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# King Weekly Sentinel

King's Community Newspaper

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Retiring Fire Chief Jim Wall was honoured during his farewell party on the weekend. On hand were many local dignitaries, including Mayor Steve Pellegrini, members of council and members of the King Chamber of Commerce.

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## Retiring Chief Jim Wall given heart-felt send-off

By Jim Stewart

In a sun-drenched dining room festooned with an array of balloons and accented with bunches of white tulips on navy blue table cloths, visitors filtered in to provide hugs, handshakes, gifts, and greetings to King Township's retiring Fire Chief Jim Wall at the Waterstone Estate and Farms on Saturday afternoon.

The reception area and dining room provided welcome warmth from the frigid February conditions outside and the congenial Chief Wall mingled with hundreds of guests during the course of the three-hour reception.

A video highlight reel of Wall's illustrious career in firefighting looped in the background.

An official portrait was unveiled in front of a classic stone fireplace hearth. Aside from the presentation easel was another conversation starter: a special occasion cake that featured a yellow firehose wrapped around a numbered fire helmet with "Congratulations Chief Wall" stenciled on the realistic-looking firefighting implements.

It was a joyous gathering on Saturday afternoon and

Chief Wall observed that the best part of the reception was "being with friends and family." The veteran firefighter was taken by "the amount of positive energy in the room – I'm so lucky to be surrounded by so many kind people. It's the most wonderful feeling I can have."

Chief Wall reflected on his significant legacy as the leader of the King firefighters for thirteen years and noted that "We did change our staffing. We went from 105 between the three stations to over 150. We put in place a classification process and brought in so many candidates into full-time positions. We've been able to sustain this fantastic group of people and so many talented firefighters have joined the team."

He also looked back at his 39-year career and felt that the most memorable aspect of a decades-long vocation was "the dedication of the firefighters and the level of service they provided to the citizens of both Richmond Hill and King Township."

See 'Friends' on Page 3

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**Pavilions honoured with Lions Club award.**

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**First 'Jack Day' was a huge success.**

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Making life better in King

**Upcoming Meetings**

**COUNCIL MEETINGS**  
**Monday, February 10**  
**6 p.m. - Council**  
**Monday, February 24**  
**6 p.m. - Council**

In-person at the King Township Municipal Centre and live streamed at [king.ca/meetings](http://king.ca/meetings)

**COMMITTEES AND BOARDS**  
**Tuesday, February 11**  
**11 a.m. - Accessibility Advisory Committee**

View full Council and Committee agendas at [king.ca/meetings](http://king.ca/meetings)

**Recent Planning & Heritage Notices**

- **Notice of Intention to Pass Amending By-law to Remove Holding (H) Symbol**  
 Block 208, Registered Plan 65M-4448, Village of Nobleton (File No. Z-2025-02)

View full planning and heritage notices at [king.ca/news](http://king.ca/news) and subscribe to receive these notices by email at [king.ca/subscribe](http://king.ca/subscribe)

**Property Tax Due Date: Feb. 19**  
**Water Bills Due Date: Feb. 26**

[king.ca/WaterBilling](http://king.ca/WaterBilling)  
[king.ca/PropertyTaxes](http://king.ca/PropertyTaxes)

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- Public Works Student
- IT Desktop Support
- Operator II - Facilities
- Taxation & Assessment Analyst
- Senior Team Lead
- Fleet Coordinator, Student
- Legislative Assistant (Student)
- Summer Student Office of the CAO
- Parks Seasonal Worker
- Parks Summer Student
- Camp Counsellors, Directors and Program Coordinators
- Outdoor Program Facilitator (Contract 4 & 6 months)
- Seasonal Environmental Field Labourer
- Fitness Specialist
- Fitness Instructor
- Fitness Attendant
- Recreation League Convenor
- Inclusion Facilitator
- Aquatic positions

View job postings at [king.ca/employment](http://king.ca/employment)

**Seniors tech workshops**

Seniors: start the new year tech savvy! King Township is offering three unique cyber security and safety workshops at the Zancor Centre for **ages 55+**, delivered in partnership with the Blue Marble Academy.

- **Recognizing & Avoiding Scams:** Thursday, Feb. 20 from 11am-1pm
- **Securing Your Devices:** Thursday, Mar. 6 from 11am-1pm
- **Password Management & Security:** Thursday, Mar. 20 from 11am-1pm

Cost per workshop is \$12 for residents.

For more information, visit [king.ca/seniors](http://king.ca/seniors)



**King Climate Resilient Agriculture Workshop**  
**Soil Health & Cover Crops**

Resources, case stories and grant / funding opportunities for farmers  
**Schomberg Community Hall**  
 325 Main Street, Schomberg

**Friday Feb. 21**  
 10:30am-1pm

Register at [king.ca/ResilientAG](http://king.ca/ResilientAG)

**Our King**  
 2021 Official Plan Review  
 Shaping Our Future

Take the survey & learn more about the project at [speaking.king.ca](http://speaking.king.ca)

**Cold Creek Maple Syrup Fest 2025**  
 Saturday, March 1  
 10 am to 2 pm

[king.ca/events](http://king.ca/events)

**2025 Volunteer Appreciation Awards**

Help celebrate the unsung heroes in King Township—those who make the community a better place through their tireless volunteer work and selfless actions.

Council is now accepting nominations for the 2025 King Township Volunteer Appreciation Awards to recognize volunteer contributions and achievements in the following categories:

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

Nominations are accepted until 11:59 p.m. on **Sunday, March. 9.**  
 To submit, visit [king.ca/awards](http://king.ca/awards).

# Friends and co-workers surround Wall with love

*From Front Page*

The amiable Chief was mobbed by dozens of friends and colleagues who politely interrupted our interview. He re-started our conversation by stating that “The best part about serving as the Fire Chief was being offered the level of responsibility to serve so many citizens. This kind of responsibility can never be taken lightly.”

A light moment nonetheless transpired when the Chief was presented – in one of his many interactions with guests – with a brand new weed-whacker by long-time friend Jason Watt. The weed whacker arrived with a story.

Chief Wall explained in between chuckles: “I’ve known Jason since

he was 15. I started cottaging with him a couple summers ago. We had a weed-eater that was killing me, especially my back when I was using it. The families at the lake are very close and Jason reminded me that this new weed-eater has a strap.”

After hugging the jokester Watt, Chief Wall went about his social responsibilities and reveled with those gathered at Waterstone Estate and Farms in the sunlit setting. It was evident that after 39 years of dedicated service to two York Region communities, the long-time Fire Chief was ready to ride off into the sunset and control weeds much more comfortably and effectively at the cottage this summer.



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# Editorial, Letters & Opinion

*"A newspaper is not just ink and paper; it is the heartbeat of a community."*

## We should celebrate our very existence!

I have a good story to tell. It's not just my story.

It may not be impressive, but it's like many others out there – all of us in fact.

Experts estimate that the odds of my (our) existence today is roughly one in 400 quadrillion.

Yes, that's a huge number – approximately the volume in cubic metres of the Atlantic Ocean. A Buddhist version of our existence notes that if there was just one life preserver floating around the ocean and only one turtle in the water, our odds would be the same as that turtle sticking its head out in exactly the centre of that preserver.

The numbers are intriguing in the big picture. Some of us think we're pretty tiny, insignificant creatures, walking around aimlessly among our 7.3 billion brethren on this planet. And yet, we're all very, very special. In fact, we beat the astronomical odds.

Our current life is a bit more likely. The odds of our moms and dads meeting is one in 20,000. The number grows of course with them dating, getting married and having kids (you). But you and I are not a "given."

There's a 1 in 400,000,000,000,000,000 chance of our parents' egg and sperm having the right DNA to create us.

That right there is crazy – an unbelievable miracle if you ask me.

But the human equation gets much longer because that's only our recent history. We have to look back – all the way back – millions of years.

Author Ali Binazir created a really interesting infographic that logs our ascent. Check it out if you get a chance.

For us to be here, every one of our ancestors had to live to reproductive age – going all the way back, not just to the first Homo sapiens, first Homo erectus and Homo habilis, but all the way back to the first single-celled organism. You



Mark Pavilons

are a representative of an unbroken lineage of life going back 4 billion years.

That's life on earth, of course, not really us. But that slime that emerged from the primordial ooze is our ancestor, in a manner of speaking.

Hominins have been around for about 3 million years, and a generation is about 20 years. That's 150,000 generations. Over the course of all human existence, let's say the likelihood of any one human offspring to survive childhood and live to reproductive age and have at least one kid is 50:50. Then what would be the chance of your particular lineage to have remained unbroken for 150,000 generations?

Picture two million people getting together, each playing a game of dice with a trillion-sided die. They each roll the die, and they all roll, say, 550,343,279,001 – the exact same number out of a trillion possible numbers.

For you and I, that's exactly what happened. We beat the odds.

Bottom line? Statistically, we shouldn't be here.

In light of these startling odds, I laugh in the face of the puny 1 in 14 million odds of winning the Lotto 6/49 jackpot.

Ziggy Marley put it this way: "I ... carry the spirit and blood of my father, mother and my ancestors. So I am really never alone. My identity is through that line."

It is true, my friends, that each of our stories began before we were born. We are chapters of an ongoing epic, a saga unlike anything ever created.

Some believe that we hardly get a chance to blossom on Earth, before we truly flower in the great beyond.

Thomas Fuller thought we are "born crying, live complaining and die disappointed."

Perhaps. But we don't know anything else. Who else would we be if not ourselves?

When you look at those aforementioned numbers, one has to wonder why we made it. How lucky were we that we reached the podium in some strange aquatic race to the finish line? Our trophy was creation and being born.

Few of us gives this much thought; we're much too preoccupied with our rather humdrum journeys. Some long for achievement, accomplishment and greatness. Others want to set an example and still others want a lasting legacy.

But really, what can compare to the odds of existence? How can we do any better than the powers that led to our conception? Just how do we top nativity and genesis?

Sounds like the ultimate formula of math, faith, spirituality and divine intervention doesn't it?

But this is science, my friends, by the

numbers. They say numbers don't lie.

Well, "our numbers" – perhaps led by a higher power rather than mere happenstance – saw fit to give us the world. Were we deemed deserving to inherit such wonders? Or did we land in this magical place because of some roll of the dice?

There are many things about us that simply can't be quantified.

Every person you meet carries a piece of you with them. And someone still smiles when they remember a moment with you.

Truly precious. What are the odds of that?

We all know we're made of sugar, spice, snails and puppy dog tails, and maybe a wee bit more.

