SERVICES

PUBLIC NOTICES



Your Opinion Matters!

Enter for a chance to win

King Township Public Library is developing our Strategic Plan for 2023-2026. We need your help!

> **Complete Survey 2** between January 11 - 31

All survey participants will earn a mini-prize and a chance to win a \$100 gift card to a local restaurant



Scan the QR code to participate or visit us at https://sprw.io/stt-18c6ca





(STARTING JANUARY 11TH) **TUESDAYS & FRIDAYS VIA ZOOM:** 1PM - 1:45PM | 2:15PM - 3PM | 3PM - 3:45PM

TO REGISTER AND RECEIVE THE ZOOM LINK PLEASE CONTACT DARLENE@MMPHYSIO.CA

COMMUNITY SERVICES

XING Senior Snowshoeing

Come together to socialize, and snowshoe through King Township's beautiful trails. Bring your own snowshoes or use the ones provided. Pre-registration required.



Every Tuesday from January 18th to February 1st 2022 Locations: King City Trails / Fox Trail Schomberg / Cold Creek **Conservation Area**

Time: 10:00 - 11:30am | Age: 55+ | Price: \$37.13 - \$40.84

Pre-register using code 12960 at townshipofking.perfectmind.com

Visit coldcreek.ca/ProgramsandCamps for more information





A chance to go on a leisurely glide through Cold Creek's groomed cross country trails. Afterwards we will have the chance to relax while enjoying coffee and hot chocolate. Weather dependent. Pre-registration required.

Wed January 26 & February 23 **Cold Creek Conservation Area (Visitor Centre)** Time: 10am - 12pm | Age: 55+ | Price: \$22 - \$24.20 Pre-register using code 12955 (January) or 12958 (February) at townshipofking.perfectmind.com

Visit coldcreek.ca/ProgramsandCamps for more info

Total per month	\$ 96.08	\$ 99.16	\$	3.09	3.21%	
Total Annual Water & Wastewater	\$ 1,152.90	\$ 1,189.94	\$	37.04	3.21%	
Based on Variable rate per Cubic Meter	\$ 661.50	\$ 681.35	\$	19.85	3.00%	
Wastewater:	2021	2022	Increase (\$)		Increase (%	
Based on Variable rate per Cubic Meter	\$ 491.40	\$ 508.60	\$	17.20	3.50%	
Water:	2021	2022	Inc	rease (\$)	Increase (%)	
Meters of Consumption per year	270	270				
Average Residential Consumer Cubic						

Water:

Base Annual Mainteance Charge - Ranges from \$2.36 to \$15.14 depending on pipe size / Quarter Base Annual Mainteance Charge - Ranges from \$9.44 to \$60.56 depending on pipe size / Year

Wastewater:

Base Annual Mainteance Charge - Ranges from \$3.02 to \$12.85 depending on pipe size/ Quarter Base Annual Mainteance Charge - Ranges from \$12.08 to \$51.40 depending on pipe size / Year

Residents pay for usage

From Front Page

The "sticker shock" comes when you water your lawns and gardens. The use of sprinklers and hoses over the summer catapults the water use and the cost.

Tollett also noted King has to take its infrastructure and reserves into consideration in its long-term planning. Currently, the municipality has a water reserve of just over \$1.1 million, but the wastewater side is in debt by \$1.8 million. This leaves an overall deficit of roughly \$700,000, something that Tollett estimates will take 18 months to pay down.

It was noted that 46% of residents – less than half – are on municipal water. That's the biggest reason the Township can't subsidize the costs, and they are a user-pay system.

Mayor Steve Pellegrini noted King can't use tax dollars so half of the residnet can have the luxury of municipal water. It's that simple.

"We are taking a balanced approach to ensure water quality is maintained while recognizing the financial challenges some of our residents may be facing during the pandemic," the mayor added. "Staff brought forward rate increases that are below inflationary pressures and will still allow us to continue to offer the safe and reliable services our residents depend on."

Municipalities are required by the Sustainable Water and Sewage Act of 2002 to recover the full cost of providing water services to the public.

YRP searching for suspects in King gas station robbery

By Mark Pavilons Editor

Police are searching for three suspects in a violent robbery at a gas station in King last Thursday.

York Regional Police arrived on scene at King Road and Dufferin at 9:50 a.m. Jan. 13. Three suspects had entered the gas station and assaulted the employee. They stole a quantity of cash, cigarettes and lottery tickets and then fled the scene in a white SUV. Police said the employee was not seriously injured.

Investigators from the Hold-Up Unit are reminding business owners the importance of maintaining and updating video surveillance equipment. Quality images help to identify suspects, can aid in arrests and have a tremendous impact during court proceedings.

Anyone with information is asked to contact York Regional Police Hold-Up Unit at 1-866-876-5423, ext. 6330. You can also call Crime Stoppers at 1-800-222-TIPS or leave a tip online at www.1800222tips.com

King staff pivot to meet pandemic challenges

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By Mark Pavilons Editor

King Township staff have pivoted once again to meet the ever-changing conditions associated with the pandemic.

Just as facilities and services opened up again, the Omicron variant threw a monkey wrench into plans, and the Province responded with the new set of restrictions.

King councillors are getting regular updates from staff regarding the situation.

At the last virtual council meeting, CAO Dan Kostopoulos mentioned changes were made to respond to public health guidelines yet again. He said between 10 to 15% of staff had to self-isolate over the holiday break.

Many continue to work remotely and there have been no negative service delivery impacts.

During the current limitations, the focus is on outdoor facilities like skating rinks, so residents can still stay active.

If the restrictions continue longer than expected, King will offer virtual fitness programs.

Mayor Steve Pellegrini added it's important that people remain health and as fit as possible during these challenging times.



You're never too young or too old to enjoy the King Weekly Sentinel!



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Kleinburg



King City





Schomberg

Nobleton



THE BEST MOVE YOU COULD MAKE



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

~ Michael Connelly

Keep what's inside your head to yourself!

"Everything we do is for the purpose of altering consciousness. We form friendships so that we can feel certain emotions, like love, and avoid others, like loneliness. We eat specific foods to enjoy their fleeting presence on our tongues. We read for the pleasure of thinking another person's thoughts."

- Sam Harris

Sam presents an interesting observation about the most complex thing on earth - the human mind.

My apologies to all those studying any of the cognitive sciences or "ologies." But I believe what sits inside each of our dusty skulls should be left alone.

Do you really want to know what's going on inside someone else's head? Would you like to read your spouse's mind? Do you really want to know what your kids think of you?

Nope.

It's been said that some things are better left unsaid. Okay, we can't always puter software and heaven forbid, other control our thoughts but we have time people's thoughts. in the nano-second between thought and speech. In other words, we should mind our tongues.

the past year, it's likely lost many of its know use this data to try to figure out taste buds.

I came across a great quote recently that says silence is not a sign of acceptance, but rather a feeling of speechless- it's useful in everyday living. ness in response to utter stupidity.

Ain't it the truth?

The last year has taught us all a great deal about our fellow men and women. eyebrow-raising. Most of the time, I'm magazines and journals - are on their Seemingly normal, rational people have looking for a reaction, and I find doing become opinionated, uber passionate and the unexpected is a gas. I often toss out vocal about this or that. In response to trauma, we've become over the top in our his cage! opinions and much more critical of others.

things to ourselves.

Technology will soon provide us with the means to "connect" mentally and of seriousness, doom and gloom and pooptically with gaming systems, com- litical correctness.



Mark Pavilons

I dread the day this happens.

While some of us are fascinated by psychology and sociology, I wonder just I've bitten mine so many times over how useful this stuff is. Those in the how people act and react. While this may come in handy in marketing campaigns and spy novels, I don't see how

> Maybe it's me. As someone who leans tempted to say something odd, silly or some weird gems to my son just to rattle

If I were to say half of the stuff float-All the more reason to keep such ing around my brain, I'd be in jail, or at least exiled to a desert island.

And it's not easy being me, in this age

thoughts can't end well, in my opinion. virtually every subject matter known to Human interaction thrives on debate, man. But is it better quality? Is it more discussion and an exchange of thoughts, factual? Is it true? ideas, beliefs and opinions. We have to respect them all, regardless of how they cation bears the weight of those same appear or may offend.

sented arguments both for and against these things. the hijab. It was quite eye-opening and issue. As a white westerner, I knew headsets, eye glasses or cranial immuch fuller.

I learned something new.

need to learn and become informed before we spout off.

I've read literally mountains of reports on COVID during the pandemic more loving human beings? Will we and I see both sides of the vaccination care more? fence. I understand the science and the facts, but as a journalist, I also fear any in someone else's head and I doubt they attempt at curbing rights and freedoms. want to peak into mine. Be careful how Free speech is fundamental in our soci- we tread here. ety. We must defend it to the very end.

speech that we become stronger, more Along with the funny ones, you'll find knowledgeable, better human beings. dread, despair, hopelessness and sad-Famous orators in our history are ness. You will find grief and profound prime examples. If you've ever listened loss. You will find hate and vengeance. to speeches by JFK or Martin Luther King Jr. you will see the power of words. need any more. It's moving.

speculate that print – newspapers, way out. Sure, digital and online pub-

Hog-tying our actions, speech and lications are growing exponentially on

I think a physical copy of a publidemocratic fundamentals - freedom of I recently read a couple of articles the press and freedom of speech. Those from young Muslim women who pre- in the print game value and uphold

Maybe the day will come when news provided two, distinct thoughts on the of the day is beamed directly to our nothing about it, and now my opinion is plants. I hope our gizmos of the future come with very efficient filters!

But back to basics. How will this in-And that's the key for us humans - we formation overload impact our social interactions? Sure, we may have much more information at our fingertips, but will we become more compassionate,

I don't want to know what's going on

Within each of us is a Pandora's Why? Because it's only through free Box of thoughts, desires and emotions.

I have enough of those and I don't

Instead of delving into the human In my opinion, the spoken and print-psyche, maybe we should concentrate toward a good joke or laugh, I'm always ed word remain paramount. Many our efforts on rekindling hope, friendship, camaraderie and good will.

That I can handle. What about you?



Regional Health Southlake offers COVID-19, cold and flu clinic

Southlake Regional Health Centre (Southlake) is once again partnering with the Town of Newmarket, this time to open a COVID-19, Cold and Flu clinic at the Recreation Youth Centre (56 Charles Street).

The clinic opened Wednesday and provides in-person care for members of the community with symptoms of COVID-19, cold or flu. The clinic will be staffed by physicians from Southlake's Emergency Department teamed with Southlake nurses. Southlake is committed to provide timely and high-quality access to health care and clinicians in both the Emergency Department and through this clinic.

"With the Province of Ontario recently changing its guidelines on who can receive a PCR test, the opening of an additional clinic focused on COVID-19, cold and flu will provide a convenient option for people experiencing symptoms," says Mayor John Taylor. "Southlake has continued to play a vital role throughout this pandemic. I want to once again thank the whole Southlake team for their hard work and their unwavering efforts to keep our community safe during these very challenging and unpredictable times."

The clinic will provide in-person care for those with symptoms such as:

Any symptoms of COVID-19, cough, fever, sore throat, runny nose, sinus pain, loss of taste or smell, other cold or flu symptoms.

Please note that this clinic is not a COVID-19 Assessment Centre and does not provide PCR swab tests. Click here for eligibility details of Southlake's Assessment Centre at 22 Prospect Street.

"Southlake is pleased to partner with the Town of New market again to provide the community with the right care in the right place. This clinic will provide care for people with moderate COVID, cold, or flu-like symptoms who need an in-person visit," says Arden Krystal, president and CEO of Southlake.



Quote of the Week "Don't let the noise of others opinions drown out your own inner voice."

THIS WEEK'S KingWeeklySentinel WE QUESTION www.kingsentinel.com Results from last week's poll: Have you, or Do you support getting kids someone you know, contracted Omicron? back in school as soon as possible? a) Yes b) No a) Yes 91.7% Go to our website and cast a vote! 8.3% b) No

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



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- Steve Jobs

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Published every Thursday

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Thursday, January 20, 2022 - THE WEEKLY SENTINEL - 5 It's time to recognize the value of Canada's wetlands

By Larry Kaumeyer

Canada's wetlands provide billions of dollars of economic value to communities every year. That's billion, with a "b." From flood and drought mitigation to carbon storage to water purification and protection from sea-level rise, wetlands deliver important infrastructure functions, naturally. But the worth of these important ecosystems fails to hit provincial and municipal balance sheets. It's an oversight that will prove more and more costly as the effects of climate change grow.

As someone with a background in finance, I appreciate that it's difficult to assign a dollar figure to a marsh in the same way you would a water treatment plant. As a conservationist, however, I strongly believe that if we don't find ways to clearly demonstrate-in dollars and cents-the value of our natural areas, we risk losing them. And we can all agree the economic repercussions of that would be catastrophic.

There's no doubt that a lack of monetary measurement has contributed to widespread habitat destruction. A common misconception is that wetlands are "wastelands" when viewing the land's value simply in terms of what can be harvested, developed or extracted. Today, up to 80 acres of wetlands are lost every day in Canada. This leaves landscapes vulnerable to the effects of extreme weather. But if land-use planners and developers knew that the quiet, cattail-lined pond on the outskirts of town was protecting a bridge from being washed out or streets from being flooded (things that would cost millions to repair), they might think twice before draining or filling it in. They might consider it an asset worth protecting.

The idea that ecosystems like wetlands should be classified as "natural assets" within fiscal management is relatively new. But habitat organizations like Ducks Unlimited Canada have long been striving to make a business case for conservation. For decades, we've been partnering with many forward-thinking communities and industries tasked with finding creative ways of stretching infrastructure budgets and that are dealing directly with the impacts of extreme weather on their populations.

Our partnerships are focused on developing nature-based solutions, which

Comment

is a term that's taken hold to describe the sustainable management and use of natural features and processes to tackle socio-environmental challenges. As examples, we map and identify existing wetlands and create best management practices to help ensure that development around them takes place sustainably. We create naturalized stormwater retention ponds that capture precipitation runoff in urban neighbourhoods. We restore coastal salt marshes to buffer rising tides and storm surges. We've even decommissioned an old sewage lagoon, a process my colleagues in our science department call phytoremediation, into a beautiful functioning wetland that's become a community attraction and a hotspot for birdwatching.