Humans are composed of 84 minerals, 23 elements and 8 gallons of water, distributed among 38 billion cells.

We have been built out of an incomprehensible potion – parts of our ancestors and parts of the earth – aligned in a marvellous set of instructions hidden in a double helix, small enough to be carried by a single sperm.

We are made of recycled butterflies, plants, rocks, streams, firewood, wolf skins and shark teeth, decomposed into their smallest parts and reconstructed into the most complex living being on our planet.

We're not living on earth, we are earth.

We can count cards and calculate the odds all we want. The fact is we made it, you and I, out of quadrillions of possible scenarios.

So, my friends, we may be humble, but none of us live "boring lives." We are meant to be here, for as long as our genes permit.

Pull up a chair and sit a while, my friends. Chat, breathe in the air and admire the scenery. And revel in the fact you've won the ultimate lottery!

### Education

#### Catholic board approves multi-year financial recovery plan

In a significant step toward returning to a balanced budget, the Board of Trustees of the York Catholic District School Board (YCDSB) has approved a Multi-Year Financial Recovery Plan (MYFRP) during its Jan. 28 regular board meeting.

The YCDSB has faced several financial pressures in recent years, including declining enrolment in elementary schools, inadequate funding for special education and rising costs in transportation and IT infrastructure. Due to these factors, the YCDSB, like many school boards across the province, is in a deficit.

As mandated by the provincial government, the YCDSB's Board of Trustees and Senior Team will eliminate its deficit – which was projected at \$10.5 million for the 2024-25 school year – by the 2026-27 school year.

The MYFRP contains several measures to adjust spending in some areas to better align with the Ministry of Education's funding levels and to increase revenues.

"York Catholic's commitment to promoting the Catholic faith, academic excellence, equity and inclusion and well-being will remain intact throughout this MYFRP process," said Elizabeth Crowe, Chair of the Board. "Together we will navigate these challenges while maintaining our position as a provincial leader in publicly funded Catholic education."

Under provincial regulations, school boards are required to create an MYFRP when they approve two consecutive budgets with deficits greater than one per cent of their operating budget. The YCDSB's 2022-23, 2023-24 and 2024-25 budgets posted deficits greater than one per cent of its operating budget.

"The YCDSB will do everything possible to minimize any impact from the MYFRP on the board's day-to-day operations," said John De Faveri, YCDSB Director of Education, Foundation Chair & Secretary to the Board. "I want to thank our incredible staff whose tireless commitment to our students is what makes a YCDSB education special."

A NEW KIND OF LOONY



### Quote of the Week

*"If you don't know what to pursue in life, pursue yourself."*

— Anon.

### Trivia Tidbits

**King Township was named after Major John King, an English Under-Secretary of State.**

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# Overcoming climate change requires system change

By David Suzuki

## The Environment

Fires scorching California, floods inundating Spain, heat killing and knocking monkeys from trees in Mexico, droughts scouring southern Africa, hurricanes ripping through the U.S. — it's impossible to ignore. Scientists confirm 2024 was the hottest year on record for land and ocean — exceeding expectations. Average global temperature breached the 1.5 C threshold for the first time last year. Every year for the past 10 years has been the hottest!

"To put that in perspective, temperatures during the warm periods on Earth three million years ago — when sea levels were dozens of feet higher than today — were only around 3 C warmer than pre-industrial levels," NASA climate scientist Gavin Schmidt said in the Guardian. "We are halfway to Pliocene-level warmth in just 150 years."

When will people take it seriously? We're activating feedback loops and breaching tipping points, with extreme weather-related events increasing and ecosystems collapsing, yet we carry on as if everything's fine. Sure, a lot of progress has been and is being made in cleaner, renewable energy and other solutions, but we're not moving quickly enough — thanks mainly to the fossil fuel industry and its political and media lackeys.

Every minute we stall in getting

away from gas, oil and coal locks more greenhouse gases into the atmosphere, wreaking accelerating havoc for years, decades or centuries. The devastation will continue to worsen unless we free ourselves from the suicidal fossil fuel economy — hotter, drier conditions and strong winds fuelling massive wildfires, increased bouts of precipitation combined with denuded hills and lands triggering floods and landslides, water becoming scarce as glaciers melt and reservoirs dry up, migrants fleeing areas made inhospitable by heating temperatures, agriculture decimated by droughts and floods.

The climate crisis is also fuelling an affordability crisis, as extreme weather events, floods, fires, droughts, heat and pollution drive agricultural losses, increase health care costs, hamper supply chains and make property insurance prohibitively expensive or impossible to obtain in affected areas.

The most frustrating part is that solutions are available and improving every day. But the powerful fossil fuel industry and its related arms — including the auto industry — are holding us back. Corporate executives amass obscene wealth as conflict and war drive global profits to record levels.

We could have cleaner air, water

and land, a stabler climate, more green spaces, better jobs and working conditions, greater equity and improved health and wellbeing if we were to stop being fooled into believing that putting profit above planet is good.

We need every tool, from market solutions such as carbon pricing (misleadingly called "carbon taxes") to transformative shifts away from the consumer-capitalist regime that's destroying Earth's life-support systems.

Change is hard. And leaving it until the problem has become a crisis makes it harder. But not changing will make life far more difficult for far more of us, and for those who come after us. We still have time and opportunity to create a better world from this crisis, but it's quickly running out.

As the New York Times reports, "If nations had started reducing emissions in 2005, they could have made gradual cuts to limit warming to 1.5 degrees," while starting in 2015 with adoption of the Paris Agreement "would have required steeper cuts" and "Starting today would require cuts so drastic as to appear essentially impossible."

We absolutely must use energy wisely and efficiently, rapidly shift from fos-

sil fuels to renewable energy, protect and restore natural spaces and free ourselves from the wasteful consumerist economic systems that hold us hostage.

Change will take effort from everyone. We must stay informed, engaged and active. We must learn to look beyond industry propaganda to find the truth and share it with others. As climate scientist Peter Kalmus writes in the Guardian, "Let's do everything we can think of to chip away at the social license that the billionaire class and the fossil fuel industry desperately cling to."

We must urge politicians from all parties to take this crisis — and opportunity — seriously. So, get involved, have conversations, write letters, sign petitions, march in the streets, vote for good climate policies, spend time in nature — do everything you can to ensure a brighter future for everyone.

There's no end to what we can accomplish if we work together!

*David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with David Suzuki Foundation Senior Writer and Editor Ian Hanington. Learn more at [david Suzuki.org](http://david Suzuki.org).*



Lion Jerry MacBain presented Mark Pavilons, editor of the King Weekly Sentinel, with the Helen Keller Fellowship.

## Nobleton Lions present Pavilons with the Helen Keller Fellowship

*"The only lightless dark is the night of darkness in ignorance and insensibility."*  
— Helen Keller

With the creed, "Service to Others" in mind, the Nobleton Lions Club presented Mark Pavilons with the prestigious Helen Keller Fellowship.

The award is given to Lions and community members for "untiring service," and giving "light in the darkness" and compassion to their fellow human beings.

Pavilons, editor of the King Weekly Sentinel, was humbled by the award. He noted when he arrived in King to revamp the Weekly Sentinel, he was welcomed by the community. This, he said, made it easy to connect, network and work together to get the word out about local activities.

Lions members noted Pavilons helped put Nobleton, the Lions Club and King "on the map" through his efforts at the newspaper.

Inspired by Keller's work and her speech at the 1925 International Convention, Lions Clubs around the world embraced sight-related service projects, aimed at preventable blindness.

She challenged the Lions to become "knights of the blind in the crusade against darkness."

The Lions are best known for supporting the Lions Foundation of Canada Dog Guide program for the visually impaired.

RSVP Here!

## Family Day Skate!

With The Honourable Deb Schulte

Monday, February 17, 2025

Skate rentals will NOT be available

Zancor Centre  
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1:00 – 3:00 pm

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## Home ownership is out of reach.

## Rents are up 45% in York Region

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Authorized by the CFO of KVPLA

# Former chief praises send-off organizers

By Jim Wall

On Saturday, Feb. 1, it felt like sharing a championship ring with your immediate family and friends.

We were celebrating and reflecting on the success of our team.

The event was held at Waterstone Estate & Farm, a venue that was very fitting for it. The event organizers had reached out to a lot of my personal friends, colleagues, allied agencies, and retired members to be part of the event. It was wonderful to see the other municipal fire chiefs and deputies, York Region's Police Chief and senior command officers, MP Anna Roberts, MPP Stephen Lecce, and our mayor and council, retired firefighters, residents, and former teachers and principals.

What made the day extra special was spending it with my family and friends and reminiscing about all of our experiences over the years. Without a doubt, I am rich in friendships.

The amount of effort that the event organizers went through to make it memorable, with tons of decorations, food, and we can't forget the cakes, too!

It was nice to see a man that I truly admire, Assistant District Chief Doug Bolton, at the microphone at the emcee. He is the greatest storyteller of all time, be it the truth or fake news, he has it well covered. The laughs were absolutely priceless!

It was wonderful to hear from my friend Jim MacSween, York Region's Police Chief, Steve Pellegrini, Mayor of King Township, MP Anna Roberts, and MPP Stephen Lecce. Your kind words were heartwarming.

As well, I was presented with numerous wonderful gifts from the mayor

and council, plus all three of our Volunteer Firefighter Associations. The Mayor had a painting commissioned of all three Firehouses, plus the three Associations put together in a massive shadow box for me with a lot of my Fire Chief insignias. I will hang these pieces of art, including a special one from my friend Neil Wootton, proudly within our home. I am truly forever grateful for all three of these masterpieces.

As mentioned, I'm blessed in friendships, caring people, and wonderful memories.

And for that, I will never forget my time in King Township.

Thank you to all of our residents and businesses of King Township for allowing me to serve as your Fire Chief. I am truly blessed to have served in this capacity.

I was also fortunate to receive multiple shoulder flashes, challenge coins, and swag from a lot of departments. Wicked awesome.

To all of the event organizers, I want to personally thank you for your unwavering support:

District Chief Neil Wootton, Executive Assistant Celine Samac, Assistant District Chief Doug Bolton, Community Resilience Officer Heather Watson, Firefighter Lisa Sinopoli, District Chief Kelly Jackson, Assistant District Chief Joe Manzo, Michelle Frauley, District Chief Alf Budweth, King City Firefighters Association, Schomberg Firefighters Associations, Nobleton Firefighters Associations, York Regional Police.

### Last Day on the job

On Friday, Jan. 31, I went to the office

clearly knowing it was my last official day at work, yet there were a few things still to do.

First thing that morning, District Chief Neil Wootton was on deck providing me with clear instructions on how my day was going to unfold. The fire station was coming alive and the station was busy. One clear thing to note was, "stay out of the apparatus bays!"

So I went about my day and answered some emails from neighbouring departments. You could tell my team was up to something – it was written all over our Executive Assistants face. And you can tell a lot by Celine's poker. By late afternoon, the place was really busy. Our Community Resilience Officer, Heather Watson, directed me to "stop working" by 1 p.m. Moments later, one of my greatest supporters, friends and mentors showed up – Fire Chief Bryan Burbidge from the City of Richmond Hill. Chief Burbidge and I worked together 12 years ago as I was his first full time Deputy Chief with King Fire and Emergency Services. Bryan and I worked together for 4 years (2008 to 2012) before he went to Richmond Hill and I was promoted to Fire Chief. He is a great mentor of mine. I know his entire family and they hold a special place in my heart. Bryan's entire family was heavily involved in King Fire over the years. Bryan's dad, Lorne Burbidge was our King City Fire Chief many years ago.

It was great to sit down and reminisce with Bryan. We spent close to 2 hours talking about work, family, and the next chapter. During these two hours, I felt more at ease as I knew the hour was coming.

In the background, the pipers could be heard practicing. Looking out the window, the parking lot was a sea of cars. Just before 3 p.m., I put on my Class "A" Uniform for the last time as Chief. It felt like it had shrunk. Perhaps I was just filled with pride and it was showing. The knock came to the door, and it was District Chief Wootton and Heather. Time to march out into the apparatus bays. Moments later the fire department pagers activated, and it was our communications centre from the City of Vaughan. The transmission was clear and concise, thanking me for my service.

As we entered the bays, the pipes were playing, and the bays were filled with uniformed officers and firefighters, and off to the side sat my wife Krista, and two very close friends, Michelle Frauley and Becky Nicholas.

As the pipes played, I stood by myself looking across the bays trying to keep it together, I was overwhelmed with emotions. I was presented with the Canadian Flag that had just flown and protected this sacred place, Firehouse 34. Our Honour Guard lead and personal friend Chris Charitou was classy as he handed the flag to me. Talk about getting emotional.

As the pipes played, I left on Engine 361 to head home to Schomberg. The salutes from my team brought me to tears. For 16 years I guided and protected these folks as their Fire Chief. As I boarded the truck that I once drove or was an officer on 16 years ago, I had the great fortune of being in the good hands of some of my closest friends (actually the entire department are my closest friends). The two Chief Officers from Schomberg, District Chief Kelly Jackson and Assistant District Chief Joe Manzo and Firefighter Nicholas, were waiting for me. As I left King City to head back home with an unexpected police escort, the feelings of completing a good job settled in. Everyone had



come home safely under my watch.

As we headed across King Road, we drove by Firehouse 38 in Nobleton. Out front was District Chief Alf Budweth and a sea of firefighters. What a wonderful thing to see as we slowed down and saluted the team. As we drove up Hwy. 27, Kelly decided to take me for a little tour past the fire station that it all started at 39 years ago. What a wonderful memory to think of my first Fire Chief and Deputy Chief – Bruce Jessop and Bruce Graham, as well as our four Captains – Ken Rice, Gord MacMillan, Billy Kelly and Burnell Weir. Great memories, great firefighters.

As we approached our Schomberg Firehouse, the parking lot was full of firefighters, apparatus, senior officers, and my wife Krista. The sign above one of the bay doors welcomed me back home to quarters. What an awesome feeling. Signing off for the last time as Chief 31 really hit me. Yet, it felt okay.

I was met in the parking lot with tears and tons of hugs. The number of firefighters that said welcome home was beautiful. In the apparatus bays I was provided a nice welcome home get together with a feeling of tremendous support. January 31 may have been my last day as Chief, but on February 1, I started to support this team in Schomberg as a firefighter for at least another year to reach 40 years in the service.

As we went into the gear room, my turnout gear was already nicely hung and I was presented with a brand new black helmet with a #1 on it. In 25 years as King Fire and Emergency Services, that is the first time ever that I have seen a #1 on a helmet. I was deeply moved at this point and felt blessed to have served as King's Fire Chief.

I felt at "home." Without a doubt, that entire day was set up by an amazing group of people that need to be recognized:

District Chief Neil Wootton, Assistant District Chief Doug Bolton, and the entire group of firefighters and officers from Firehouse 34, King City.

Our entire Admin. Team – Executive Assistant Celine Samac, CRO Heather Watson, our Deputy Chiefs, Darin and Kevin and both our FPOs, Nairn and Bob.

District Chief Jackson, Assistant District Chief Joe Manzo, and the entire group of firefighters and officers from Firehouse 36, Schomberg.

District Chief Alf Budweth, and the entire group of firefighters and officers from Firehouse 38, Nobleton.

All of our friends at York Regional Police.

Rory and Katherine for your ongoing support as our Department's Pipers.

And yes, my wife Krista, and wonderful daughter, Olivia.

And sorry if I missed anyone.



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Character Matters!



# King 7-Day Weather Outlook

From Thursday, February 6 to Wednesday, February 12

THURS 6TH	FRI 7TH	SAT 8TH	SUN 9TH	MON 10TH	TUES 11TH	WED 12TH
A Few Flurries High 1C° Low -8C° 2-4cm Wind SE 17k	Clouds/Sun High -5C° Low -10C° - Wind W 20k	Flurries High -5C° Low -7C° <1cm Wind SE 13k	Sun/Clouds High -5C° Low -11C° - Wind NW 17k	Sun/Clouds High -5C° Low -12C° - Wind W 18k	Sun/Clouds High -7C° Low -13C° ~1cm Wind W 9k	A Few Flurries High -8C° Low -12C° <1cm Wind NW 22k



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# Inaugural 'Jack Day' sees amazing community support

This past Sunday, the family of Jack Shepherd hosted "Jack Day," a Friends and Family Community Skate at the Nobleton Arena to honour what would have been Jack's 17th birthday.

Jack tragically passed away in August 2024.

The family wanted to host the event to thank the community for the love and support given to them after Jack's passing. They also wanted to honour Jack's kind nature and carry on his spirit of generosity by asking those attending to bring donations to the King Township Food Bank. The family collected hundreds of food items and over \$3,000 in cash donations that went directly to the Food Bank!

Jack's family would like to thank every single person who came out to celebrate Jack, and who filled the entire building with an overwhelming sense of love and support. They would also like to thank the staff at the arena (Bob, Elliot and Adam), Nobleton Pizza, Nobleton Tim Hortons, and Nobleton No Frills for providing food and drinks for the event – how amazing to have such generous local businesses and supporters!

Thanks again to all involved!  
If you weren't able to attend but would like to donate to the Food Bank in Jack's memory, please visit [www.ktfb.ca/jack-shepherd-memorial-fund](http://www.ktfb.ca/jack-shepherd-memorial-fund)



## hearts for hunger



Share the Love, Feed the Community

This Valentine's season, show your love in the most delicious way.

Leonardo's Pizzeria and Smokehouse is pleased to offer heart-shaped pizzas from February 1 - 14 with 10% of sales supporting the King Township Food Bank!



#HeartsForHunger #PizzaWithPurpose #ShareTheLove

<p><b>Fundraiser</b></p> <p><b>TEXAS HOLD' EM POKER</b></p> <p><b>Tournament</b></p> <p>ALL IN \$100 - DOOR PRIZE</p>	<p><b>Nobleton Lions Club</b></p> <p>Friday, February 28, 2025</p> <p>Dr. William Lacey Arena (upstairs)</p> <p>15 Old King Rd, Nobleton</p> <p>6:30 p.m.</p> <p>Tournament Starts - 7:30 p.m.</p> <p><b>Buffet Dinner</b></p> <p>Proceeds to Nobleton Lions Projects</p>	
115		115



## ANNOUNCEMENT

The College of Physicians and Surgeons of Ontario is pleased to announce that Mr. Rob Payne, Board Director, has been appointed Chair, Finance & Audit Committee for the College.

The College of Physicians and Surgeons of Ontario (CPSO) regulates the practice of medicine in Ontario. Physicians are required to be registrants to practise medicine in Ontario.

The role of the CPSO and its authority and powers are set out in the Regulated Health Professions Act (RHPA), the Health Professions Procedural Code under the RHPA and the Medicine Act.

Mr. Payne, who resides in King City, is currently a Financial Advisor at Edward Jones Investments. Previously, he worked at Davis & Henderson on behalf of the Government of Canada (Social Development Canada) and at Nestle Canada as Leader of Consumer Relationships, overseeing consumer relationship management, new technology applications and platforms, digital and social media engagement and call centre management. He is also a previous municipal councillor, representing King City and chaired the Finance and Administration Committee, as part of his role.

Mr. Payne is a graduate of the Canadian Securities Institute and York University. In addition, he received a Master's in Public Administration from the University of Western Ontario.



# Business, Finance & Real Estate



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## King motion aims to get tough on illegal land uses

By Mark Pavilons  
Editor

King Township is asking the Province for the tools necessary to get tough on illegal land use violations in the municipality.

Councillor Jennifer Anstey presented a notice of motion at a recent council meeting, calling for the stricter measures.

In her motion, she pointed out that King places a high priority on preserving its natural landscapes, agricultural heritage, and environmentally sensitive areas to ensure sustainable land-use planning and maintain its community integrity.

She said King is doing everything in its power to address the issue. Anstey noted that when she was campaigning for election, some 99% of residents

asked for greater countryside protection measures.

Illegal land use – unauthorized development, unapproved land alterations, and other non-compliant activities – poses significant threats to the township’s agricultural viability, water quality, and ecosystem health, in addition to undermining public trust in land-use governance.

Municipalities often incur significant costs associated with investigating, enforcing, monitoring, and remediating illegal activities, which are difficult to recover under current legislative and legal frameworks. Existing penalties, the motion argues, are insufficient and don’t adequately reflect the economic gains derived from illegal land use activities.

Enhances collaboration between the municipality and provincial authori-

ties provide stronger tools and resources to combat the problem.

If King has the power to lay immediate penalties for non-compliance, it would address systemic delays and create a more efficient and effective framework for resolving land-use violations. The current process through court actually hinder a municipality’s ability to address non-compliance, especially in straight-forward cases.

Granting municipalities the power to issue immediate and enforceable stop-work orders for illegal activities would enhance their ability to protect agricultural and environmentally sensitive lands promptly.