So, how do we scale up these na-

resiliency? Again, I believe they need to be worth something.

Establishing value starts at the top, with government policy. Conservation organizations like ours are working with provincial governments to establish effective policies to protect existing wetlands and mitigate the loss of those that are degraded. From there, it continues down the line with businesses and industry adopting strong sustainability practices—and acting on them. And finally, it rests with all of us as individuals and consumers in the choices we make every day.

In the face of today's rapidly changing climate, we know this to be true: nature is embedded in our economy, not external to it. Dramatic evidence exists in every corner of the country. Look no further than the flood-ravaged communities on both the east and west coasts

ture-based solutions to build climate or to the farmers and ranchers in Prairie Canada who are still feeling the financial sting of this summer's drought.

> We also know that redefining the relationship between nature and economics will be challenging. But that's precisely the reason why we must tackle it. We must measure and manage wetlands and other natural areas with an eye for economic, environmental and societal prosperity. While no one can put a price on nature, history continues to show that we ignore its value at our peril.

> Larry Kaumeyer is the CEO of Ducks Unlimited Canada (DUC). There are currently 6.6 million acres of wetlands and associated natural habitat under DUC's care, which are estimated to provide more than \$5.66 billion in economic value every year.

your home are properly insured Ensure you and

By Rob Payne

There's certainly been plenty of volatility and uncertainty the past few months, but one aspect of your financial picture has probably remained stable: your need for insurance. Now might be a good time to review your overall insurance coverage to determine if you and your loved ones are well-protected.

Of course, you might think the reason so many people don't have insurance is because they don't need it. But just about every age group can benefit from life insurance.

If you have a house and a family, your insurance needs are obvious. If something happened to you, could your mortgage payments still be met? How about your car payments? Medical bills? Post-secondary education for your children?

Even if you have a spouse or partner who earns a decent income, your family could still have big trouble paying its bills if you weren't around.

If you're young and single with no family responsibilities, why would you need life insurance? For one thing, perhaps you owe money together with someone else? You might, for example, be a joint debtor on a mortgage. If you passed away, your co-debtor would be responsible for the entire debt. And just because you don't have family responsibilities now. it doesn't mean vou never will.

If you have a family history of serious health issues, which may eventually affect you, you could have trouble getting life insurance later, or at least getting it without paying a lot. Now, when you're young and healthy, the coverage is available and may be more affordable.

Your children are grown, and you're retired. If you retire with debt or have a spouse dependent on you, keeping your life insurance is a good idea, especially if you haven't paid off your mortgage. Plus, life insurance can be used in various ways in your estate plans.

Even if you recognize the need for life insurance, you may be uncertain about how much you require. Your employer may offer insurance, but it might not be sufficient for your needs. And, perhaps just as important, if you leave your job, voluntarily or not, you'll likely lose this coverage.

If you purchase a private policy, what's the right amount? You might have heard you need a death benefit that's worth seven or eight times your annual salary, but that's just a rough estimate. To determine the appropriate level of coverage, you'll need to consider a variety of factors: your age. income, marital status, number of children, and so on.

Still, even after you've got the right amount in place, it doesn't mean it's set in stone. You should review your coverage regularly, and especially when you change jobs, get married or remarried, have children or experience any other major life event.

Life insurance should be a key part of vour overall financial strategy, along with your retirement accounts and other investments. Make sure vou're properly covered – for today and tomorrow.

Rob Payne is a Financial Advisor with Edward Jones Investments and resides in King City.



Business

Support Programs NEW IN JANUARY



STEPHEN LECCE MPP for King-Vaughan

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BUSINESSES: 3 Supports for COVID-19

NEW IN JANUARY

Ontario Small Business Support Grant

This is a grant, up-to \$10,000 to help

small businesses that must close or significantly restrict services due to the recent Provincewide closure under the modified Step Two of the Roadmap to Reopen.



Property Tax and Energy Bill rebates

This is a grant that will cover the entire length of time that public health restrictions are in place, for:

- municipal and education property taxes
- energy costs, including electricity and natural gas (or where natural gas is not available, propane and heating oil).

Provincially Administered Tax Deferrals

This is a six-month interest and penalty free period while capacity restrictions are in place.



StephenLecceMPP.ca

With elementary and high school students returning to in-person learning, Stephen Lecce, Minister of Education, was joined by Dr. Kieran Moore, Ontario's Chief Medical Officer of Health to announce the launch of school-based vaccine clinics for youth and staff, along with a significant deployment of rapid antigen tests. These new measures build on the province providing millions of high-quality masks for staff and students and thousands more HEPA filtration units.

"We are meeting the unique challenges presented by the Omicron variant head-on as we do everything we can to support in-person learning," said Minister Lecce. "Our government is taking nothing for granted, which is why we are launching school-based vaccination clinics, distributing millions of rapid antigen tests and have deployed non-fittested N95 masks to staff and three-ply masks to students."

Vaccination is the province's best defence against the highly transmissible Omicron variant. Current vaccination rates among children aged 12 to 17 years old are encouraging with more than 82 per cent having received two doses.

Of children aged five to 11 years old, nearly 50 percent have received their first dose of a COVID-19 vaccine, but more can be done to encourage and support vaccination, which is why Ontario will launch school-based vaccine clinics when students return to in-person learning. To further encourage voluntary vaccination for children aged 5 to 11, the government has asked school boards to work with local Public Health Units (PHUs) to add school-day vaccination clinics for students (i.e. during instructional hours). School boards

are also expected to work with local PHUs and share documents and other information with families, such as resources available at https://covid-19. ontario.ca/covid-19-vaccines-childrenand-youth.

In the coming days, parents will receive a form offering the opportunity to safely and conveniently provide public health units the authority to vaccinate their child at a school-based vaccine clinic.

To help stabilize workforce and student participation, the Ontario government will also provide rapid antigen tests for students and staff in public elementary and secondary schools, along with children and staff in child care settings. Over 3.9 million rapid antigen tests are being shipped to school boards this week, with additional tests to be delivered next week. The use of the tests is for symptomatic individuals, who will be required to take two rapid tests 24 hours apart, and upon negative results can return to class.

Additional measures in place to prepare for the return to in-person learning include the following:

High-Quality Masks: Providing access to more than 10 million non-fit-tested N95 masks to all education and child care staff - the only province to do so - with more than four million threeply cloth masks for students recently shipped for use in schools.

Improved Ventilation: Deploying an additional 3,000 standalone HEPA filter units to learning environments, building on the ventilation improvement measures already in place at every school across Ontario, including the more than 70,000 HEPA filter units and other ventilation devices that have



been provided and mechanical ventilation upgrades.

Stricter Screening: Updated and stricter screening requirements for students and staff, including daily onsite confirmation of screening.

Historic Funding: School board access to \$1.6 billion in resources to protect against COVID-19, including supports for mental health, technology, over 2,350 additional staff and ventilation.

Access to Additional Educators: Access to retired educators for a longer period of time following a recent agreement with the Ontario Teachers' Federation, and access to first year teacher candidates who are deemed eligible.

Enhanced Cohorting and Cleaning: New time-limited cohorting protocols to limit direct and indirect contacts by pausing high-contact extra curricular sports, stricter lunch cohort requirements, and elevated cleaning requirements at all schools.

To further support staffing stability and reduce disruption for students, families, and education and child care staff, the government is further expanding access to vaccines by:

• Supporting a mass vaccination clinic at the International Centre with dedicated times for education and child care staff.

• Opening 10 vaccination clinics across the Greater Toronto and Hamilton Area that offer dedicated time slots for education and child care staff.

 Encouraging public health units to support accelerated access to boosters.

More than five million Ontarians have already received a booster shot and the above vaccination options are in addition to those also being offered locally by public health units across the province.

With these measures in place, including new testing options and expanded access to vaccination, and continuous improvement to ventilation, the Ontario government is supporting access to in-person learning with greater stability for students and families. Remote learning will remain an option for those families wishing to access it.

"In-person learning is critical to the mental health and well-being of our children and youth," said Dr. Moore. "In light of the unique challenges posed by the Omicron variant, my team and I will continue to work with the education sector to review all of our guidelines and all environmental, health, cleaning, and ventilation standards to ensure our schools remain as safe as possible for all."

Pfizer receives authorization for COVID-19 oral treatment

Health Canada has authorized the use of PAXLOVIDTM (nirmatrelvir tablets and ritonavir tablets) for the treatment of mild-to-moderate COVID-19 in adults (18 years of age and older) with positive results of direct SARS-CoV-2 viral testing, and who are at high risk for progression to severe COVID-19, including hospitalization or death.

The treatment includes nirmatrelvir, a novel main protease (Mpro) inhibitor originating in Pfizer's laboratories, which was specifically designed to block the activity of the SARS-CoV-2 Mpro, an enzyme that the coronavirus needs to replicate.

"We are very proud to share this news with Canadians today. As our healthcare system and hospitals face significant pressures in this ongoing pandemic, this new treatment will provide a new option in the management of COVID-19," said Kevin Mohamed, Pfizer Canada Hospital Business Unit Lead. "Pfizer is ready to begin delivery in Canada immediately to help get PAX-LOVID into the hands of appropriate patients as quickly as possible."

Pfizer Canada announced that clinical trials are ongoing in adults at standard risk (i.e., low risk of hospitalization or death) of progressing to severe illness, and in those who have been exposed to the virus through household contacts.

With PAXLOVID now authorized, Pfizer is ready to begin delivering the product across Canada. In December 2021, Pfizer announced an agreement with the Government of Canada to supply one million treatment courses of PAXLOVID in 2022.

PAXLOVID is a SARS-CoV-2 main protease (Mpro) inhibitor (also known as SARS-CoV2 3CL protease inhibitor) therapy. It was developed to be administered orally so that it can be prescribed at the first sign of infection or, pending clinical success of the rest of the EPIC development program and subject to regulatory authorization, at first awareness of an exposure – potentially helping patients avoid severe illness (which can lead to hospitalization and death) or avoid disease development following contact with a household member who contracts COVID-19.

PAXLOVID is authorized to be ad-Health Canada based its decision ministered twice-daily for five days. on clinical data from the Phase 2/3 One carton contains five blister packs of PAXLOVID, as co-packaged nirmatrelvir tablets with ritonavir tablets, providing all required doses for a full non-hospitalized adults aged 18 and five-day treatment course. Consult the are at increased risk of progressing ing instructions and other conditions of use.



EPIC-HR (Evaluation of Protease Inhibition for COVID-19 in High-Risk Patients) trial, which enrolled older with confirmed COVID-19 who PAXLOVID product monograph for dosto severe illness. Additional Phase 2/3



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Outdoor fun awaits King residents

Residents are happy to see that King Township's outdoor ice rinks are now open. The weather has been favourable, and King Staff have done an outstanding job of preparing the ice surface at all three locations – King City Memorial Park, Nobleton Lions Sports Park and Cold Creek Conservation Area.

Councillor David Boyd recently visited the Nobleton rink with his kids for a game of shinny and said that not surprising, there has been a demand for outdoor skating options this year and he's pleased to see all Township locations operating.

"It's wonderful to see others out and actively enjoying our rink," said Boyd, adding a shout out to the young men who shared the ice with them. "To quote the late great stompin Tom: The good old hockey game is the best game you can name and the best game you name is the good old hockey game. Whether it's shinny or public skating, King's rinks offer the perfect blend Canadiana, outdoor activity, memories being made and a firm sense of community."

Community Services has an Outdoor Rink Skate Schedule that alternates between shinny hockey and public skating. Visit the Township's website for more.



Man charged in break-ins across York



Book your booster today.

Protect yourself against COVID-19. It's up to all of us.



Police ave laid 30 charges against a man in connection with multiple break and enters and vehicle thefts across York, Peel and Durham Regions.

Officers with the York Regional Police Integrated Property Crime Task Force and Durham Regional Police 12 Division Criminal Investigation Bureau began investigating a series of break and enters involving hydro panel disconnections that cut off power to residential homes, in October 2021. Officers responded to reports of break and enters and three stolen vehicles from several homes in the City of Vaughan and the Township of King in York, the Town of Ajax in Durham and Bolton in Peel Region, between October 2021 and January 2022.

Investigators determined that the incidents were committed by the same suspect and were able to link the suspect to the three stolen vehicles.

Through the investigation, officers also learned the suspect was involved in at least four additional break and enters in Durham Region. The investigation is still ongoing.

On Jan. 6, the suspect was arrested, a 45-year-old man from Ajax. He's charged with nine counts of break and enter and commit; three counts of break and enter with intent; mischief; possession of property obtained by crime and three counts of motor vehicle theft.

For tips on how to keep your home safe and to conduct your own home security audit, visit yrp.ca and click Crime Prevention.

Anyone with information is asked to contact the York Regional Police Integrated Property Crime Task Force at 1-866-876-5423, ext., or call Crime Stoppers at 1-800-222-tips, or leave an anonymous tip online at www.1800222tips.com.



Do you know someone between the ages of 6 - 17 who is making a difference within their community? Nominate them for an

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Lake Simcoe MP wants federal government to study bypass

MP Leah Taylor Roy, Aurora-Oak petition to have the federal government designate the Bradford Bypass for a Federal Impact Assessment.

The petition outlines several concerns about the highway including the known impacts stated in the 1997 Environmental Assessment for the project such as groundwater contamination and loss of significant habitat for species at risk of which there are eleven along the route. The petition also outlines concerns that haven't been addressed by past or current studies including climate impacts, impacts to Lake Simcoe. Greenbelt and the destruction of one of Canada's most significant historical sites, the Lower Landing.

On December 3, 2021 MP Taylor Roy outlined that the highway projects planned by the provincial government including the Bradford Bypass come "... with profoundly negative environmental consequences, such as running through the pristine greenbelt and fertile farmlands, raising emission levels, degrading the water quality in Lake Simcoe and undoubtedly leading to increased development in the green spaces surrounding them."

Local advocates for Lake Simcoe Ridges-Richmond Hill, has sponsored a and the Greenbelt applaud MP Taylor Roy for taking a principled stand, and for supporting the residents and municipalities in the region that are concerned about the project.

KING

CHAMBER OF COMMERCE

Claire Malcolmson, executive director of the Rescue Lake Simcoe Coalition, says there are too many questions and concerns being raised that the province isn't addressing.

"Seven municipalities in the surrounding region are asking for more in-depth studies to ensure that Lake Simcoe is protected, including Barrie and Newmarket. The province is ignoring those concerns and instead is doing all it can to start early construction on the project. It is clear that the province is not standing up for Lake Simcoe. Instead our MPPs are absent, or are champions of the project, and are skillfully misleading the public about their process and the project's impacts. This is why the federal government must stand up for Lake Simcoe. There are lots of federal MPs around the lake that say they are champions for Lake Simcoe. If that is true, we would like them to support this petition."

The petition also raises concerns about the carbon emissions and loss of



the Bypass - two other impacts that have not and will not be addressed by the province.

"Canada ranks second in the world for most pavement per person and second for roads per person and yet we still have traffic congestion. Obviously, building our way out of this is not working. In fact other countries have shown us how to reduce congestion effectively by not building highways and making other community investments instead. The Holland Marsh Highway, as I like to call it, will ruin a part of our world we will never be able to get back or rehabilitate. The wetlands will get sick, these habitats will be lost and as a result we will see more flooding, poorer water and air quality and more carbon emissions. This isn't doomsday.

Greenbelt lands that would result from this is what science is telling us. 48% of people surveyed around the watershed agree that this is a project not worth supporting because the cost is too great without any proven benefits."

The petition will be open until February 6 where it is hoped to then be presented to the House of Commons. You can find the petition by visiting here: https://petitions.ourcommons.ca/en/ Petition/Details?Petition=e-3766

"It's a sad day when people have to fight their government to protect their water, air and health, but that is where we are. The province has demonstrated that Lake Simcoe and the Greenbelt are not priorities for them and instead are places to raze and pave," said Prophet. "It's now up to the people who care about those places to not let that stand."

Ontario adding hospital beds

ing to accelerate its efforts to add hospital beds and build up the province's health care workforce to ensure patients can continue to access the health care they need when they need it.

The province is collaborating with Ontario Health (OH) and the College of Nurses of Ontario (CNO) on initiatives to deploy internationally educated nurses to hospitals and other health care settings in need of staffing support to work as part of a team under the supervision of a regulated health care provider, such as a registered nurse or doctor.

More than 1,200 internationally educated CNO applicants have expressed interest in participating in these initiatives so far and matching with healthcare providers is taking place, with onboarding new staff in the weeks ahead.

"Since the start of the COVID-19 pandemic, Ontario's hospitals and health care providers have worked tirelessly to protect the health and safety of patients," said Christine Elliott, Deputy Premier and Minister of Health. "Our government has continued to make critical investments in our hospital and health workforce to ensure no resource goes untapped so that our hospitals have the staffing and resources they need to care for patients during this challenging time." Expanding opportunities for internationally educated nurses is one more way Ontario is increasing the health care workforce. Since March 2020, the government has launched emergency programs that have already added over 6,700 health care professionals to the system, including acute care settings, long-term care homes and home and community care settings that help to

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SCHOMBERG

The Ontario government is continu- preserve hospital capacity. These programs will also provide hospitals with the capacity to add another 6,000 additional providers to high-need hospitals to support staffing pressures due to COVID-19 by March 31, including the deployment of nursing students and other health care providers-in-training

Ontario has also built unprecedented hospital capacity since the start of the pandemic, including \$5.1 billion to add 3,100 beds across the province for a total of approximately 17,000 medical and surgical beds. Through additional investments, the province now has a total of 2,436 adult and paediatric ICU beds. Approximately 600 ICU beds remain available today, with the ability to add nearly 500 additional beds if required.

"More than ever, this wave of the pandemic will require us to work as a system, ensuring we utilize all of our provincial resources to meet the needs of patients," said Matthew Anderson, President & CEO of Ontario Health. "We are working closely with hospital and health care partners to maintain and protect capacity across the system.' These ongoing initiatives build on the government's commitment as part of the 2021 Ontario Economic Outlook and Fiscal Review: Build Ontario to invest \$342 million over the next five years through immediate and longer-term recruitment initiatives which would add over 13,000 workers to Ontario's health care system. This includes over 5,000 new and upskilled registered nurses and registered practical nurses as well as 8,000 personal support workers. "The pandemic has highlighted the need for more staff on the front lines of our health care system," said Peter Bethlenfalvy, Minister of Finance. "Our government committed to spare no expense in the fight against the pandemic to protect people's health and the economy, which is why investing in the front lines of our health care system was one of the key pillars of our plan to Build Ontario."



Lab in King City

King City X-Ray, Ultrasound & Vascular Lab has relocated beside Coppa's and is open for appointments. The centre boasts experienced, medical professionals committed to providing high quality, fast services to the local community. They schedule all patient exams within 1 to 2 days. All reports are faxed to referring physicians within 24 hours of the tests. All clinic staff strictly adhere to COVID-19 precautions, and they strive to make your examination experience smooth and seamless. For more visit https://kingcityimaging.ca/ Mayor Steve Pellegrini recently stopped by the centre to the wish the owners well.





Ontario investing billions to expand Trillium Health hospitals

the largest single hospital infrastructure investment in Ontario history by making a multi-billion-dollar investment to build a new, state-of-the-art Mississauga Hospital and expanding Queensway Health Centre, both of which are part of Trillium Health Partners.

Over the next 20 years, the demand for health care services offered by Trillium Health Partners is expected to increase by nearly seven times more than the average hospital in Ontario as the Peel and Etobicoke communities continue to grow. In anticipation of this growth, the Ontario government's investment will add over 600 more hospital beds and expand services to improve access to care and reduce wait times for patients in Peel Region, Etobicoke and surrounding communities.

"This investment represents the largest hospital renewal plan in Ontario's history," said Premier Doug Ford. "This pandemic has reminded us of the importance of having ready access to hospital beds when they're needed most. Our government will never waver in our efforts to protect our progress by delivering modern hospitals with more beds to meet the needs of our growing communities today and for generations to come."

The new, fully redeveloped Mississauga Hospital is anticipated to include one of the largest emergency departments in Ontario, increase the number of operating rooms and add over 350 additional new beds. The redevelopment plans also include a new inpatient care tower at the Queensway Health Centre to centralize complex continuing care and rehabilitation services for patients, while also adding over 150 new beds.

These important hospital infrastructure projects will help meet the health care needs patients and families in Peel Region, Etobicoke and the surrounding areas by reducing wait times and providing a safe and comfortable environment for patients to receive high-quality care.

"Our government made a commitment to end hallway health care and build a better, connected health care system centred on the needs of patients. As we celebrate Trillium Health Partners' 10-year anniversary, this new investment to support THP's redevelop-

The Ontario government is making ment is just one way we are delivering ley Hospital, the Mississauga Hospital Region, the Ontario government is inon that commitment," said Christine Elliott, Deputy Premier and Minister of Health. "Together, we are ensuring that patients and families in Peel Region will continue to have access to high-quality care for generations to come and ensure our health care system is prepared to respond to any scenario."

> "Prioritizing patient care where it is needed most is an essential part of our government's plan to build Ontario and ensure services people rely on are available now and in the future," said Peter Bethlenfalvy, Minister of Finance. "A global pandemic has highlighted the need to build capacity by getting shovels in the ground on health infrastructure, which is why we are prioritizing this type of critical investment in Ontario."

> "We are working hard to ensure all Ontarians have access to the high-quality services and supports they need most in their daily lives," said Kinga Surma, Minister of Infrastructure. "That is why we are committed to investing in critical health care and long-term care infrastructure projects like the expansion and modernization of the Mississauga Hospital and Queensway Health Centre. To support growing demands on the health care system, Ontario is investing \$30.2 billion over the next 10 years to build, expand and enhance hospitals, a historic commitment to ensure people can get the quality care they need in their communities.'

> The 2021 Budget, Ontario's Action Plan: Protecting People's Health and Our Economy, outlined a total of \$1.8 billion in additional investments for hospitals in 2021-22, bringing the total additional investment in hospitals since the start of the pandemic to over \$5.1 billion. This includes an increase of \$778 million in funding to meet current and future demands for services, and ensures all publicly funded hospitals will receive a minimum 1 per cent increase to help them keep pace with patient needs and to increase access to high-quality care for patients and families across Ontario.

Trillium Health Partners is one of the largest community hospital systems in Canada, serving over 1.7 million patients annually in Mississauga, West Toronto and surrounding communities across its three sites: Credit Valand the Queensway Health Centre.

In 2019, the government provided Trillium Health Partners with an additional \$12.5 million to support planning for the redevelopment project, bringing the hospital's total planning grant to up to \$17.5 million.

To support high-quality care in Peel

creasing Trillium Health Partners' operating funding for the third straight year. Starting in 2021-22, the hospital will receive over \$27 million in additional operating funding, representing an increase of 3.2 per cent to the operating funding the hospital received in 2020-21.

New data on cannabis use

The Government of Canada takes a public health approach to cannabis regulation, which includes collecting data to better understand how Canadians view and use cannabis.

Health Canada published the results of its 2021 Canadian Cannabis Survey (CCS). Health Canada has conducted the Canadian Cannabis Survey every year since 2017. This is the fifth cycle of the survey. Data for the 2021 survey was collected from April to June 2021.

Results of the Canadian Cannabis Survey will be used to evaluate the impact of the Cannabis Act: inform policy and program development; and to advance effective public education and awareness activities. This important survey complements Health Canada's other national substance use surveys, including the Canadian Alcohol and Drugs Survey and the Canadian Student Tobacco, Alcohol and Drugs Survev.

Key findings from the 2021 Canadian Cannabis Survey:

Seven in 10 Canadians feel they have access to trustworthy information to make informed decisions about their cannabis use. This increases to almost nine in ten among people who used cannabis in the past 12 months.

Frequency of daily or almost daily cannabis use among Canadians aged 16 and older who reported use of cannabis in the past 12 months remained virtually unchanged between 2020 (25%) and 2021 (26%). Daily or almost daily use was also unchanged among 16 to 19 year olds (21% vs. 19%) and increased among 20 to 24 year olds (23% in 2020 to 29% in 2021).

The percentage of Canadians 16 years of age and older who reported using cannabis in the past 12 months decreased from 27% in 2020 to 25% in 2021.

Smoking remains the most common method of consuming cannabis, but it



has declined, while vapourizing using a vape pen, drinking, and applying to skin have increased since 2020.

More than half of those who use cannabis choose to obtain it through a legal source. Fifty-three per cent reported a legal storefront as their usual source, an increase from 41% in 2020, whereas 11% reported obtaining cannabis from a legal online source.

The COVID-19 pandemic has had some impacts on cannabis use. People who used cannabis in the past 12 months were asked if their cannabis use had changed due the pandemic -49% reported using the same amount of cannabis, a decrease from 56% in 2020, while 29% reported using more (an increase from 22% in 2020) and 22%(unchanged from 2020) reported using less.

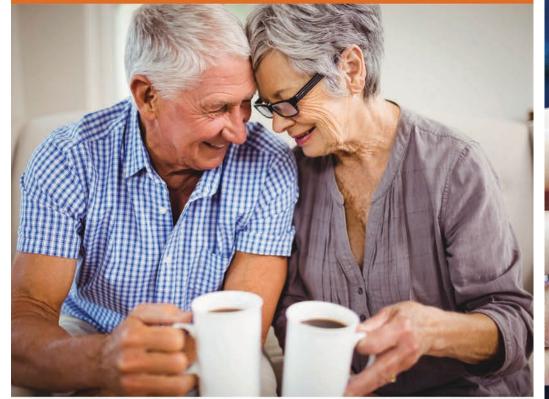
Changes in amount of cannabis used due to COVID-19 seemed to primarily affect younger age groups. Twenty-five per cent (25%) of people 25 years and older reported using more cannabis, compared to 46% of those aged 16 to 19 years and 40% aged 20 to 24 years.

Driving after cannabis use in the past 12 months (16%) has decreased among those who reported past 12-month cannabis use, as compared to 2020 results (19%).

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ASK Artists showcasing their work in Studio Tour 2022

By Kathleen Rodgers

Visiting the country is a wonderful way to spend a weekend. It offers the opportunity to explore quaint villages and the studios of the local artists and artisans whose artwork often reflects the landscape around them.

In King Township, each spring brings the Studio Tour King at the end of April. Studio Tour King is celebrating its 17th year and will take place the weekend of April 23 and 24 from 10 a.m. to 5 p.m. The studio tour will include fine paintings (in acrylic, oil, and watercolour), pottery, cards, photography, fibre arts, mixed media, etc.

This year, Studio Tour King will feature 21 artists and artisans at several locations including the King Heritage and Cultural Centre, Laskay Hall, as well as five home studios around King Township including King City and Schomberg. You can check out the Arts Society King (ASK) website at www. ArtsSocietyKing.ca. Then click on EVENTS then STUDIO TOUR 2022 to see the participating artists, their biographies and up to five photos of their artwork.

There will be a link to his/her website and social media accounts for additional artwork available. In March, brochures will be delivered with the Spring edition of Mosaic and available around King Township including the King Heritage and Cultural Centre to help plan your route. You can also LIKE our social media posts through Facebook/studiotourking, Facebook/artssocietyking2020 or Instagram @artssocietyking.

Here are three of the artists who will be participating this year:

Grace Downer is new to Studio Tour King. From the corporate world, Grace moved to fulfill her lifelong desire to be an artist. She has studied with artists Catherine Mills, Phil Starke, John Mac-Donald and David Santillanes among others. She is influenced by the works of Eduardo León Cortes and Edgar Payne and by contemporary artists Christine Lashley and Michele Usibelli.

She has been accepted to compete by the McLaughlin Gallery (Oshawa), Mc-Michael Gallery En Plein Air (Kleinburg), En Plein Air in Norval-on-the-Credit, Autumn Reflections En Plein Air in King City, where she received an honourable mention for "Shimmering Lake." Check out her social media at Facebook: Grace Downer Studio and Instagram: downer_grace.

Jackie England resides in Mississau-





ga and was born in Nottingham, England, and immigrated to Canada as a young child. She returned to the U.K. to further her education and there, she became introduced to the realm of horses. She spent many years riding and showing horses, before turning to drawing and painting. Jacqueline has worked in various mediums, such as pastel, watercolour, gouache, acrylic, graphite and oil. Her greatest wish is that upon viewing her paintings, the viewer will be able to feel and see what she saw and have a greater insight into the animal it portrays.