King is asking the Province to prioritize legislative amendments to the Planning Act to safeguard Ontario’s agricultural lands, natural heritage, and community well-being. They are asking Queen’s Park to make fines proportionate to the economic gain derived from violations to eliminate financial incentives for illegal land use by amending Section 67 (Offences and Penalties) of the Planning Act to increase fines for individuals to \$50,000 and corporations to \$100,000, and include a \$50,000 fine for each day the illegal land use continues. Apply escalating penalties for repeat offenders or

for violations in areas of high environmental sensitivity (e.g., Greenbelt or conservation lands).

King is also asking to allow municipalities to recover costs associated with investigating, enforcing, monitoring, and remediating illegal activities from violators by granting municipalities the ability to include all charges, fines, orders, notices, prohibitions, injunctions, and court-imposed fines as a lien against the property under the Municipal Act, 2001, which can be registered on title of a property under Section 128 of the Land Titles Act.

King wants the Province to impose an Administrative Monetary Penalty System (AMPS) by changing the Planning Act. The intended outcome of this action would be to help avoid court proceedings and encourage compliance to avoid financial penalties. It would have the added benefit of helping to relieve the already-overburden Provincial Courts of Part III Offences and enable more efficient and timely resolution of land-use violations.

Councillor Debbie Schaefer said despite the commitment King hasn’t had a great track record of dealing with cars efficiently and this, if approved by Queen’s Park, will be an important step forward.

## Request for Proposals issued for sections of Bradford Bypass

The Ontario government has marked an important milestone as the province continues building the Bradford Bypass to reduce congestion across York Region and Simcoe County. The province issued two requests for proposals Jan. 28 to complete detail design work for both the central and east sections of the bypass.

The province is accepting proposals for detail design work for two sections running from Simcoe County Road 4 in the west to Highway 404 in the east. This work will include field and archeology investigations, property acquisitions, fulfilling our duty to consult and finalizing the preferred design option for these sections. The government expects to award a contract for the work by fall 2025.

Crews have completed tree clearing along the proposed route of the west section of the Bradford Bypass to streamline utility relocations and clear a path for the bypass. Last year, the province also awarded contracts for detail design work and a construction manager for the west section of the bypass. In addition, a southbound lane on Highway 400 connecting to the Bradford Bypass is currently under construction.

Once complete, the 16.3-kilometre bypass will connect Highway 404 in the east to Highway 400 in the west. During construction, the project is expected to support up to 2,200 jobs annually and contribute up to \$286 million to Ontario’s GDP.

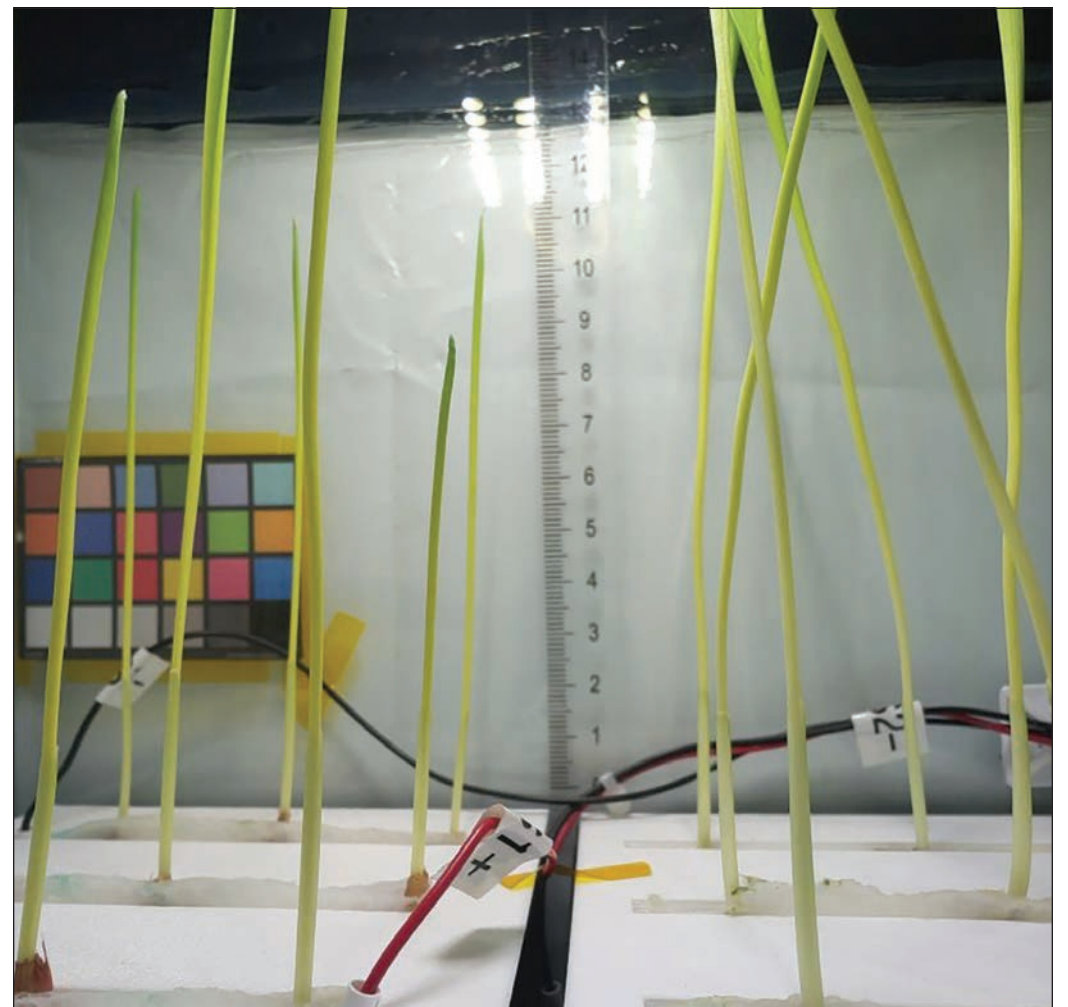
The Reducing Gridlock, Saving You Time Act, 2024 received Royal Assent in November 2024, allowing the province to accelerate construction of priority highway projects such as the Bradford Bypass, Highway 413 and the Garden City Skyway bridge twinning project.

Building the Bradford Bypass is among more than 100 actions identified in Connecting the GGH: A Transportation Plan for the Greater Golden Horseshoe.

A report from the Canadian Centre for Economic Analysis found gridlock is costing Ontario’s economy \$56 billion a year.

Ontario is investing \$28 billion over the next 10 years to repair, build and expand roads and highways across the province.

The Greater Golden Horseshoe is one of the fastest-growing regions in North America, welcoming more than 200,000 newcomers each year.



### Company growing crops for the Moon

Bolton-based Canadensys Aerospace Corporation is excited to have barley and oat crops growing in their lunar greenhouse hypobaric chamber during a current test campaign. “We can’t wait to have the first crops growing in a Canadensys greenhouse on the Moon in the coming few years,” the company notes. They extended thanks to their partners at University of Guelph and McGill University, who are joining the company on this journey, and to the Canadian Space Agency for their ongoing support.

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# Mackenzie Health extends digital expertise to Casey House

Mackenzie Health is thrilled to announce an exciting partnership with Casey House to bring the power of its Epic Electronic Medical Record (EMR) system to their organization. This collaboration enables Casey House, a Toronto-based specialty hospital supporting individuals living with and at risk of HIV, to leverage Mackenzie Health's state-of-the-art Epic EMR, providing transformative tools for care delivery, client engagement and clinical decision-making.

"At Mackenzie Health, we are passionate about leading the way in digital health and extending our capabilities to support other organizations," said Purvi Desai, Vice President, Digital Health and Chief Information Officer, Mackenzie Health. "Mackenzie Health's robust Epic system combined with the skills and knowledge of our team ensures Casey House has the resources and support necessary to launch and manage a system like this."

Mackenzie Health became Canada's first hospital to implement Epic's full suite in 2017, earning accolades such as

multiple EMRAM Stage 7 designations, the highest recognition for digital maturity in health care IT. Most recently, the organization received the KLAS Arch Collaborative Pinnacle of EHR Experience Award in both the physician and nurse categories, showcasing its leadership in EMR satisfaction and usability.

This partnership with Casey House builds on that legacy, delivering significant benefits to their clients and clinical teams, including:

**Real-time access to information:** health care professionals at Casey House will be able to make more informed decisions with instant access to critical client data.

**Improved client engagement:** clients will easily be able to access their health records, empowering them to take a more active role in their care.

**Enhanced clinical decision-making:** physicians and staff will be equipped with advanced tools to deliver precise care more efficiently.

"Collaborating with Mackenzie Health to bring Epic to Casey House is



Leaders from Mackenzie Health and Casey House celebrate the new partnership to bring the power of Mackenzie Health's Epic Electronic Medical Record (EMR) system to Casey House. Shown are (l to r) Joanne Simons, Chief Executive Officer, Casey House; Ed Kucharski, Chief Medical Officer, Casey House; Mattia David, Electronic Medical Record Lead, Casey House; Janet Chant, Chief Financial and Operations Officer, Casey House; Purvi Desai, Vice President, Digital Health and Chief Information Officer, Mackenzie Health; Andrea Shum, Director, ICAT Projects and Innovation, Mackenzie Health; Dr. Aviv Gladman, Chief Medical Information Officer and a critical care physician at Mackenzie Health; Dhanisha Patel, Director, Clinical Informatics, Mackenzie Health.

a game-changer," said Joanne Simons, CEO of Casey House. "It's a vital step forward in enhancing care quality, improving outcomes and ensuring safety for our clients. This partnership reflects the shared vision of delivering compassionate, innovative health care to those who need it most."

While Casey House and Mackenzie Health serve different client populations, this partnership exemplifies what's possible when organizations collaborate for better patient outcomes. By integrating systems and leveraging demonstrated expertise, organizations can provide seamless, connected care that reduces redundancies, accelerates diagnoses and improves the overall patient experience.

Casey House is unlike any other hospital. They are a specialty hospital in Toronto providing ground-breaking care to people living with and at risk of HIV. Together with their clients, staff, peers and volunteers, they strive to create an inclusive environment where everyone feels safe. Casey House offers a growing mix of inpatient, outpatient and community-based services that meet clients where they are in their individual journeys of health and wellness. Building on a legacy of advocacy and social justice, they actively dismantle barriers to care and safe living. Casey House provide a community and sense of belonging that connects people to care. The humanity of each client is at the heart of everything they do.



## Pellegrini's service extends beyond King

King Mayor Steve Pellegrini serves residents beyond King's borders. He was elected Chair of York Region Police Services and to the Executive of Toronto Region Conservation Association. He's seen here being honored at TRCA.