Eva Folks participated in the Studio Tour King in 2016 and 2017 and is returning again in 2022. Eva was born and raised in Toronto. She has always had an affinity for art, learning her skills through experimentation and a great deal of practice.

In 2011, Eva turned her full attention to her art. Since then, she has won awards for her work, participated in numerous juried shows and exhibitions, volunteered on art show and studio tour committees as well as helping to jury shows for various art groups in the Greater Toronto Area and York Region. She has clients in Canada, the United States, South America, Great Britain, Australia, and Hungary.

"I strive to create bodies of work that are original, narrative and imaginative in nature. Creating fantasy worlds allows my mind to wander free of everyday life, exploring new ideas and processes."

Check out her website: www.evafolksart.com.

If you are looking for something to do in April after a long cold winter, take a drive in the country, visit the local art studios and support the artists and artisans. Some artists offer classes so it may be an opportunity to try something new. Who knows maybe one day you will be participating in a studio tour.

The artists look forward to seeing you and sharing their work with you on this year's Studio Tour King 2022.





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Len Mizzoni releases his fifth album in five years

By Mark Pavilons

King's prolific singer-songwriter Len Mizzoni is driven to share his music. It's part o who he is and his newest offering is a testament to his creativity and from-the-heart sentiments.

"I Know Who I Am" is Mizzoni's 5th studio album in five years.

It features 13 new original songs with a sound that is a fusion of Pop, R&B and Soul

It has everything from middle of the road, upbeat to piano ballads.

"Lyrically I feel this album has really raised the bar with songs like 'Never Count The Days, All Tears Count, Love is All We Need' and of course the title track 'I Know Who I Am," he said. "What's very special to me is the song 'Where Does The Light Go,' which was the first song I wrote after the sudden passing of my granddaughter Gabriella."

His last self-titled album, which was released in 2021, had more of a smooth jazz sound and feel. It did very well with over 6 million streams in 121 countries.

"I Know Who I Am" was released Jan. 17. The first single going to radio in Canada, US & UK is "Make You Mine" and it is available on Spotify, iTunes and wherever music is sold or streamed.

For more, visit https://soundcloud.com/len-mizzoni/sets/i-know-who-i-amnew-album

Conservation authority acquires 137 acres of wetland, floodplain

The Lake Simcoe Region Conserva- tion would love to hear from you. They tion Authority recently added another 137 acres of ecologically sensitive land to its holdings. The land transfer was finalized late November and is a mix of wetland and floodplain in the Beaver River Wetland Conservation Area in the Township of Brock.

According to Brian Kemp, General Manager of Conservation Lands, "The addition of this ecologically sensitive land to our holdings is a huge win for the watershed. Wetlands are highly valued carbon sinks, helping to mitigate the effects of climate change. They also help protect against flooding in nearby areas."

Brian also notes that "by coming into conservation authority stewardship, the lands will remain unspoiled, providing important habitat for the hundreds of species of creatures that call it home, including several species at risk like the Least bittern, Snapping turtle, Canada warbler and Midland painted turtle.'

Do you have property in the Lake Simcoe watershed that you'd like to restore to its natural state? The organiza-



have funding and technical expertise available. Do you have property you'd like to donate?

Every piece of nature saved or restored is a victory for the watershed and ultimately the planet. Send your enquiries to: communications@lsrca. on.ca.

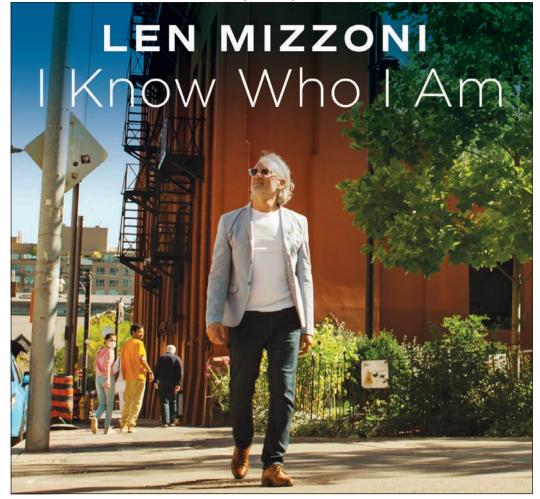
This purchase was made possible with the support of Durham Region and the Lake Simcoe Conservation Foundation.

The conservation authority protects almost 6,000 acres of land in the Lake Simcoe watershed.

The Beaver River Conservation Area is the conservation authority's largest and most environmentally significant land holding.

The addition of 137 acres in the Beaver River Conservation area increases the area by 12% to over 1,300 acres.

It is the mission of the Lake Simcoe Region Conservation Authority to work with our community to protect and restore the Lake Simcoe watershed by leading research, policy and action.







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12 - THE WEEKLY SENTINEL - Thursday, Januray 20, 2022 Mental health donation supports leaders of tomorrow

By Brock Weir

Our leaders of tomorrow might be struggling today – and it's up to a collective effort to ensure they reach their full potential.

This is the view of Aurora resident George Rappos.

An insurance agent with Desjardins, Rappos recently donated \$10,000 to the Canadian Mental Health Association - York Region & South Simcoe (CM-HA-YRSS) to help fund the organization's youth mental health programs, including MOBYSS, their mobile youth walk-in clinic, which provides free primary care and mental care to youth between the ages of 12 and 25.

It is the latest boost Rappos has given CMHA-YRSS and the latest in what he hopes will be a much wider movement beginning this spring.

"I am aware of the challenges of mental illness," says Rappos, noting that mental health is health, just as much as diabetes, asthma, and other challenges. "We don't put the same emphasis on supporting mental health in

this country, I believe. Obviously, there is a societal stigma attached to exposing yourself if you do have a mental illness or mental disorder, but at the end of the day, we all have mental health, just like we all have physical health.

"Twenty per cent of the population, unfortunately, suffers from a mental disorder or mental illness. [For] a lot of these mental illnesses and disorders, the onset of them starts at a very young age of a person's life. To even get an assessment from a child psychologist could run you a couple of hundred an hour, which isn't covered by OHIP. Unless you have employer-paid benefits, it is very difficult to afford even getting a psychological assessment. It is important that we make sure a lot of our young people don't fall through the cracks, especially families that live on the margins of society. We need to make sure there is proper funding."

Rappos's donation isn't just to support funding youth mental health programs, it is also to support the CMHA in advocating for governments to "do the right thing and make sure there is





enough funding" for coverage through OHIP.

"The issue is long, convoluted and complex, but over the last couple of years we have found with the pandemic that mental health disorders and illnesses, if you have one, tend to be exacerbated," he says. "At the end of the day, it is necessary we make sure we nip this in the bud early on because these young people are going to be adults one day and we need to make sure that these young people who are going to become adults one day will become contributors to our society and our economy. If we're leaving 20 per cent behind, that is not a good thing."

To further this moment, Rappos hopes to mobilize the entire insurance industry in Canada to become part of a fundraising campaign to support youth mental health on a national scale through an initiative called "Insuring

our Future", set to launch this spring.

"We are hoping to garner some support from (industry associations) as we launch the campaign," he says, noting a tentative launch date in early May. "We have had some great discussions with the CMHA and they are starting to ... plan and brand around the initiative. I am really excited about that and I am confident we're going to be raising a significant amount of funding. This is not a one-off, but this is something we're going to try and implement annually in the insurance industry.

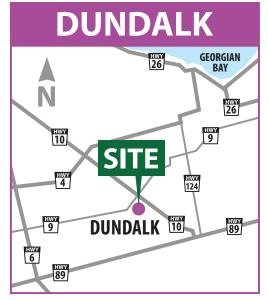
"This is going to be a grassroots initiative to challenge all of us to make sure we step up and make a contribution to hopefully support youth mental health. Youth are going to be our business leaders, involved in arts and sciences, and we need to get these people the support they need to make sure they are functioning citizens."

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All renderings are artist's concept. Prices and specification subject to change without notice. E. & O. E

Canada continues to lead the way in space exploration

A Bolton-based aerospace firm is leading the charge in developing Canada's newest addition to space exploration.

Canadensys and its team of engineers have designed prototype wheels for the Canadian Space Agency's Juno rover.

The CAS worked with the Canadensys Aerospace Corporation on the Scalable Wheels and Advanced Rover Motion (SWARM) project to develop a special wheel prototype that could withstand the rigours of lunar and other extraterrestrial surfaces and allow us to travel longer and farther. This project was funded by the CSA under the Space Technology Development Program (STDP).

One of the biggest responsibilities at the CSA is to ensure that the equipment and technology they use to explore space is efficient and dependable.

"Testing here on Earth must be rigorous and realistic, which can be challenging because lunar and other planetary conditions are quite different from those on Earth – they may change very rapidly and in some cases are completely unknown.

"The SWARM project is all about 'rolling forward' with ingenuity, inventiveness and persistence in the face of multiple challenges and shifting conditions. This project provided Canadian scientists and engineers with an opportunity to develop transportation technology that will also be helpful here on Earth to traverse off road and other challenging terrains. Once again, Canada is playing a pivotal role in developing practical, on-the-ground applications that allow us to explore lunar and other planetary surfaces."

One of the key lessons learned during Canada's experience working with rover technology since the early 2000s is that we need a flexible wheel that can travel dependably in different environments. On Earth, almost all vehicles use rubber tires to move on various terrains. Rubber provides excellent traction and can adapt its geometry (flexibility) as wheels move over obstacles.

However, rubber wouldn't be reliable on other planets. In extreme cold it becomes brittle and breaks, and in a vacuum, rubber particles may out-gas and evaporate. Rubber tires are also usually inflated with air, and if they spring

a leak in the absence of a pressurized atmosphere, they cannot be re-inflated.

"When you can't use a rubber tire, you have to rethink your entire rover design as well. These vehicles must be designed as a holistic system – in order to get the mobility you need, every component must work together with everything else," said Peter Visscher, Canadensys General Manager, Stratford Facility.

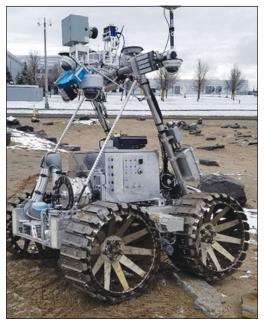
So how do we reproduce the mechanical properties of a rubber wheel in space? In order to address this problem, the CSA asked Ontario company Canadensys Aerospace to design, develop and test scalable wheel prototypes for a large 6,000-kilo human-class Lunar Pressurized Rover (LPR), and a smaller 500 kg. Precursor to Human and Science Rover (PHASR) that could one day be used to support human exploration missions. The wheels needed to be lightweight and remain durable for 2,000 km (LPR) and 600 km (PHASR).

Canadensys came up with several wheel concept designs for the two rover configurations. Once this was accomplished, the next step was to build, test prototypes and develop technology road mapping and other program inputs that would support future CSA program planning.

The lunar environment can be incredibly hostile. Temperatures swing from about -200 °C (at which rubber would shatter like glass) to 130 °C (which would cause the rubber to degrade rapidly). Additionally, the lunar surface is covered in a layer of fine, highly abrasive grained dust which wreaks havoc with the moving parts of machinery.

The SWARM wheel prototype addressed these challenges, borrowing design elements from multiple generations of CSA lunar rover wheel prototypes. The SWARM PHASR concept prototype consists of 20 ground-contacting traction plates, each of which is located by a pair of leaf springs and a pair of tension cables. The larger 90cm. diameter LPR wheel had the same general construction but consisted of 30 to 35 traction plates rather than 20.

Extensive and rigorous durability testing was a critical component of the SWARM project. It was essential that wheels were efficient and dependable and would allow rovers to move around freely and easily. Canadensys assessed wheel traction and stiffness and con-



ducted some initial thermal vacuum (TVAC) testing.

The wheels were loaded to simulate capacity and tested at the Dust Utilizing Space Terrain Environment (DUST-E) lab, a special room that reproduces the dusty conditions of the lunar surface using a lunar regolith (soil) simulant. Soon, the wheel would need to be tested dynamically in a thermal vacuum chamber that can reproduce the vacuum conditions of space and bring the temperature down as low as -230 °C.

Once the design had been adjusted based on initial testing, the real work began, and Canadensys embarked on one of the longest testing experiences ever conducted on a wheel of this kind. The smaller PHASR wheel was tested for durability over 600 km and the larger LPR wheel for 2,000 km.

Canadensys created a unique five-metre diameter turntable wheel test bed/ apparatus to place the wheels on and drive them until they reached these distances. Canadensys also incorporated other elements to simulate the abrasive and sticky dust found on the Moon and added boulders and rocks similar to rough lunar terrain. The wheels were loaded and mounted on this device and driven continuously day after day for eight months! This was an extremely noisy test and when the wheels hit a rock/obstacle, the sound reverberated throughout the entire facility.

The smaller wheel made it to 600 km (the distance between Toronto and Montreal) and the larger wheel was still going strong after 1,917 km (the distance between Vancouver and Regina)

when the testing bed broke down.

The lunar surface is dusty, rocky and covered with dead volcanoes, impact craters and solidified lava flows. Lunar rovers must be able to navigate very soft surfaces (similar to a beach) as well as very rough and rocky surfaces (like a dried-up riverbed). There are also unknown regions on the Moon that are permanently shadowed and may contain a higher water content that might affect soil properties.

Given these known and unknown travel impediments, vehicle damage is inevitable. On Earth when we blow a tire, we stop everything and fix it. That isn't possible on the Moon. Rover wheels need to be able to withstand some breakage and yet continue to function. In other words, they need to be able to "gracefully degrade."

"Even when things break down on the Moon, the wheels still need to function," Visscher added.

Thankfully, the metal SWARM wheel design is much more resilient and can withstand damage to its component parts without breaking down completely. Even if parts of the wheel fail, the entire wheel will not be debilitated.

The SWARM wheel will play a significant role in preparing and positioning Canada as a leader in future space exploration. Much like the lunar landing gear developed by Héroux in the 1960s, the SWARM wheel offers a specialized and unique on-the-ground technology that is in direct contact with the surface of the Moon and other planets.

The CSA's experience developing the SWARM wheels has also provided a group of Canadian engineers with considerable experience in designing, fabricating, testing, and adapting innovative and crucial technology.