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# KFES releases new challenge coin, showcasing history

By Mark Pavilonis  
Editor

King's former Fire Chief Jim Wall is "super excited" about the release of the new fire department challenge coin.

He noted it's been 25 years since the King City, Schomberg, and Nobleton Fire Stations amalgamated into one service - King Fire and Emergency Services.

The back half of the coin remained untouched (circa 2010), yet the front, plus the colour of the coin, changed. Many thanks to former firefighter Joe Armitage for the design, along with Lieutenant Chris Charitou's help.

"We're currently in the midst of coining staff with this new beauty. Duty, Trust, and Honour ... doing what we do with pride!"

According to one story, challenge coins originated during World War I. Before the entry of the United States into the war in 1917 American volunteers from all parts of the country filled the newly formed flying squadrons of the Army and Naval Air Service.

In one squadron, a wealthy lieutenant ordered medallions struck in solid bronze and presented them to his unit. One young pilot placed the medallion in a small leather pouch that he wore about his neck. Shortly after acquiring the medallion, the pilot's aircraft was severely damaged by ground fire. He was forced to land behind enemy lines and was immediately captured by a German patrol. In order to discourage his escape, the Germans took all of his personal identification except for the small leather pouch around his neck.

In the meantime, he was taken to a small French town near the front. Taking advantage of a bombardment that night, he escaped. However, he was without personal identification. He succeeded in avoiding German patrols by donning civilian attire and reached the front lines. With great difficulty, he crossed no-man's land. Eventually, he stumbled onto a French outpost. Saboteurs had plagued the French in the sector. They sometimes masqueraded as civilians and wore civilian clothes. Not

recognizing the young pilot's American accent, the French thought him to be a saboteur and made ready to execute him. He had no identification to prove his allegiance, but he did have his leather pouch containing the medallion. He showed the medallion to his would-be executioners and one of his French captors recognized the squadron insignia on the medallion. They delayed his execution long enough for him to confirm his identity. Instead of shooting him they gave him a bottle of wine.

Back at his squadron, it became tradition to ensure that all members carried their medallion or coin at all times. This was accomplished through challenge in the following manner: a challenger would ask to see the medallion, if the challenged could not produce a medallion, they were required to buy a drink of choice for the member who challenged them. If the challenged member produced a medallion, then the challenging member was required to pay for the drink. This tradition continued throughout the war and for many years after the war while surviving members of the squadron were still alive.

Challenge coins have a rich history and tradition, dating back to ancient Rome. From their origins as simple tokens to their modern-day use as symbols of membership and service, challenge coins have evolved significantly over time.

Today, challenge coins are used by a wide range of organizations, including military units, fire and emergency services, law enforcement agencies, and businesses. With their unique designs, intricate details, and symbolic meaning, challenge coins have become a popular collectible item and a powerful way to build team spirit and foster a sense of camaraderie and unity among KFES members.

Whether you are a collector, a member of an organization, or simply someone who appreciates the history and tradition of challenge coins, these small tokens continue to play an important role in our lives for years to come at King Fire and Emergency Services.



## Southlake welcomes \$20 million investment, increase in base funding

By Brock Weir

A further investment of \$20 million from the Provincial Government will help Southlake Health keep pace with a growing and aging community.

The \$20 million funding, which includes an increase of \$11.6 million in base funding for the local hospital, was announced recently.

The announcement was made in a new clinic at Southlake Health in a space which was vacated by members of their HR team to an adjacent building in an effort to boost capacity for patient care.

Part of this funding will support 61 hospital beds at Southlake Health. It is part of the Capacity Initiative announced last November, which is part of a \$257 million investment to support the continuing operation of more than 3,500 post-acute and critical care beds right here across this great province. Also included in the announcement is an annualized increase to Southlake's base funding of more than \$11.6 million. Plus, there is an additional \$1.6 million [in] one-time funding to address this year's fiscal financial pressures.

The investments were welcomed by Dr. Paul Woods, who serves as President and CEO of Southlake Health.

Southlake, he said, "serves some of the fastest-growing and aging communities" in the Province, and these funds will be well-placed to keep pace with demand.

"Two of the four fastest-growing municipalities in Canada are part of our 1,200-square-kilometre core catchment area," said Dr. Woods. "This investment of over \$20 million, including an increase in base funding ... of \$11.6 million will help us support the evolving health care needs of patients and families across northern York Region and southern Simcoe County.

"For more than a century, Southlake has built healthy communities through leading-edge care. This is a foundation we're incredibly proud of; countless lives have been touched by Southlake, from patients and visitors to staff and medical staff, to volunteers, community partners and supporters .... (This) announcement will help us continue to have a positive impact on our communities. It is especially timely given the recent launch of Southlake's new strategy for the decade ahead. Our ambitious strategy will build a distributed health network, enhancing our ability to provide care in our communities to meet the needs of our growing population, wherever they are."



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-  **Build the Homes**
-  **Fix the Budget**
-  **Stop the Crime**



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KingWeeklySentinel

# Arts & Entertainment

## McMichael announces its 2025 exhibition schedule

The McMichael Canadian Art Collection is proud to unveil its 2025 exhibition schedule, which showcases the dynamic interplay between Canada's rich artistic heritage and the voices shaping contemporary art today.

This year's lineup spans a broad spectrum of Canadian creativity, offering visitors the chance to rediscover beloved masterpieces and engage with fresh perspectives that challenge and inspire.

From vibrant drawings from the Arctic community of Kinngait (formerly Cape Dorset), to the bridges and canals of Venice a century ago as seen through the eyes of James Wilson Morrice, to the contemporary explorations of Toronto-based artists Derek Sullivan and Sandra Brewster, the 2025 program is a testament to the depth and diversity of Canadian art. With this range of exhibitions, the McMichael reaffirms its role as Canada's premier institution celebrating, and reinterpreting, our country's artistic legacy.

This February, the McMichael will present a solo exhibition of recent works by acclaimed Toronto-based conceptual artist Derek Sullivan. The show is rooted in Sullivan's year-long exploration of *Shift* (1970), a landmark land art installation by the celebrated American sculptor Richard Serra that is located in suburban King, Ontario, just a short distance from Sullivan's childhood home and 16 kilometers east of the McMichael.

Using *Shift* as a conceptual springboard, Sullivan's reflective large-scale drawings critically engage with this iconic piece of international modernism while probing its complex local implications.

"I used Serra's *Shift* as an orienting device to examine the complex networks of interconnection tied to this location—colonial land expropriation, agricultural impacts, property development, preservation strategies, trespassing, community use, and imported artistry," Sullivan explained. "It also drew

out my own tangled histories in this region. The project aimed to put Serra in his place, so to speak, while allowing me to better understand my own."

Sullivan's multidisciplinary practice spans drawing, sculpture, book works, and installation. Known for his critical engagement with modernist art and design, his work interrogates familiar forms and genres, often uncovering unexpected intersections between artistic disciplines.

Curated by McMichael Associate Curator of Collections and Research, John Geoghegan, the exhibition is accompanied by a comprehensive catalogue. The richly detailed publication features all the artworks on display, photographs of *Shift* across the seasons, a brief interview with the American artist Joan Jonas – Serra's partner in life and art at the time that *Shift* was made – and an in-depth interview with Sullivan. The publication offers a deep exploration of Sullivan's artistic practice, the legacy of Serra's *Shift*, and the intertwined narratives that inspired this thought-provoking project.

McMichael proudly stewards the Kinngait Drawings Archive, a monumental collection of more than 89,000 original drawings from the Arctic community of Kinngait (Cape Dorset) in Nunavut. The recent digitization of this archive, accessible online at [inigitillagait.ca](http://inigitillagait.ca), has allowed for unprecedented new insights into the early works that laid the foundation for Kinngait's global artistic legacy.

Curated by Emily Laurent Henderson, Associate Curator of Indigenous Art and Culture at the McMichael, this once-in-a-generation exhibition of more than 200 works charts the cultural transformation of life in Kinngait in the face of dramatic societal change, unfolding over the span of more than five decades. The adaptability and resilience of this unique community has been documented in works that depict intergenerational knowledge transfer, community building, and boundless imagination.

This exhibition will reveal overlooked bodies of work by some of the country's most beloved artists including Kenjuak Ashevak, Pitseolak Ashoona, Kananginak Pootoogook, and Pudlo Pudlat, while also introducing audiences to hitherto unknown artists whose work was suppressed by the demands of the print program, which prioritized the tastes of settler markets in the South.

Accompanying the exhibition is a comprehensive publication featuring essays and reflections by a mostly Inuit

team of contributors, including Susan Aglukark, Tarralik Duffy, Jimmy Manning, Kyle Aleekuk, Napatsi Folger, Jamesie Fournier, Janice Grey, Jocelyn Piirainen, Krista Ulujuk Zawadski and Taqralik Partridge. A lead essay by Henderson examines the archive as a living testament to Inuit adaptability and creativity in the face of change, while shorter contributions from artists, scholars, hunters, and designers provide unique perspectives on the Kinngait studio and individual works. The lavish publication also includes reproductions of many artworks never before published, offering a fresh lens on this archive's enduring relevance as a record of societal transformation.

Accompanying *Worlds on Paper*, the adjoining exhibition *Dreaming Forward: Contemporary Drawings from Kinngait* will bring the work of Kinngait artists into a contemporary context. Since the transfer of the 90,000 works on paper from the West Baffin Eskimo Cooperative to the McMichael in 1990, the practice of drawing has continued to flourish in Kinngait, often on a dramatically larger scale than before. New generations of artists have emerged onto the contemporary art scene, offering compelling visions of their evolving community in the 21st century.

From the precise, illustrative style of artists such as Itee Pootoogook and Tim Pitsiulak, to the dreamscapes of Oloosie Saila and Shuvina Ashoona, Kinngait artists have continued to innovate with drawing as a medium unto itself—transcending its role as a preparatory step in the printmaking process. The introduction of large-scale works on paper in the 2000s marked a significant evolution in these artists' practice, as they created their candid and often humorous portrayals of contemporary Inuit life. Rendered in graphite, ink, and coloured pencil, these works depict the rhythms of daily life in Kinngait – prefabricated houses, snowmobiles, and trips to the co-op store—while also capturing the enduring values of cooperation, care, and connection that define the hamlet.

Through their art, the creators of *Kinngait* offer a vivid and heartfelt perspective on the present moment, while keeping a sharp eye on the future of their community.

This spring, Toronto-based artist Sandra Brewster will create a site-specific wall installation in the McMichael's permanent collection galleries.

More on Page 24

**SATURDAY APRIL 26**

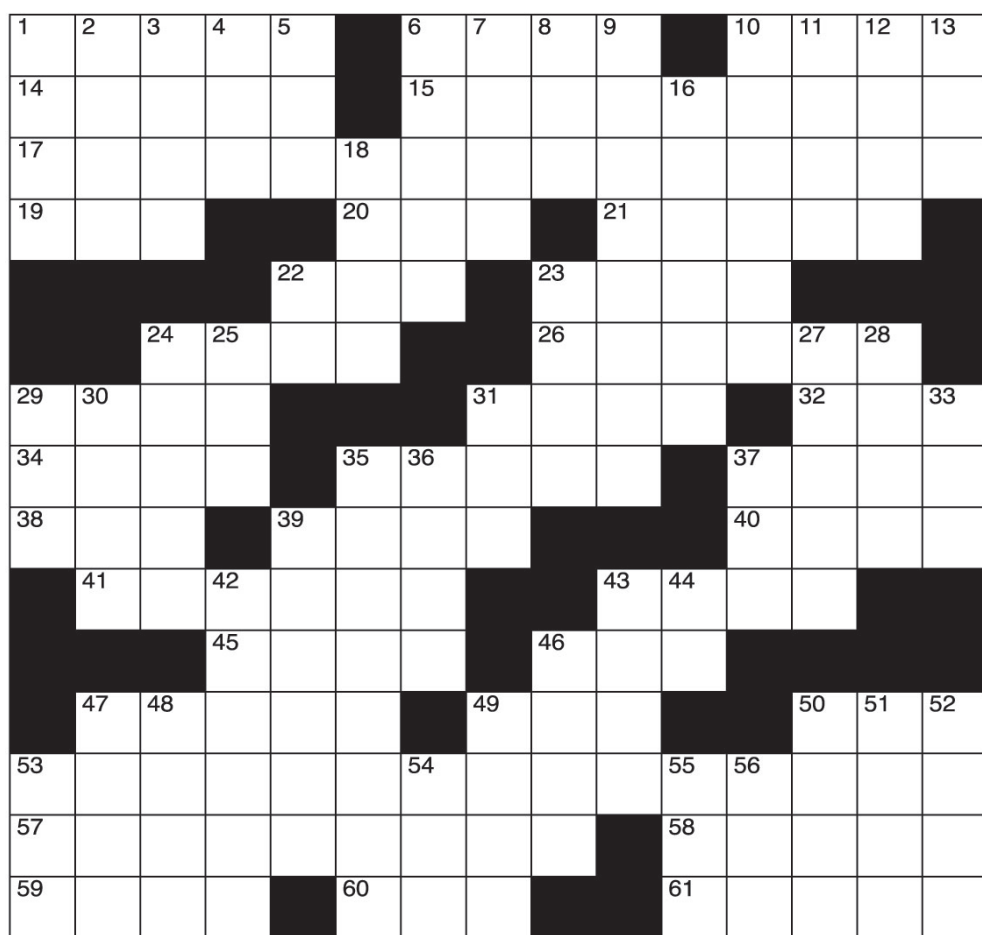
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## CROSSWORD

Puzzle No. 252110 • Solution in Classifieds



### CLUES ACROSS

1. "The Las Vegas of the East"
6. Cook
10. Manning and Wallach are two
14. Chameleon
15. A way to fill up
17. What MLBers hope to play in
19. Unhappy
20. Indefinite period of time
21. Excites
22. Males
23. Mongol leader Genghis
24. Turfs
26. Soda comes in them
29. Not nice
31. Professional organization
32. Part of a play
34. Sea eagle
35. Emily Blunt's character in "Sicario"
37. Beige
38. Mental sharpness
39. Valley

40. Aleyone's husband
41. A place to gamble
43. Flightless Australian birds
45. Call out somebody's name over a P.A. system
46. US spy group
47. Pancakes from buckwheat flour
49. Swiss river
50. Disfigure
53. Have surgery
57. Formal withdrawal
58. Early English council
59. Square measures
60. 2,000 lbs.
61. Siskel and \_\_\_, critics

### CLUES DOWN

1. Mouths
2. Buffalo
3. You plug it in
4. Each
5. Largest English dictionary (abbr.)
6. King of Thebes
7. English name

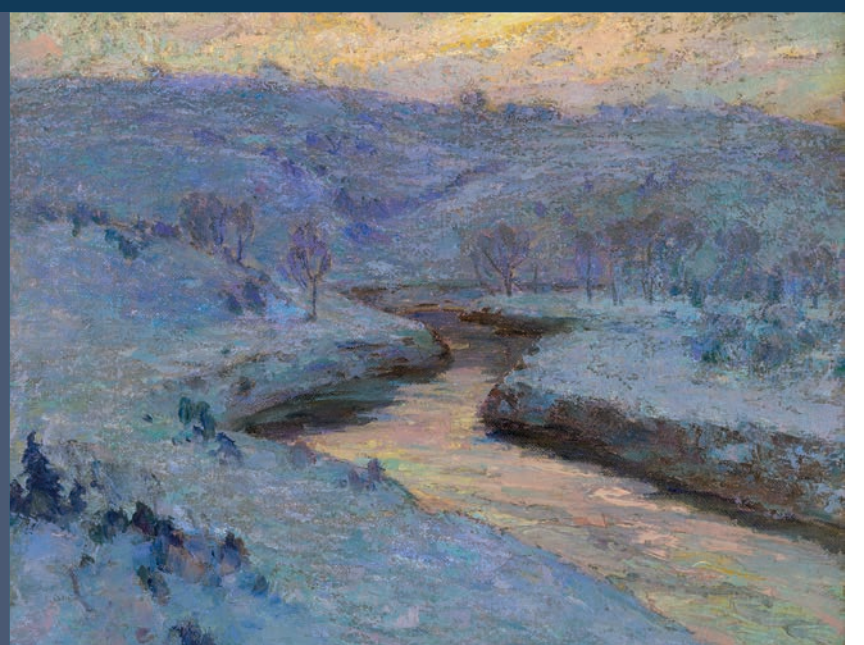
8. Indicates near
9. More herbaceous
10. Gas-powered cars need one
11. Dishonest individual
12. Systems, doctrines, theories
13. The woman
16. The whole of one's holdings
18. Witnesses
22. Doctor
23. Paul \_\_\_, Swiss painter
24. Kids look for him on December 24
25. Single
27. Competitions
28. Predict the future
29. Cage for trained hawks
30. Musician Clapton
31. Frozen water
33. Semiformal men's evening attire
35. Most worn
36. Common soap ingredient
37. Former EU monetary unit
39. Provisions
42. Book parts
43. Republic of Ireland
44. Partner to "Pa"
46. Sammy \_\_\_, songwriter
47. Dutch colonist
48. Clare Booth \_\_\_, American writer
49. Solar disk in Egyptian mythology
50. Minute arachnid
51. From a distance
52. Monthly apartment cost
53. Young women's association
54. Tourist destination
55. "Woman" in Ojibwe language
56. Pointed end of a pen

*No one has more self-confidence than the person who does a crossword puzzle with a pen.*



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McMichael

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TOP: Clarence Gagnon (1881–1942), *Honfleur* (detail), 1928/1933, gouache over colour monotype on paper, 20.5 x 19.9 cm, Gift of Colonel R.S. McLaughlin, McMichael Canadian Art Collection; BOTTOM: Marc-Aurèle de Foy Suzor-Coté, *Sunset, Nicolet River | Coucher de soleil, rivière Nicolet* (detail), 1925, oil on canvas, 116 x 116 cm, Collection of the Musée d'art de Joliette, Gift of the Clerics of St. Viator of Canada, 2012.043, Photo: Guy L'Heureux

# King Weekly Sentinel

## Sports • News Community Events



### Rebellion wrangle wins against Huskies and Canucks

By Jim Stewart

The Rebellion rolled to its third win in four games since settling into their new home in King City.

The OJHL squad conquered Caledon 4-2 to christen the Zancor Centre last Sunday, secured an impressive 6-2 win against the third-seeded Huskies in Haliburton on Thursday, lost a 4-3 heartbreaker to Buffalo at home on Friday night, but bounced back to knock off Niagara Falls 3-1 on Sunday afternoon in King.

Rebellion goaltender Tre Altman – who earned Sunday's win with a sparkling 43-save performance – attributed the big victory at Zancor to "Our team playing our systems. We came out ready to play. It was an important win for our playoff push and getting the two points was critical for us."

Altman also noted the importance of a team break on Saturday: "We felt better this afternoon. It was tough playing Buffalo on Friday night after getting in at 1 a.m. from Haliburton after Thursday night's game. Having one day off was important to re-set ourselves."

The Rebellion did look rested and ready versus the Canucks on Sunday.

Three minutes into the game, King struck first when a tip-in power play goal by red-hot Sam Black provided all the offence the home team would need for two periods. Jacob Xu and Owen Bruining earned assists on Black's 11th of the season.

Altman did his part by turning aside 27 shots in the first two periods to keep the seventh-place Canucks off the scoreboard.

After a series of spectacular saves by King's agile netminder to start the third period, the Rebellion's leading scorer Marshall McCharles banged in a rebound at 13:33 to cap off a stretch of sustained forechecking and puck control by the home team. A dandy stick-handling display by Mikhail Zakharov caused a bedazzled Canucks defender to lose his stick and created an opening for the London Knight commit to fire the puck at Mikael Kingo. The Niagara Falls netminder surrendered a juicy rebound that contributed mightily to McCharles's 22nd goal of the season and King's two-goal lead.

Altman flashed the leather at 6:46, made a kick save at 5:40, and contorted his body into a toe save that deflected the puck above the net and out of harm's way with just over four minutes to play. However, a King bench penal-

ty for too many men on the ice proved costly at 3:55 when Canucks' forward Maximus McGuire corralled a bouncing puck and fired it point blank at Altman. The nifty netminder stopped most of McGuire's shot from the slot, but the puck dribbled over the goal line to narrow the Rebellion lead to 2-1.

When Kingo was pulled from the Canucks' cage for an extra attacker with eighty-five seconds left, the Rebellion withstood the pressure. Altman made his 42nd save, pushed the puck to Captain Jake Andersen who found his defence partner Ryan Fairbairn with space in the right faceoff circle. Fairbairn showed his fine marksmanship by firing a 185-footer into the open net with 1:04 on the scoreboard. Altman and Andersen earned assists on Fairbairn's sixth of the season and the Zancor Centre faithful exhaled.