The SWARM wheel experience is also helping us better understand how to develop vehicles that can adapt to shifting temperatures and natural disasters (flooding, hurricanes, wildfires, etc.). As we move into the future, it will be essential that we have the capacity to adjust existing technologies to meet these challenges.

"Our experience with the SWARM wheel taught us to think outside the box (or circle if you wish) and come up with innovative and unique solutions for extreme conditions in both space and terrestrial applications," Visscher noted.







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Investments add more resources to help farm families

tario are protecting the mental health of farmers and their families by investing more than \$7 million dollars through the Canadian Agricultural Partnership to launch two, new multiyear mental health initiatives that are specialized to support those in the agriculture sector.

The Guardians Network and a new program modelled after the successful Farmer Wellness Program pioneered by mental health specialist Deborah Vanberkel, will help protect Ontario's progress in the fight against COVID-19 by providing farm families across the province with free counselling services as well as help connect at-risk farmers with tailored support and resources.

These initiatives are expected to launch early next year and will be developed in consultation with the Canadian Mental Health Association (CMHA) - Ontario, the Ontario Federation of Agriculture (OFA) and other mental health sector experts.

"The farming community has demonstrated great strength and re-

The governments of Canada and On-silience throughout the pandemic, but nities." mental health challenges often go unseen. If you are struggling, the first step is to reach out, because you are not alone in facing these challenges," said Marie-Claude Bibeau, federal Minister of Agriculture and Agri-Food. "These new agricultural mental health programs expand resource availability to help Ontario farmers and employees if they're struggling with their mental health."

> "I very much understand and appreciate how stressful running a farm can be, working 365 days a year and dealing with unpredictable weather, commodity prices and increasing costs of production," said Lisa Thompson, Ontario Minister of Agriculture, Food and Rural Affairs. "Add in the pandemic, and these pressures are having a real effect on the mental health of farmers and their families. That's why our government is providing the necessary funding for these programs, and is committed to doing everything we can to help address these challenges and support mental health in our farming commu-

As part of the Government of Ontario's commitment to invest \$3.8 billion over 10 years to build a modern, connected mental health and addictions system that serves all Ontarians, the two new initiatives will improve the agriculture sector's access to supports that better meet their needs.

"For the past 20 months, Ontario's farming community have been forced to adapt to the many challenges and incredible pressures brought on by the pandemic, leading to significant impacts on mental health," said Michael Tibollo, Associate Minister of Mental Health and Addictions. "This investment will ensure our farmers and their families have faster, easier access to the highest quality mental health and addictions supports that meet their unique needs, when and where they need them."

"We're very pleased to further our partnership with OMAFRA through delivery of additional, much-needed mental health supports for farmers and their families," said Camille Quenneville, CEO of CMHA Ontario. "Building on the delivery of our farm mental health literacy program In the Know, the expansion of this important well-

ness program and introduction of a suicide prevention network will protect and enhance the mental well-being of farmers and the farm community."

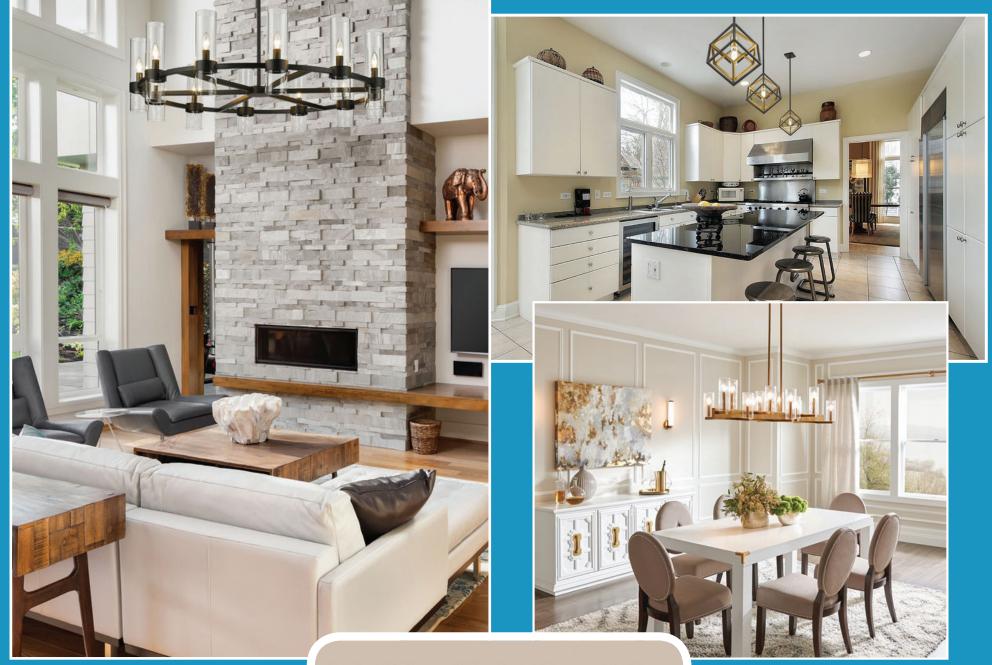
"The mental wellness of Ontario farmers is one of our biggest priorities, so we are excited to partner with CMHA Ontario and our provincial and federal governments to raise awareness about these two programs," said Peggy Brekveld, President of Ontario Federation of Agriculture. "The targeted initiatives will be invaluable to farmers and throughout the agriculture sector."

These programs are the direct result of numerous roundtable discussions, and other engagements with farmers about their mental health concerns. The design seeks to further enhance numerous other government-led mental health enhancement actions, such as an expansion of the In the Know program.

The Partnership is a five-year, \$3-billion commitment by Canada's federal, provincial and territorial governments that supports Canada's agri-food and agri-products sectors. This includes a \$2 billion commitment that is costshared 60 per cent federally and 40 per cent provincially/territorially for programs that are designed and delivered by provinces and territories.







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Canadian Premier League draft

By Robert Belardi

York United will have the No. 5 overall pick tonight as the Canadian Premier League U-Sports Draft is set to begin at 8 p.m. EST.

Fans across all of Canada can tune in to the live broadcast this evening hosted by Kristian Jack, @cplsoccer on OneSoccer, YouTube, Facebook, Twitter and on the official CanPL.ca website.

The CPL-U-Sports Draft, consists of two rounds and one selection per team per round. Atletico Ottawa will do the honours to start things off, followed by FC Edmonton, HFX Wanderers, Valour FC, York United, Cavalry FC, Forge FC and finally Pacific FC.

Since Pacific FC won the CPL title, the club will choose last and since Atletico Ottawa finished last, the club will select first. In total, 165 U-Sports athletes will be eligible to be drafted tonight. The list of players, is determined between U-Sports and CPL coaches along with scouting departments from numerous clubs.

Players who wish to enter the U-Sports draft, will have between one to five years of eligibility to be drafted and sign a professional contract as a U-Sports athlete.

Despite their not being a 2020 U-Sports season, scouts and clubs have exercised the best use of their judgment to promote these young men into the draft process. Fortunately for many, if they are not selected this year, some will have the opportunity for next season.

In years to come we will see the draft grow as the CPL has granted expansion clubs to Vancouver and Saskatoon. Those clubs are set to begin in 2023.

Robert's Rant Wild-Card Weekend shocks and surprises

By Robert Belardi

It was a wild super wild-card weekend in the NFL. The Tampa Bay Buccaneers trumped the visiting Philadelphia Eagles 31-15. The Kansas City Chiefs, steamrolled the Pittsburgh Steelers 42-21 in Big Ben Roethlisberger's final game in the NFL.

Of course, these two picks might have been the most obvious choices to select to win. But there were a few matchups that left every NFL fan stunned and surprised. Let's take a look at the biggest shocks and surprises over wild-card weekend.

Shock - Dallas Cowboys offence held to 17 points.

The Dallas Cowboys entered wild-card weekend as favourites to defeat the visiting San Francisco 49ers. In this renewed playoff rivalry, it was the 49ers who looked like the better team to begin with.

The Cowboys failed to establish the run. Ezekiel Elliott who reportedly was playing with a partially torn PCL, was held to 31 rushing yards on 12 attempts. In the air, tight-end Dalton Shultz led the Cowboys with seven catches for 89 yards. Hard to believe that, when you have Amari Cooper and Ceedee Lamb.

Cooper, at least, had 64 yards on the day and a touchdown. Lamb on the other hand, was held to just one catch. This was the No. 1 ranked offence in the NFL this past year. The Cowboys averaged 407.0 yards of offence per game.

Anytime the Cowboys saw some sort of momentum swing in their way, the yellow flag hit the turf. The Cowboys were penalized 14 times losing 89 yards.



Have you tried winter running?

By Aidan D'Souza

How are you keeping fit this winter?

During our Canadian winter when days are long and it is cold outside, it is hard. I must admit to put on my running shoes and hit the road. But once you try it becomes almost addictive.

It was a tough day at AT&T Stadium.

Shock - The Buffalo Bills ruined the New England Patriots.

It was a historic night at Orchard Park.

The Bills became the first NFL team in history to throw a perfect game. In a 47-17 drubbing of the Patriots, the Bills never punted, never turned the ball over and never kicked a field goal.

It was arguably the biggest shock of the weekend, as every NFL pundit had predicted this game to be close. Josh Allen surely had other plans, as the Bills quarterback threw for 308 yards and five touchdowns. He also ran the ball six times for 66 yards as well.

Bills tight-end Dawson Knox caught two touchdown passes. Bills running back Devin Singletary also rushed the ball in the end zone twice.

The Bills No. 1 ranked defence in all of the NFL, forced rookie quarterback Mac Jones to throw two picks. After this butt-kicking, this even left reporters asking Patriots head coach Bill Belichick if he'll return next year. That answer of course, was yes.

In the Patriots' largest playoff loss in the Belichick era, this was most definitely a revenge game. The Bills suffered enough when Tom Brady was in the division and since Brady left to Tampa Bay, it's been all Buffalo in the AFC East.

Surprise - Bengals defence held their own.

When you begin speaking about the Cincinnati Bengals, the conversation is immediately about their offence. Quarterback Joe Burrow is a generational talent. He has his former LSU teammate Ja'Marr Chase and another exceptional player in Tee Higgins as his receivers. Running back Joe Mixon posted career-high numbers and ranked fourth amongst all NFL running backs with 16 total touchdowns.

But it was the Bengals' defence that played a huge role in the 26-19 victory. This was the 18 ranked defence, allowing 350 yards per game to their opponents. The Bengals also ranked 17 in total takeaways, as they had 21 in the regular season.

Despite allowing 385 yards of total offence, the Bengals defence forced a fumble and intercepted Raiders quarterback Derek Carr. These two turnovers were the ultimate difference in the game. The Raiders defence couldn't come up with anything similar against Burrow and company.

This one was expected to be a shootout. Bengals defence had a part to play in that storyline.

Surprise – Arizona Cardinals -1 total yards in 2nd quarter.

It was a total surprise to look at the overall yards in the second quarter between the Cardinals and the Los Angeles Rams Monday night.

At one point the Cardinals had minus four total yards early in the second quarter. Then that number moved past minus 10. Then right past the Cardinals eyes, quarterback Kyler Murray threw an unwarranted pick-six instead of taking the sack for a safety. It was 21-0 Rams and the Cardinals had just minus one yards of total offence. Imagine that.

It wasn't a very pleasant wild-card game for Arizona. Already without star wide receiver DeAndre Hopkins, the offence could not garner any momentum. The offence was 0-6 on third down and Murray had two interceptions to his name.

Cam Akers was running the ball with conviction. Odell Beckham Jr. had seemingly gone back in time and even completed a 40-yard pass to Akers in the third quarter. At that point in the game, Beckham Jr. had 40 pass yards and Murray only had 28. Here are my five tips for a safe and enjoyable winter run:

Make a run schedule. Set a realistic goal and stick to it, unless extreme weather arises.

Treat your running schedule as a real appointment with yourself, Take care of your mind and body.

Check the weather before heading out. In Canada, the weather can change at a moment's notice. Be sure you check the weather in the area of your run. High winds can make your run even colder.

Dress appropriately. It is important to layer your clothing to keep warm.

A thermal base layer top, followed by a long-sleeved top can be combined with a windproof jacket. Base layer pants are also a good idea as it helps to keep you warm. Adding on headgear such as a headband or warm hat and gloves is best.

Wear shoes with good traction. Whether you are running on a trail or a sidewalk, it is important to have proper winter footwear. Adding a traction grip to your running shoe is a good idea for icy and slippery paths.

One of my favourite shoes is the Skechers GO Run Ride 9 traction shoes which have a Goodyear tire sole.

Don't forget to warm up. Start slow and easy. Give your body a warm-up period whether it is stretching or a slower-paced run at first. This should be about 5-10 minutes in length before you pick up speed.

Winter running gives me energy, a mood boost, and fresh air amidst this pandemic.

I hope it does the same for you. Keep safe, keep well, keep running!

Aidan D'Souza is a Skechers Canada Athlete and the creator of the Ontario Runners Instagram Blog. He is currently enrolled as a full-time student at Seneca College.



York United signs three international talents

By Robert Belardi

In less than a month, York United has announced their new manager and three new players beginning the next chapter for the York Region based club.

Prior to the Christmas holidays, the club unveiled Martin Nash as the team's next manager.

The Regina SK native, signed a twoyear deal with a 12-month option.

Revered across the Canadian Premier League for his work as an assistant manager with Cavalry FC, York United's Managing Consultant Angus Mc-Nab said Nash was the candidate who showed great enthusiasm for the club's roster and had the most effective vision on how to use the players moving forward.

A former player with many clubs, Nash spent his final six years of pro foot-

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Gary Boyle, "The Backyard Astronomer."

ball with the Vancouver Whitecaps in Major League Soccer. He also appeared for the Canadian Men's National Team 38 times.

The club with Nash at the helm has already began 2022 off with a bang. The club signed Danish international Daniel Obbekjaer, Brazilian Eduardo Jesus and Czech international Martin Graiciar to the roster.

The 19-year-old central defender Obbekjaer, has had a prosperous beginning to his young career. At the age of 16, he made his senior debut with Danish giant FC Copenhagen and later on that season, appeared for Odense, becoming the youngest player in club history to take the pitch.

He went on to make appearances for his country and went off on loan in 2021 with Serie B side S.P.A.L.

The other 19-year-old signing Jesus, is a fullback who is reportedly known for his pace.