Three-point performances by Fairbairn and Black figured prominently in King's five-goal, second period explosion and a 6-2 win over the high-flying Huskies in Haliburton County in Thursday night.

After Antonio Cerqua tied the game with a power play goal at 17:50 of the first period, the Rebellion offence connected in cottage country.

Power forward Kyle Baston got it started when he tallied his 11th of the season 47 seconds into the middle frame. After Haliburton forward Isaac Larmond tied it 2-2 at 2:30, the visitors responded with four unanswered goals at SG Nesbit Memorial Arena.

Black deflected Fairbairn's shot at 8:46 and described his game-winner: "It was a tip-in goal. Fairbairn shot it, it hit my stick, and it went in. Nothing fancy." Five minutes later, Owen Barfoot gave the visitors a two-goal cushion with Fairbairn earning his third assist of the period.

Adam Smeeton lit the lamp 51 seconds later when he finished Black's feed to extend the visitors' lead to 5-2.

Owen Bruining's 10th of the season, with helpers from Ben Armatage and Black, finished off the Rebellion's offensive barrage and provided the margin of victory. Black summarized King's productive period: "We played together as a team, moved the puck, and had fun scoring so many goals. Every chance we got, we didn't miss."

Another player that didn't miss in Minden was Altman. Although the Rebs were outshot 18-6 by the hard-charging Huskies in the final frame, Altman was flawless and finished the evening with a virtuoso 38-save performance. Black, who started the season with the Haliburton Huskies, complimented his goaltender's work on Thursday night: "He's been phenomenal. Tre made some crazy saves in the third period. He's made so many big saves for us and keeps us in games."

King (20-22-1-5) continues its playoff push on Sunday, Feb. 9 when they host the sixth-place St. Michaels Buzzers (22-19-1-4). Puck drop is at 3 p.m. at the Zancor Centre.



Betty-Ann Reid delivered a crucial hit during the 4th end of her game setting up her team for a multiple scoring end.

### Last rocks and Plan Bs result in victories

By Shellee Morning  
King Curling Club

In all sports the contest is never over until the bell rings, the horn blows or the last rock is thrown.

King's Sunday afternoon Social league members were all involved with their games coming down to the last rock. The sheets, that are named K, I, N, G rather than the standard 1, 2, 3, 4 included some great shot making that wasn't always the "called shot" but the infamous "Plan B" shot. Defined as a shot that happens in your favour when the original intended shot doesn't pan out. This of course is a welcomed recurrence in every curling league in every curling club.

The game between teams Lebedeva and Groves was a back and forth multiple scoring affair that included their share of Plan-Bs. Late in the game Team Lebedeva (who was absent spared by Shellee Morning) called on the Vice Betty-Ann Reid for a take-out on a grouping of opposition rocks cluttering the top of the rings. The Plan-B shot hit a different target that separated the cluster beautifully opening the front of the house that eventually led her team to a 3-point scoring end.

Team Groves followed with their own multiple point end after Cheryl Fisher, Hilary Sutherland, and spare David Hymers delivered their stones into the counting position. After a measurement Groves earned a 3-point end. The final end and with Lebedeva up by 2 Skip Jeff Groves needed a hit and stay for the tie. A minuscule miss on the target gave Lebedeva the 7-6

victory.

Honorable mentions go to Nina Posa and Jesse Sissons for their solid deliveries and assisting in their team's win.

The game between team Roy Wright and Glen Brethet was another battle of the scoreboard with lots of rocks in play. The strategy was being the 5th player for both teams was required in every end. Skip Roy Wright and his squad of Al Budhwani, Jon Daniels and Mary Ann Coseni played with the upper hand earning the 8-4 win but the winners for the most laughter went to team Brethet's Darrell Connor, Keith Wamsley and Andrea Judge.

The remaining game on the ice between Fisher and Clark was yet another battle that went down to the last rock thrown. The spectators witnessed a pile of granite that covered the rings in every end of this game. Skips Clark Judge and Steve Fisher guided their team through maze after maze of navigation to find the button and score. The 5-4 score didn't reflect the accuracy of weight control required in becoming victors.

Fisher's team of Pauline Van Roon, Joseph Streef and Nicola Connor went rock for rock with Judge's team of Grant Morning, Anthony Connor and spare Evan Reid. Both Fisher and Judge were the proud owners of a "Skip's score" when facing a multiple steal, but it would be team Fisher getting the win with a last rock score.

Although the Sunday league is all about fun, the determination to win is still apparent after each sheet displayed games of never giving up and playing it out down to the last rock thrown.

### Cougars edge Merchants 2-1 in Little Britain, lose to Uxbridge

By Jim Stewart

The Schomberg Cougars edged the Merchants 2-1 at the Little Britain Arena on Sunday evening. The road win on Groundhog Day was a bounce back effort after Schomberg was shut out 4-0 by the Uxbridge Bruins on home ice on Thursday night.

In Little Britain, Nicolas Morvan backstopped the short-handed Cougars to victory. The nimble netminder stopped 39 of the 40 shots fired at him by the Merchants. Another key factor in the road win was the return behind the bench of Head Coach Stan Kondrotas who finished serving a PJHL-imposed three-game suspension for an incident with referees versus the Port Perry Lumberjacks.

Kondrotas's Cougars scored first on Sunday evening when leading scorer Luke Szabo's power play goal beat Merchants' goaltender Julian Arcella seven minutes into the first period. Szabo's 16th of the season was assisted by Matthew Lychek and Henry Kotyk.

Merchants' forward Brandó Mancia evened the score at 1-1 at 9:40 of the opening frame when he slipped a puck past Morvan – the only shot to elude the Cougars' elite goaltender. Andrew Watt's unassisted goal at 15:47 of the second period stood up as the game-winner. Watt's 5th of the season helped the Cougars improve their third-place record to 21-15-2-0.

Morvan's 39-save performance raised his SV% to .929 – tied for seventh in the PJHL. Schomberg's star netminder continued in his workhorse

role and leads the 63-team loop in Minutes Played with 1572. Morvan's 2.48 GAA is ranked 20th and he has faced 911 shots – the second-most among the Top 20 PJHL goalies.

On Thursday night at the Trisan Centre, the Cougars got shots on net but could not finish golden scoring opportunities. A power play goal by Reece Muir was negated by a sidewall scuffle and the resultant penalties proved costly. In the ensuing 4-on-4, Tristan Vedovat-Leite finished a nice centering pass from Colin Glecoff by whisking the puck past Morvan at 16:23 of the first period.

Uxbridge's Robbie DiMaria was up to the task of shutting out Schomberg. The acrobatic Bruins goaltender repelled at least a dozen point blank scoring opportunities and frustrated the Cougars' best scorers. DiMaria blocked all 24 shots he faced and earned First Star of the Game honors as selected by PJHL staff. Bruins' defender Jordan Bonner whistled a high shot from the left point that beat a screened Morvan high glove side to give the Bruins a 2-0 lead at 18:45 of the second period. Jack Kemp and Darin Bain added third period goals to conquer the Cougars.

Notably, Uxbridge used their win in Schomberg as momentum in their 3-2 upset of the mighty Clarington Eagles 3-2 on Friday night. The fifth-place Bruins (17-16-3-0) climbed over .500 with the win over the first-place Eagles (32-5-1-0).

Schomberg hosts Caledon on Thursday, February 6. Puck drop at the Trisan Centre is 7:30 p.m.



Cougars Anthony Nascimento (14), Captain Jordyn Palazzo (9), and Henry Kotyk (22) pressure Bruins' goalie Robbie DiMaria to no avail in Uxbridge's 4-0 win.

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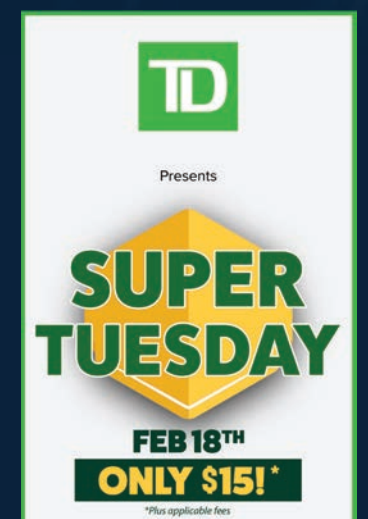


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## King's Corners

**King City United  
By Sheryl Sinka**

Sunday, Feb. 5 we welcome back Rev. Bruce Roffey to preside over worship. All are welcome at worship on Sundays at 10 a.m. and we invite all to join in some fellowship time in the auditorium following the service for conversation and company. The date for the Annual General Meeting at King City has been set for March 2 immediately following the worship.

For any pastoral care needs please contact Rev Andrew Lee through the church office. Sunday School takes place during the same hour and for information on the Sunday School please contact Sheryl Sinka at 416-450-0140.

We encourage all this season to make an effort to contribute to the King Township Food Bank. Information is available at [ktfb.ca](http://ktfb.ca) The donations to the King Township Food bank continue to be needed in greater quantities than ever before and the community can make a significant difference if it works together to continue to support the Food Bank and the families that access this much needed service.

If you have any questions please contact the church office at 905-833-5181.

### King Bible Church

Join us on Sundays at 10:30 a.m. for our Sunday Worship service. Pastor Mark Nowell will be speaking on "Greater - The Book of Hebrews." We will also be streaming the service online at 10:30 a.m. on Facebook and YouTube.

We invite everyone to the next Open Closet Outlet on Saturday, Feb. 8 from 9:30 to 11:30 a.m. Restrictions apply. For personal use only.

Please visit our website for links and further information: [www.kingbiblechurch.com](http://www.kingbiblechurch.com)

If you have any questions please email: Lisa Lethangue ([lisa@kingbiblechurch.com](mailto:lisa@kingbiblechurch.com)), Administrative Assistant, King Bible Church, 1555 King Rd, King City, 905-833-5104.

### King City Seniors (55+) By Carolyn Kanitz

Friday, February 7 - 10 a.m. - Vaughan Community Health will discuss 'Fatty Liver.' Information will be provided on the causes, prevention and how to deal with issues arising from it. Refreshments will be provided. Please register by calling 905-833-6565.

Thursday, February 20 - 10 a.m. - Annual General Meeting - This meeting updates members on actions of the board over the last year and approves the slate of officers for 2025. There will be information on the results of the recent survey and what is ahead for Township Seniors. Our guest speaker, Dena Silverberg from Older Adults Centres' Association of Ontario, will discuss the topic "Social Prescribing for Older Adults." Refreshments will be provided following the meeting. Please register at 905-833-6565.