Jesus spent majority of his youth career with Vitória which has seen the likes of David Luiz, Hulk, Dida and Bebeto all go on to have successful careers.

Jesus has also made appearances for Brazil under the U-16 and U-17 levels.

And similarly, to the other two players, Czech Republic striker Graiciar has also made appearances for his national side at the U-16 level.

He received a call-up at the age of 14 and scored against Germany.

Originally beginning his club path with Spartak Prague, Graciar made a name for himself with FC Viktoria Plzen. He was a part of their first-ever league victory in 2011 and represented the club in the UEFA Champions league and Europa League.

He was sought after in 2015 by former Arsenal manager Arsène Wenger but the move never came to fruition.

In 2017, Graciar was signed by ACF Fiorentina in the Italian Serie A. Since that move, he has spent seasons on loan with Liberec, Sparta Prague and most recently, FK Mladá Boleslav, before making the move to York United.

All players have signed on to two-year deals and all have options on top of their contracts to remain with York United further.

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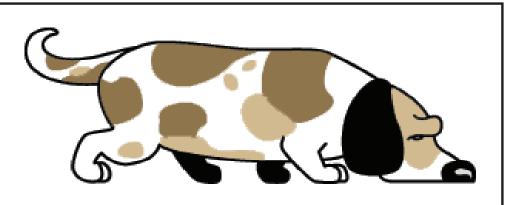
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By Wendy-Sue Bishop 905-590-0054 wsue52@hotmail.com

Schomberg Horticultural Society

program director of the The Schomberg Horticultural Society, Angela Rose, hit the ground running once the Christmas celebrations were over and booked a very exciting speaker for their first meeting for Jan. 25 at 7:30 p.m. Here is a brief description of the first talk this month on vermicomposting:

Cathy Nesbitt is a worm advocate and founder of "Cathy's Crawly Composters." Established in 2002, this environmental business specializes in vermicomposting (indoor composting with worms) and organic diversion. Vermicomposting is a leading edge answer to our organic waste problem. Without a doubt, Cathy is Canada's foremost authority on vermicomposting.

Through inspirational story telling

and an incredible sense of humour, Cathy has raised the level of awareness about environmental conservation. Over 75,000 students have seen her presentation! Cathy has spoken on vermiculture at provincial and national conferences. Cathy is also the subject of a documentary: Squirm – The Cathy's Crawly Composters Story. As if that isn't enough, she is a master Laughter Yoga instructor. This is sure to be a super fun presentation!

The Society is inviting community members to join their very inclusive Society and thus enjoy the opportunity to learn anything that has to do with horticulture and gardening.

This presentation is free to members of the Society. The membership entitles you to all the monthly meetings (via zoom unless notified otherwise) and plenty of community spirit. Your membership will help us promote and finance community projects, such as the Centennial garden at Hwy 27 and Main Street and also the gardens at the library on Main Street. A single membership is \$20, a family membership \$25. For membership information contact: schomberghortsociety@gmail. com

Schomberg United Church

For Sunday, Jan. 23, Rev. Patricia Edmonds will be providing our worship through a video.

On Sunday, Jan. 30 at 11:15 a.m. our guest/professional singer Sandra Kirby will lead us in worship on Zoom for Nobleton United's Special 125th Anniversary Service. This service is a musical service with explanations about the various songs and a presentation by Val Ball and Sue DiFebo about the beautiful hard cover 125th Anniversary book and how we can order it.

Stefani Harris has done a lovely solo for this service. I recorded myself singing "It Only Takes a Spark to

get a Fire going." Sandra Kirby will be singing all the other hymns with her beautiful voice. We can sing along while we are muted. For more details on this special service, please read Nobleton Notes.

If you are not on our regular email list, let me know if you would like to have the Zoom links and video worships. Everyone is welcome to attend.

We continue to have a Zoom Coffee hour on Thursday mornings 10 to 11 a.m. Let me know if you want to be included in the email blast or want to join via phone. Our chat topics are wide-ranging.

My contact info is 905-859-0761 or nancy@hopkinson.ca.



708 OBITUARIES



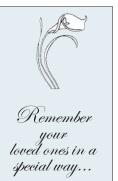
Walsh: John Francis

Passed away on Sunday, January 16th, 2022, in his 84th year. Beloved husband of Maureen (Quinn), devoted father of John (Mona), Cathy (Ivan) Peters, Patrick (Megan), Steve (Kristina), and Martin (Nancy). Loving grandfather to Thomas, Amy, Rebecca, Sarah, Audrey, Mason (deceased), Ashlyn, Maddon, Ethan, Keaton, Maya, and April. Dear brother of Tom (Mary) (both deceased), Ann Marie, Ed (deceased) (Donna), Catherine (Wayne) Mundy, Carol (Peter) Vanderpost, Margaret (Jeff) McGibbon. Loving uncle to many nieces and nephews. John was born and raised on the Walsh family farm in Adjala, but made his home with Maureen and his family, for over 40 years, in Schomberg, Ontario. John was committed to the importance of education and enjoyed a long career as an elementary school principal with the TCDSB. He then pursued his passion for real estate with Prudential Lorimer Realty in Tottenham, for over 20 years.

The family wish to express their heartfelt thanks and gratitude to all the nurses, PSWs, recreationists and staff at the Newmarket Health Centre who cared for him these past few years, particularly during such challenging times.

Visitation was held on Wednesday, January 19th, 2022 between 6-8pm at Rod Abrams Funeral Home, 1666 Tottenham Road, Tottenham. Due to COVID restrictions, the funeral will be a private family mass. Donations in John's memory may be made to the Alzheimer's Society of Canada or Parkinson Canada.

www.RodAbramsFuneralHome.com



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Chase away chills with a thick, filling stew

Slow cookers can be unsung kitchen heroes any time of the year, but particularly during the colder seasons. That's because slow cookers take on one-pot meals with ease. A person simply places all the ingredients inside the crock, then returns in 8 hours or so to a completely cooked meal.

Certain recipes, including stews, lend themselves well to the slow-cooking method. While beef is often associated with stew, plenty of proteins can take the place of beef, including pork. This recipe for "Golden Harvest Pork Stew" from "Crock•Pot" 365 Year-Round Recipes" (Publications International, Ltd.) by the Crock•Pot Kitchens utilizes pork and combines it with potatoes, carrots and corn for a stew that some may even mistake for a chowder.

Golden Harvest Pork Stew

Makes 4 servings

1

2

1

2

1

1

1

1/2

1

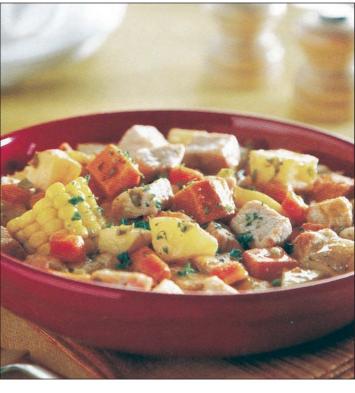
1

1

1/4

- pound boneless pork cutlets, cut into 1-inch pieces
- tablespoons all-purpose flour, divided tablespoon vegetable oil
- medium Yukon gold potatoes, unpeeled and cut into 1-inch cubes
- large sweet potato, peeled and cut into 1-inch cubes
- cup chopped carrots
- ear corn, broken into 4 pieces, or 1/2 cup corn
- cup chicken broth
- jalapeño pepper, seeded and finely chopped
- clove garlic, minced
- 1/4

 - Chopped parsley



1. Toss pork pieces with 1 tablespoon flour; set aside. Heat oil in large skillet over medium-high heat until hot. Add pork; cook until browned on all sides. Transfer to Crock•Pot® slow cooker.

teaspoon salt teaspoon black pepper teaspoon dried thyme

ured with leading techn

2. Add remaining ingredients, except parsley and 1 tablespoon flour. Cover; cook on low 5 to 6 hours.

3. Stir 1/4 cup cooking liquid into remaining 1 tablespoon flour in small bowl. Stir flour mixture into stew. Turn Crock•Pot slow cooker to high. Cook 10 minutes or until thickened. Adjust seasonings, if desired. To serve, sprinkle with parsley.





By Angie Maccarone

St. Paul's Church By Linda Blydorp

We welcome you to join us in person for worship this Sunday. Masks still must be worn and households are to be kept two metres apart from each other.

Our Pastor, Jeff Loach will be leading worship this Sunday. Jeff will be leading a new series on the book of Revelations. His message is titled, "Rekindling Your First Love" based on Revelations 2.1-7.

Our live-streamed broadcasts are available directly on stpaulsnobleton. ca or on our YouTube channel each Sunday at 10 a.m. You can watch previous services or messages anytime, also on our YouTube channel youtube.com/ stpaulschurchnobleton).

Our Women's LifeConnect Group has begun meeting again on Tuesday mornings, 9:30 to 11 a.m. via Zoom. For details be in touch with us at stpaulsnobleton.ca/connect.

St. Paul's is coordinating with the King Township Food Bank in the distribution of "St. Paul's Love Bags." These bags will include items that are seldom donated and are in high demand for those less fortunate. If you would like to help by contributing to this mission, please check www.stpaulsnobleton.ca to find a list of items needed.

Neighbourhood Watch

We are setting up a Neighbourhood Watch in various areas of Nobleton and surrounding area. If you are interested please send an email to: amaccarone999@gmail.com.

St. Mary's Church

The attendance for the Holy Masses will be on a first-come, first-serve basis. Once you enter the foyer of the church, we invite you to sign in on the forms provided with your family name, number of family members attending and contact number. If you are not well, we ask that you refrain from attending Holy Mass celebrations.

For those unable to attend the Holy Mass in person, please join us online on Sunday for the livestreamed celebration of the Holy Mass at 9:30 a.m. from er 125th Anniversary book and how

St. Patrick's Parish, Schomberg. Visit us on our Facebook page to join us virtually for the celebration of the liturgies. Thank you for your patience and understanding.

Browse our websites:

St. Patrick's Parish: https://stpatrickssc.archtoronto.org/

St. Mary's Mission: https://stmarysno.archtoronto.org/

LifeTeen Parish Youth Group: We invite all teens for our Life Nights on Zoom. The next virtual event will be taking place on Saturday, Jan. 22. More information on the parish bulletin.

Please contact our Youth Minister Zephania: 905-830-2644 or zgangl@archtoronto.org for Zoom link. Hope to see you there!

The Children's Liturgy of the Word Program on Zoom has resumed. More details in the parish bulletin or contact our Children's liturgy of the Word coordinator on: 416-605-6843.

Perfect for those preparing to celebrate their First Holy Communion in 2022 and their siblings from JK to Grade 5.

If there is anything we can do to support you, please call the parish office on 905-859-5522 or email us at: stpatandstmarysc@archtoronto.org

We will be checking emails and phone messages periodically as the parish office will remain by appointment only until further notice.

You may continue to request Mass Intentions, Roses for Our Lady of Guadalupe devotion, as well as weekly Sanctuary Light Offering and intentions. You may contact the parish office with your request.

Please note, the Sacrament of Confession is available at St. Mary's Church on Saturdays after 4 p.m. by appointment. Please call the parish office.

Nobleton United Church By Nancy Hopkinson

For Sunday, Jan. 23, Rev. Patricia Edmonds will be providing our worship through a video.

On Sunday, Jan. 30 at 11:15 a.m. our guest/professional singer Sandra Kirby will lead us in worship on Zoom for our Special 125th Anniversary Service. This service is planned to be a mainly musical service with explanations about the various songs that we will sing and a presentation by Val and Sue about the beautiful hard covwe can order it.

Singing in-person is too risky right now. The only way that it is possible to have our musical service is to do it on Zoom. We already delayed this service from October and do not want to delay it further. Stefani Harris has done a lovely solo for this service. I recorded myself singing "It Only Takes a Spark to get a Fire going." I love this song, and I get a chance to shout, since the third verse says "I'll shout it from the mountain top" and that is where I shout "Praise God."

It is unfortunate that when we are on Zoom, that we cannot sing and hear each other singing, as the internet does not get our voices together and the resulting sounds are not good. Sandra Kirby will be singing all the other hymns and she has a beautiful voice, so we can sing along while we are muted.

Val Ball and Sue DiFebo have completed the 125th Anniversary Book with many stories and photographs of various families and activities. There is even a two-page section on the stainedglass windows and the stories behind each one. Sue and Val found that learning how to organize a book was a challenge, but they are experienced at scrapbooking and those talents are evident in this beautifully finished product. We will be taking orders for these lovely hard cover keepsakes.

If you are not on our regular email list, let me know if you would like to have the Zoom links and video worships. Everyone is welcome to attend.

We continue to have a Zoom Coffee hour on Thursday mornings from 10 to 11 a.m. Let me know if you want to be included in the email blast or want to join via phone. Our chat topics are wide-ranging.

My contact info is 905-859-0761 or nancy@hopkinson.ca.

OWNSHI

Nobleton Lions Club

Your Nobleton Lions Club is up and running, marking our 60th year of service to the community.

The Lions wish to thank all knitters and crocheters who have donated cozy, homemade slippers for Ronald McDonald Houses. It seems that people sometimes find themselves needing to stay in close proximity to hospitals when their children require hospitalization on an unexpected basis. Ronald McDonald Houses provide what they can, and here is a chance for us to help them. If you have the time and wool, patterns are apparently available on the internet, for slippers of any size or colour. The Nobleton Lions will collect them and forward them to various RMHs in south central Ontario. For followup details please contact Lion Rick at rick@ rickevans.net

Do you know a student who has skills in posting to social media account websites such as Twitter, Facebook and possibly Instagram? The Club is looking for volunteers, and will certify the time spent, to help fulfill the requirements for volunteer hours. Contact Lion Rick as above, or Lion Ek at ek.heidebrecht@ gmail.com

The Club continues to offer a free service to people in self-isolation and others unable to leave their homes. The Lions are providing a delivery service for Pharmasave prescriptions. Just contact Rick, and we will drop packages outside your door, contact free.

As always, we welcome prospective new members. You may join us as a guest via Zoom at an upcoming meeting by contacting Lion Rick as above.

From all of us to all of you, please respect the guidelines from our health authorities, get vaccinated when your turn comes, and stay safe! We're in this together!



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King's Corners

King City United By Sheryl Sinka

Last week Rev Bruce's message entitled "The Christian Story, Jesus's and Ours" reflected on the Sacrament of baptism and the meaning it holds for us as Christians. Through the Holy Spirit we are equipped to face life, all we have to do is allow the Spirit "to be active in our lives and move us and empower us."

Please visit our website to read the full sermon or visit the recorded worship to view last Sunday's service. This Sunday's online worship will be at 10 a.m. and available on our website kcuc@bellnet.ca

After careful consideration and in response to rising positive COVID-19 cases, KCUC has decided to return to an online worship format only and close the in-person worship. We hope you will join with us on our online worship which will be through the Zoom format and uploaded to our YouTube Channel - YorkUnitedMinistries. If you wish to participate through the Zoom at 10 a.m., please contact the office at kcuc@bellnet.ca to be put on the invitation list. We will provide all the details on our website at kcuc.net. If we experience any problems with live streaming we apologize in advance and the worship will be uploaded as soon as possible.

Last weeks worship is available on our website. Any updates will be provided on our website.

Best wishes for health and happiness in 2022.

King Bible Church

Join us on Sundays at 10:30 a.m. as we're back online for our services during the Modified Step 2 stage. You can watch the service live on Facebook or through our website (www.kingbiblechurch.com) or it will be uploaded on You Tube later on Sunday.

Pastor Mark will be continuing our sermon series Witness of a New Era – the Book of Acts.

Please visit our website for links and further information. www.kingbiblechurch.com

We also have virtual Bible studies over Zoom. Further information is on our website under "Small Groups."

If you have any questions please email Lisa Lethangue at lisa@kingbiblechurch. com.

St. Andrew's **By Kathy Patterson**

Join us online this Sunday at 10:30 a.m. at standrews-kingcity.ca. Until further notice, all in-person church use events and services have been cancelled except for the King Township Food Bank's once monthly distribution.

If you need more information regarding the Food Bank, please contact ktfb.ca

Following the worship service, Coffee Time via Zoom happens! Grab your coffee/tea and let's chat! Call us if you need the ZOOM link.

Going into this year, St. Andrew's has a new sermon series of Jesus's Parables. We are appreciating their importance to us, found in God's Guide Book for Life.

The online Bible Study with Lynn is starting up again, early evening on Tuesdays. "Art for the Soul" takes place again Wednesday afternoons. Lynn encourages you to join, whatever your experience with art. Have fun expressing yourself! Another Bible Study will be coming for morning folks-either Tuesdays, Wednesdays or Thursdays. Let Lynn know your preference. Also, call Lynn for the Zoom links for any of the online programs.

In these uncertain, anxious times Philippians 4:6,7 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

We are happy to pray with you or for you, in confidence.

Pastor Niyazi and Irada Bilgen of the Greater Grace Fellowship may be reached at 416-878-8499 regarding their Bible Study arrangements.

For pastoral care please call Lynn Vissers: 416-998-4652, or our Interim Moderator, the Rev. Jonathan Dennis: 1-905-724--1979.

All Saints Anglican Church By Patrick Gossage

Our Sunday livestream service can be found at www.facebook.com/allsaintsking and runs from 10:25 to 11:30 a.m. The recoded service is available to view later via Facebook or our website page www. allsaintskingcity.com

The Bible Tells Me So: Fr. Michael's sermon for the Second Sunday After the Epiphany from John 2. "Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him."

"How can we be sure that God exists? It's a great question, and one that I think every person of faith struggles with from time to time. Epiphany is a good place to start finding an answer. Epiphany means a revelation. Epiphany ends the 12 days of the Christmas season as a summary of what Christmas has been all about.

Christmas is about God revealing God's self to humanity. All of the scripture we hear around Christmas teach us that God wants to be known, that God wants to be in relationship with us as Emmanuel, God with us.

How does God reveal God's self to us? Primarily, through scripture for without it, we are free to imagine any sort of god or divinity we care to think of. It is only through scripture that we hear the voice of a particular god, the God of Israel, the God of Abraham and Isaac, the God of the prophets, the God foretold by John the Baptist, the incarnate Son of God Jesus who comes to us, lives with us, dies for us, and who rises again.

The theologian Karl Barth was asked by a television interviewer to explain his life's work. Barth said that his life's work amounted to this: 'Jesus loves me, this I know, because the Bible tells me so.'

The Bible is a human production, but the Bible is also God's revelation; it

is the record of God's wanting to break through to us, to love us, and to save us.

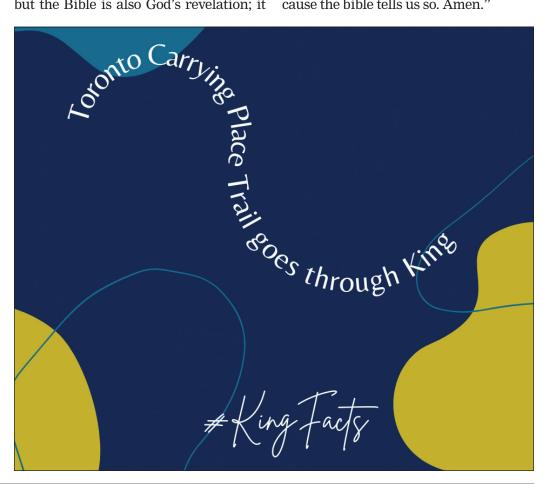
The story of the Wedding at Cana has an interesting message. John calls the miracle of turning water into wine 'the first of (Jesus's) signs,' a miraculous thing that Jesus does to point to his identity as the Son of God.

This miracle is not a healing, or a cosmic struggle with a devil. All Jesus does is create wine out of water for wedding guests who are already, as the steward notes, pleasantly tipsy! Does Jesus create such an excessive amount of wine (600 bottles) simply to demonstrate his supernatural powers? Perhaps, but he also wants the guests to have a good time. He wants to share in all the joyous moments of a wedding with bride and groom, familv and friends.

Jesus will embrace the entire gamut of human experience, from his mother's love and pride to the joy of the wedding guests to the hatred of the mob and the slow death of the cross.

The Wedding at Cana tell us something vital about the character of God, namely that God wants us to share our joy and laughter, just as God want to share our sorrow and fear and even our death, so that he may save us after our death.

At the end of the day, all we can say is that "Jesus loves us, this we know, because the bible tells us so. Amen."





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ADMIRAL





By Julien Laurion The Big Tuna of Real Estate

Dear Julien, as we all know, housing prices have skyrocketed. Therefore, my family and I have decided to renovate rather than move. As we started looking into the costs of renovating, we also see the costs of almost everything have gone up. Based on your renovation experiences do you have any tips to help save some money? Cheers, British Dave.

HI DAVE - You are right, I do have a lot of renovation experience. One of the key attributes that I offer my clients is that I run a successful renovation business. For clients that are purchasing a new home, I can give them advice on the potential of a home as well as point out any issues the home may have. The issues could include items that need to be addressed or structural limitations that may impact the possible renovation. I also help clients who are remaining in their home but want to renovate, by providing them with the advice and services they need to keep the renovation within budget and, most importantly, add to the value of their home. I have an exclusive list of trusted professionals in all sectors that I call upon when certain items need to get completed in a timely and professional manner for my clients. Either to help make their home shine before resale or help get their new purchase upgraded to their own tastes.

In terms of cost, Dave you are correct. The cost of renovating has definitely gone up. But, if you are keen and shop around a bit you can find some cheaper prices. However, this takes up more of your time or your contractors, and I would also use a lot of caution when seeking cheaper prices. Another challenge is the wait time associated with items needed to do a renovation. Supply issues continue to be a problem, that can create issues with getting a project finished. For example, sometimes you have to wait a while to get the colour grout needed to finish a tile job! That can mean not being able to use a shower stall.

Due to the increased cost of materials, wait times

items from less well-known brands for items that are easy to replace down the road. This is not a good strategy for items that are much more permanent and hard to replace. Let me give you an example of what I mean: you can save money on the faucet you choose for your bathroom vanity by buying a brand that is not very well-known online. But, I would not recommend doing the same thing for your shower or tub assembly. Faucets are pretty easy to replace, however, to replace a tub or valve assembly you would need to create a new shower since you'd have to break tiles etc. This, as you can imagine, would be quite costly. This approach applies to all areas of the home. vice, both in buying and selling a home as well as tips on how to renovate and how to help keep costs low. If you feel overwhelmed do not hesitate to reach out. I am happy to help!

> Julien Laurion AKA Big Tuna is a local Real Estate Sale Representative with Royal LePage Your Community Realty in Aurora. I am a real estate agent who has expertise in both Real Estate and Renovations and has been involved in this community for over 20 years. If you have a question for my monthly article or if you are considering buying, selling or leasing a home please feel free to call or email me directly at (416) 402-5530 or julien@bigtuna.ca or by alternatively visiting my website www.bigtuna.ca or Facebook page @bigtunarealty



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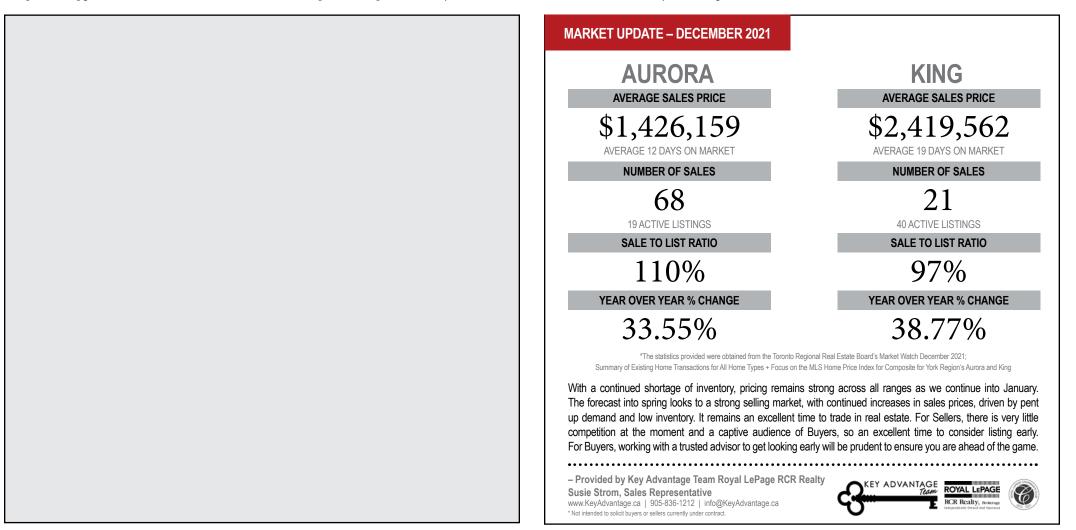
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for all these products and the effort it takes to procure, plan, and deal with all protocols labour cost of renovations has also increased.

A couple of tips that I would consider as you go down this path. To keep costs down, you can choose Dave, renovating a home can be very overwhelming. The same as buying or selling a house. If you surround yourself with the right people, it can help make the process go a lot smoother.

A lot of what I do for my clients is give them ad-







If you have sold a home before, you likely are aware of the stress and pressure that can build up throughout the selling process, from completing cosmetic fix-ups to finding a reputable realtor, to finding a new home. Depending on the state of the current market. your house can easily get drowned out by competing listings and competitively priced neighbouring homes.

The longer a house sits on the market, the least likely it will sell for above the asking price. This is why we believe it is crucial to hire a trusted, reputable, and experienced realtor in selling homes that understands what makes a difference in the home-selling process.

The Michele Denniston team has over 20 years of collective real estate experience in the King and surrounding regions. Since growing our local team and opening our Schomberg office, we decided to capitalize on a few extra services that support our clients and their home selling journey.

We have offered complimentary home staging services for the past few years for all of our clients, and here are four reasons why.

STAGING MAKES YOUR HOME STAND OUT

Today most home buyers start their new home search online. This means the first impression they get of your home is the pictures posted online, through the MLS, Realtor.ca or a similar website. Capturing the essence and appeal of your home is much easier when your home is professionally staged. Adding lush greenery, new textiles and well-placed furniture can completely transform the look and feel of your space; and this will make your listing stand out from competing neighbours and other listings.

STAGING LEADS TO HIGHER OFFERS

Staging your home can get more exposure and people interested, leading to possibly creating a bidding war. If potential buyers are exceptionally drawn and fall in love with your home, they are likely to pay over asking; getting you more money in your pocket than initially expected.

STAGING HELPS YOUR HOME SELL FASTER

A well-staged home allows buyers to better picture what moving in and living there will feel like. This is highly advantageous to speed up the selling process. Instead of a buyer requiring more than one showing appointment, professional staging captivates the buyers instantly. Investing in design services also pushes the buyers to overlook minor issues, ultimately speeding up the purchasing process.

STAGING HELPS SHOWCASE DESIGN POTENTIAL

Many of the sellers we work with believe that completely clearing out their space is the best way to prepare for selling their home. However, we believe that an empty space will do more harm than good. Many of the buyers we work with need to see the layout of the home with complimentary room furnishings as it helps suggest and mentally picture what living there will feel like. Staging, when properly done, has a "wow" effect on its viewers. For those buyers who are not design-oriented, staging will help them better picture the space and its potential, which leads to more offers for you.

TIPS FROM OUR STAGING PROS

Our team believes that professional staging services are well worth the investment, but we also understand that this service is not included with every real estate agency. Here are a few key pro tips from our team's staging professionals that you can do yourself!

- Remove personal items and family photos
- 2 Declutter your spaces
- **3** Tidy closets and storage spaces (messy closets suggests that the home does not have adequate storage space)
- 4 Neutralize bright colours and walls to appeal to the majority of buyers
- **6** Consider altering the layout of your furniture to create more space and an open-concept

WORK WITH A REPUTABLE REAL ESTATE TEAM

We understand there are long lists of things to do when preparing to sell your home. But we also want our clients and residents to understand the advantages of hiring a real estate team that offers or promotes staging. We believe this additional service is well worth our investment as it is key to fostering an exceptional and positive home-selling experience for the client. These are the reasons why we include FREE staging and professional design consultations for every client and encourage you to work with an agent that offers the same.

If you are looking to buy or sell in King and surrounding areas, give our team a call at (416) 433-8316 for a free home estimate, a professional staging consultation or discuss your real estate needs with The Michele Denniston Team today.







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How to decorate of the to the total of tota

(NC) When we decorate our homes, we tend to focus on what we can see. Aesthetics are important, but what about the rest of our senses? If you want to transform your space with décor that engages more than just sight, start with these tips from celebrity designer Amanda Aerin.

CHANGE YOUR SPACE WITH COLOUR AND SCENT

Use colour and scent to improve the overall feeling of a room. Incorporate tones that make you feel happy, along with a fresh and uplifting scent.

"Scent plays an important role in creating a room that beckons you to come, sit, and stay awhile," explains Aerin.

"Try using Febreze Unstopables Touch fabric spray on all those soft surfaces you like to touch and feel — from your couch to your bed. The scent is touch activated, so cozy up to your favourite pillow or throw for a burst of long-lasting freshness."

SET THE MOOD WITH SOUND AND TEXTURE

Nothing transforms your home's atmosphere quite like music. The right type of music can boost your mood or help you unwind, so throw on your favourite playlist or the calming sounds of nature and watch how quickly the ambience changes.

Continue with your sensory design by including touchable textures. Choose objects that will bring warmth and depth to your surroundings, and that also feel wonderful to touch like a velvet sofa, wool blanket, textured rug or fur pillow. These are the things that make a room feel warm, inviting and complete.

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3 EXPERT HOME DÉCOR TIPS AND TRENDS FOR 2022

(NC) If there's ever a perfect moment to refresh your home, it's at the start of a new year. Now is the time to reimagine your space with a fresh look that brings you joy. Whatever you're envisioning, look to these expert décor tips and trends from celebrity designer Amanda Aerin.

BE BOLD

Looking for ways to upgrade your space and make a statement? Aerin recommends incorporating more colour and patterns into your home decor. This year's popular shades will be saturated, bold and uplifting, so don't be afraid to switch things up and step out of your comfort zone.

CURATE YOUR LOOK

Aerin says curated home décor is hot on the trend

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13 WENDERLY DRIVE, AURORA COMING SOON TO MLS



13 HARRIMAN ROAD, AURORA



\$2,675,000



11 CARRIAGE WALK, AURORA

list for 2022. Dress your space with a mix of old and new, incorporating vintage finds, travel treasures or family mementos.

"My approach to design is to create concepts that are visually stimulating, tactile and invoke feelings of happiness and relaxation," says Aerin.

MIX PATTERNS LIKE A PRO

Mixing and matching geometrics with florals is another hot 2022 trend in home décor. Start by choosing your patterned fabric first, then pull accent colours from there for a professional look.

"Mixing and matching colourful patterns and fabrics is the perfect way to add texture to a space. To add more depth to a room and to keep my fabrics fresh, I love Febreze Unstopables Touch fabric spray. The scent is touch activated, so every time I fluff my mix and match pillows, sit on my upholstered furniture or pull open my curtains, I get a burst of freshness for the perfect finishing touch."

Find more information at febreze.com.

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Avoiding the hidden costs of home ownership

(NC) With the average Canadian home costing nearly \$1 million dollars in many cities, buying a house is one of the biggest purchases you'll ever make. Before making an offer, keep in mind that the cost of home ownership doesn't stop when you unlock the front door.

From regular maintenance, utilities and insurance, to unexpected emergency repairs, it's important to take into consideration all of the hidden costs that might arise. While some are unavoidable, there are ways to reduce expenses or prevent them altogether by following a few simple tips:

CREATE AN EMERGENCY FUND.

To better prepare for and manage unforeseen costs, create an emergency fund. Many experts agree that having three months' worth of your salary saved is the best back up plan to tap into if a pipe bursts or a rainstorm reveals a leaky roof.



PAY ATTENTION TO PRODUCT WARRANTIES.

A recent survey shows that 60 per cent of Canadians consider a company's warranty program when making a purchase decision — and for good reason. A solid warranty program can save you money in the long term.

When researching appliances and electronics, look for those that have extended warranties and

out-of-warranty programs. For example, LG offers a 10-year limited warranty on appliances, as well as an Out of Warranty program with a flat rate for labour and parts.

DON'T TAKE SHORTCUTS.

If a service or repair quote seems too good to be true, it likely is. It's important to always look for a manufacturer-approved and authorized service provider to repair home appliances or electronics. If the service provider isn't skilled in repairing your specific product, you run the risk of further damaging the item.

Find more information at lgoutofwarranty.ca. www.newscanada.com









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A Return to 'Normal'? The State of Real Estate in 2022

Last year was one for the real estate history books. The pandemic helped usher in a buying frenzy that led to a record number of home sales and a historicallyhigh rate of appreciation, as prices soared by a national average of 19.9% year over year, according to the Canadian Real Estate Association.¹

There were signs in the second quarter that the redhot housing market was beginning to simmer down. In June, the pace of sales slowed while the average sales price dipped 5.5% below the springtime peak.²

But just when the market seemed to be cooling, home prices and sales volume ticked up again in the fall, leading the Royal Bank of Canada to speculate: "Canada's housing market run has more in the tank."3

So what's ahead for the Canadian real estate market in 2022? Here's where industry experts predict the market is headed in the coming year.

MORTGAGE RATES WILL CREEP UP

The Bank of Canada has signalled that it plans to begin raising interest rates in the "middle quarters" of this year.4 What does that mean for mortgage rates?

Expect higher variable mortgage rates to come. In fact, according to industry trade blog Canadian Mortgage Trends, some lenders have already begun raising their variable rates in preparation. And according to the site, "Current market forecasts show the Bank of Canada on track for seven quarter-point (25 bps) rate hikes by the end of 2023, with Scotiabank expecting eight rate hikes."5

Since September, fixed mortgage rates - which follow the 5-year Bank of Canada bond yield — have also been climbing.5 Fortunately, economists believe the housing sector is well-positioned to absorb these higher interest rates.

Derek Holt, Scotiabank vice president and head of capital markets economics, told Canadian Mortgage Professional magazine in November, "The large increase in cash balances that occurred over the pandemic combined with the record-high amount of home equity on Canadian balance sheets, to me, paints a picture of a household sector that can manage the rate shock we're likely to get."4

What does it mean for you? Low mortgage rates can reduce your monthly payment, make it easier to qualify for a mortgage, and make homeownership more affordable. Fortunately, there's still time to take advantage of historically low rates. We'd be happy to connect you with a trusted lending professional in our network.

VOLUME OF SALES WILL DECREASE

A record number of homes were sold in Canada last vear. The Canadian Real Estate Association estimates that 656,300 home purchases took place, which is an 18.8% increase over 2020.6 So, it's no surprise that the pace of sales would eventually slow.

The association predicts that, nationally, the number of home sales will fall by 12.1% in 2022, which would still make 2022 the second-best year on record.1

It attributes this relative slowdown to affordability challenges and a lack of inventory but expects sales volume to remain high by historical standards. "Limited supply and higher prices are expected to tap the brakes on activity in 2022 compared to 2021, although increased churn in resale markets resulting from the COVID-related shake-up to so many people's lives may continue to boost activity above what was normal before COVID-19."6

What does it mean for you? The frenzied market we experienced last year required a drop-everything commitment from many of our clients, so a slower pace of sales should be a welcome relief. However, buyers should still be prepared to compete for the best properties. We can help you craft a compelling offer without compromising your best interests.

THE MARKET WILL BECOME MORE BALANCED

In 2021, we experienced one of the most competitive real estate markets ever. Fears about the virus, a shift to remote work, and economic stimulus triggered a huge uptick in demand. At the same time, many existing homeowners delayed their plans to sell, and supply and labour shortages hindered new construction.

This led to an extreme market imbalance that benefitted sellers and frustrated buyers. According to

Thinking of Buying

pendently owned and operated licensee of Umro Realty Corp. Not intended to solicit buyers or sellers currently under contrac

of sales, you'll have an easier time finding your next home. Reach out for a free consultation, so we can discuss your specific needs and goals. HOME PRICES ARE LIKELY TO KEEP CLIMBING, **BUT AT A SLOWER PACE** Nationwide, home prices rose an average of 19.9%

in 2021. But the rate of appreciation is expected to slow down in 2022. The Canadian Real Estate Association forecasts that the national average home price will increase by 5.6% to \$718,000 in 2022.6

Abhilasha Singh, an economist at Moody's Analytics,

"almost all indicators of housing market activity shot

through the roof." But, she continued, "The housing

soften gradually as rising prices and interest rates

push the cost of homeownership out of reach for

many would-be buyers.3 And while the supply of

available homes continues to remain low, according

to Singh, "the pace of building in Canada remains

elevated compared with historical averages thanks

What does it mean for you? If you struggled to

buy a home last year, there may be some relief on the

horizon. Softening demand could make it easier to

finally secure the home of your dreams. If you're a

seller, it's still a great time to cash out your big equity

gains! And with less competition and a slower pace

to low-interest rates."7

The Royal Bank of Canada expects to see demand

market is now showing signs of returning to earth."7

Singh of Moody's Analytics agrees that price growth will slow this year and could "reach a near standstill in late 2022 but avoid any significant contractions."7

However, some experts caution against a "wait and see" mentality for buyers. "Affordability is unlikely to improve [this] year as prices should march higher, even as interest rates creep upwards as well," Rishi Sondhi, an economist at TD Economics, told Reuters. "We think rate hikes will weigh on, but not upend, demand, as the macro backdrop should remain supportive for sales."8

What does it mean for you? If you're a buyer who has been waiting on the sidelines for home prices to drop, you may be out of luck. Even if home prices dip slightly (and most economists expect them to rise) any savings are likely to be offset by higher mortgage rates. The good news is that decreased competition means more choice and less likelihood of a bidding war. We can help you get the most for your money in today's market.

WE'RE HERE TO GUIDE YOU

While national real estate numbers and predictions can provide a "big picture" outlook for the year, real estate is local. And as local market experts, we can guide you through the ins and outs of our market and the local issues that are likely to drive home values in your particular neighbourhood.

If you're considering buying or selling a home in 2022, contact us now to schedule a free consultation. We'll work with you to develop an action plan to meet your real estate goals this year.

> - Written by Helen Avraam Neophytou & Paul Neophytou Royal LePage Connect Realty, Brokerage HelenAvraamNeo.com | 416-587-3415

* Not intended to solicit buyers or sellers currently under contract

SOURCES: 1. Toronto Sun - https://torontosun.com/life/homes/real-estate-market-on-track-to-break-records
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How to be confident that you have coverage as a homeowner

(NC) One of the largest financial commitments in life is buying a home. Most spend 20 to 25 years paying off their mortgage and creating plans to efficiently clear debt, but life is full of unknowns. What happens if you were to suddenly die or become critically ill?

Throughout the pandemic, Canadians spent a lot of time in their homes. We all know how valuable this space is, so why not continue to protect it?

TD Mortgage Protection is optional creditors group insurance that can help homeowners prepare for the unexpected. It's designed to help you or your loved ones by paying down the outstanding balance of your mortgage in the event of an unexpected death, covered terminal illness or accidental dismemberment. You may have the option to also apply for critical illness insurance, which provides coverage if you are diagnosed with life-threatening cancer, acute heart attack or stroke.

"Being a homeowner can feel daunting, that's why we have specialists ready to chat about mortgage protection insurance to help you feel prepared for the unexpected," explains Shirley Malloy, vice president at TD Insurance. "A lot of our customers tell us that they're looking for ways to feel confident that at the end of the day their outstanding mortgage could be paid or reduced in case of a covered health event."

Find more information at td.com

www.newscanada.com



(NC) Home makeovers often start in the rooms where we spend the most time. As the heart of the home, the kitchen is often at the top of the list. Meanwhile, the bathroom is a popular space for renovating because it gives us a chance to refresh and escape. Transform these two rooms by following these tips:

FOCUS ON FIXTURES.

Trying to stick to a budget? Replacing faucets and fixtures is a relatively inexpensive project that can have a major impact on the overall look and feel of the space. Whether it's shiny chrome, stainless steel or architectural black, swapping out the fixtures in your sink and bathtub is an easy way to completely change the personality of your bathroom or kitchen.

Simple solutions to revamp your kitchen and bathroom

ENHANCE YOUR CABINETRY.

You open and close your cabinets and drawers multiple times a day, so investing in quality makes sense. But custom cabinetry can be very expensive.

A great compromise is choosing affordable models from IKEA and upgrading them. Try revamping them with Kitch, a company that specializes in making cabinet doors and components for popular IKEA cabinets and vanities. The result lets you enjoy the beauty and functionality of premium cabinetry at a fraction of the cost.

SPLURGE STRATEGICALLY.

While there are many improvements you can DIY or skimp on, a few smart splurges can turn a nice room into a beautiful one and elevate the finished look. In the kitchen, the backsplash tiles are a good item to spend on, as they only need to cover a small section of wall but can add eye-popping colour and style. In the bathroom, good lighting is essential so splurge on a modern vanity light, sconce or pendant lamp.

Find more design inspiration at mykitch.ca

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How to decorate with texture and scent

(NC) When it comes to home décor, there's one element that many people unknowingly neglect: texture. Adding texture essentially means layering a variety of materials, colours and textiles to create visual interest — and it's key for creating a finished and lived-in look.

To help you incorporate texture like a pro, follow these tips from celebrity designer Amanda Aerin.

REMEMBER TO CREATE AMBIANCE

"Making beautiful spaces is about more than furniture. For me, it's important to address the feeling a client wants in a space to create a room filled with happiness and relaxation," says Aerin. "Including texture in a space creates a more welcoming feeling."

Choose the mood you want to curate and add items that make you feel that way, whether it's a chunky knit blanket or a macrame pillow.

DON'T BE AFRAID TO MIX AND MATCH MATERIALS

Try adding cozy throws, knotted area rugs or woven window coverings for a lavish look. Aerin also suggests adding pieces that are both functional and visually interesting. For example, using a texture like velvet on a chair in your bedroom creates the perfect spot to wind down in the evenings.

Keep these materials smelling fresh and ready to cozy up to with Febreze Unstopables Touch fabric spray. "It's touch activated so you'll get a burst of fresh scent every time you sit down," explains Aerin.

INCORPORATE DIFFERENT TEXTURAL ELEMENTS IN EACH ROOM

Textured wallpaper, embossed with any pattern or design, is one of the easiest ways to create a polished room. Texture can also be added to your dining room by using softly upholstered chairs to bring a look of refined opulence to the space.

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