Friday, February 21 - noon (note the new starting time) - Potluck Lunch. Each attendee is asked to bring either a main course item or a dessert to share.

This is an opportunity to relax and enjoy good food and good company.

The following activities are offered at the King City Seniors' Centre. If you see something that is of interest, please come out and join the group. All are welcome.

Monday mornings: 10 a.m., 11 a.m. - Mobility Matters.

Monday afternoons: 1 p.m. - Music and Movement; 2 p.m. - Cribbage.

Tuesday mornings: 10 a.m. - Line Dancing.

Tuesday afternoons: 1 p.m. - Bid Euchre.

Wednesday mornings: 10 a.m., 11 a.m. - Mobility Matters.

Wednesday afternoons: 1 p.m. - Bridge.

Thursday mornings: 9:30 a.m. - Gentle Motion (similar to Tai Chi).

Thursday afternoons; 1 p.m. - Carpet Bowling.

Friday mornings: 9:30 a.m. - Art Class (2nd & 4th Friday of the month unless otherwise noted).

Friday afternoons: 1 p.m. - Progressive Euchre.

You may contact KCSC at 905-833-6565 or [kingcity.seniors@gmail.com](mailto:kingcity.seniors@gmail.com)

### York Pines United

This Sunday, our annual congregational meeting follows the service at 11 a.m. led by Rev. Andrew Lesley Morris returns next Sunday with her layman's perspective on our faith. Feel free to join us for coffee at noon. The service on Feb. 23 will contain a memorial for our former choir director, Ted Anderson.

A Bible reflection group starts Feb. 6 at 10:30 a.m. at King City United on Elizabeth Grove. It will explore the concept of Forest Church with Rev. Andrew and Rev. Ross Carson leading the discussion. The group will run for three weeks. Bring your lunch.

### Schomberg AA meetings

Alcoholics Anonymous meetings are held weekly at Suburban North at 116 Church St. They're held every Monday and Thursday in-person at 7:30 p.m.

### Sacred Heart Church

Family Day Movie - All are welcome on Monday, February 17 at 3 p.m. for viewing "The Wild Robot." Popcorn and hot chocolate will be provided in the Parish Hall.

Exposition and Silent Adoration of the Blessed Sacrament Friday, Feb. 7 begins at 3:30 p.m., Holy Rosary at 5:30 p.m., Benediction at 6:30 p.m., Celebration of Mass at 7 p.m.

Overnight Adoration of the Blessed Sacrament is offered every First Friday of the month. Following the 7 p.m. Friday mass the Sacrament of Reconciliation is available before Exposition. The evening consists of Adoration of the Blessed Sacrament, personal quiet contemplation, hymns of praise and worship, and the Rosary of the Father. This makes possible for both personal and communal reparation to the Sacred Heart of Jesus and the Immaculate Heart of Mary. Those who are fasting are encouraged to bring some light refreshments to be shared at midnight in the parish hall. Recitation of the four scriptural rosaries commences at

1 a.m., alternating vocal group prayer with silent contemplation. Divine Mercy is sung at 3 a.m. First Saturday devotions begin at 6 a.m. with the Angelus and the Joyful Rosary. Benediction of the Blessed Sacrament. The First Saturday Mass begins at 8:30 a.m. Worshipers are free to join at any point throughout the night and can stay as long as they like.

You are cordially invited for Coffee and Friendship after 8:30 and 10:30 a.m. after Holy Mass in the Parish Hall.

If your family would like to participate by bringing baked goods, kindly contact Nadia Pascuzzo at [npascuzzo@archtoronto.org](mailto:npascuzzo@archtoronto.org)

Website: [sacredheartki.archtoronto.org](http://sacredheartki.archtoronto.org). Email: [sacredheartki@archtoronto.org](mailto:sacredheartki@archtoronto.org). Facebook & Instagram: Sacred Heart Parish King City. Contact Rectory office at 905-833-1161.

### St. Andrew's By Kathy Patterson

All are welcome to join us this Sunday at 10:30 a.m. for Morning Worship and to stay for coffee time afterwards.

Our Pastor, the Rev. Alison Agnew, continued her Sermon series from the Book of Exodus last Sunday. The text was Exodus 17 where God continued to show Grace when there was Grumbling instead of Gratitude and Trust. God wanted them to Grow in their relationship with Him instead of doubting and wandering! You can hear her message on YouTube by going to our website and clicking on the YouTube frame. ([standrews-kingcity.ca](http://standrews-kingcity.ca))

Life Connect is on Wednesday at 7 p.m. Alison will send the questions about Sunday's sermon at the beginning of the week. Call Kathy at 905-833-0391 for directions to Renate's house. It's a wonderful time when we are able to review the sermon, ask questions, hear answers, grow in friendship and learn more from God's Word.

The King Churches' Souper Bowl Challenge has until Sunday, Feb. 9 to bring donations to the KTFB of tins of soups, chunky soups, ravioli, stews and all kinds of crackers. The bin in the Narthex of St. Andrew's is overflowing, but there's lots of room on the bench beside it! And we have two more Sundays to go before the Super Bowl!

Our Annual Congregational Meeting (ACM) is February 23 after our morning worship and pizza lunch! We hope you will join us as we review our 2024 reports and look forward to God's blessings and guidance as we move into 2025.

For pastoral care please call the church office to speak with the Rev. Alison Agnew: 905-833-2325.

### All Saints Anglican Church By Patrick Gossage

Announcements: Service of Healing is Sunday, Feb. 16 at 10:30 a.m. This service is open to all who need special prayers for healing.

Power - A sermon by Rev. Erin Martin on Luke 4 - Jesus reads in Synagogue:

"When we hear the word power we often think of things like influence, wealth, position, authority, and physical strength. We heard today that Jesus was filled with the power of the Holy Spirit. Luke's first description of Jesus's public ministry was the scene of

Jesus preaching in his hometown. That set the tone and named the priorities for Jesus's work and mission.

"Jesus began by naming people who had no power at all. He named the poor, the captive, the blind and oppressed. They were the people who earned pity, not admiration, they were the ones that were systematically overlooked, they were the misunderstood and the maligned - and yet, Jesus said he came especially for them to bring them good news, release, freedom and hope. Jesus used the power of the Holy Spirit that day.

"For Jesus that power is demonstrated by what it accomplishes for others. Real power sets others free, builds others up, and is used for the betterment of those around us. Jesus' sermon was all about what God will do for the least of those in the world tells us that God gives special attention to those the world does not want to see.

"Bishop Mariann Budde of the Diocese of Washington, preached a sermon at Washington Cathedral in the presence of the new president. She spoke about the same kinds of things that Jesus preached to the people in Nazareth. She talked about compassion and mercy toward marginalized communities. She made a plea to the new president to have mercy upon the people in the United States who were afraid, and specifically named 2SLGBTQ+ people, immigrants and refugees fleeing war and violence. Her words have caused an uproar with some praising her bravery speaking truth to power and others on saying her message was dangerous. She received threats of violence and even death.

"God is never satisfied that we are all we can ever be. God loves us enough to see us, God loves us enough to forgive us, God loves us enough to challenge us, and God loves us enough to send us out into the world to see and love others - especially those people the world does not see. If we can let ourselves be challenged and sent to love others in this way, we will be able to experience the power of the Holy Spirit that drove Jesus and has continued to drive others.

"The challenge before us today is clear. The same Spirit that filled Jesus and empowered him to proclaim good news to the poor fills us as well. It pushes us to stand alongside the poor, the marginalized, the misunderstood, and to proclaim that they, too, are beloved by God. This isn't easy work, it's unsettling, uncomfortable, and at times dangerous. But it is holy work. And when we take it on, we don't do it alone. The Spirit goes with us.



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# BE Well

YOUR BEAUTY, HEALTH & WELLNESS GUIDE

## Top tips to improve your health

(NC) This is a time when many of us start to think about our goals for the coming year. For some, taking care of our health is a key priority. Building in healthy habits where possible is important to our health. Here are four ways you can get healthier this year.

### EAT WELL

It's not easy to change a habit. Eating habits are no exception. There are many different factors that make changing your eating habits difficult. But over time and with small steps you can be well on your way. You can make healthy eating habits easier to maintain over the long term by finding options that fit your daily routine. Eating a variety of vegetables and fruits, whole grain foods, and protein foods as well as making water your drink of choice can help you maintain your overall health. Remember that everyone's health goals and individual needs differ. It is important to find healthy food choices and habits that are right for you.

### REDUCE SEDENTARY TIME

The Canadian 24-hour movement guidelines have been developed for all age groups to provide Canadians with guidance about how much physical activity, sedentary time and sleep is needed in a 24-hour day. Some physical activity is better than none, and getting started is easier than you think. Making choices like walking to the store instead of driving or taking the stairs instead of the elevator all contribute towards a healthy 24 hours. Try to limit sedentary time to eight hours or less and break up long periods of sitting where possible. Getting enough good quality sleep can benefit from consistent bed and wake-up times.

### BOOK A CHECKUP

To quote an old saying, an ounce of prevention is worth a pound of cure. Regular oral and medical check-ups are an important part of your overall health and can uncover potential issues before they become major issues. As we age, there are certain tests we should take, including mammograms and colonoscopies. Be sure to talk to your doctor about the right timing for these check-ups based on your individual health needs.

### QUIT SMOKING

Quitting smoking is one of the best things you can do to improve your overall health, and you'll start

noticing positive impacts almost immediately. Start by creating a quit plan that includes the reasons you want to quit and lists the tools and coping mechanisms you will use to manage cravings. Next, be aware of the things that might trigger a craving, and consider using quit aids, such as nicotine gum or patches, to get through them. Finally, reach out for support when needed. Free quit-smoking support services are available across the country. You can chat with a quit coach by phone, online or text.

Find more resources to help you quit smoking, including a quit smoking planner at [canada.ca/quit-smoking](http://canada.ca/quit-smoking). [www.newscanada.com](http://www.newscanada.com)

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## As We Prioritize Our Own Health, Let's Not Forget About Our Pets

While most people recognize the importance of maintaining their own health—seeking regular check-ups, specialist care, and emergency services when needed—it's just as important to consider the wellbeing of their pets. For families in King Township and the surrounding region, a new state-of-the-art veterinary facility, King Animal Hospital, is now open, offering advanced specialty care and 24/7 emergency services for pets.

Family veterinarians play a vital role in providing routine check-ups, vaccinations, and general health advice. But there are times when pets require more specialized care or advanced diagnostic tools that aren't typically available at general practices. In these cases, referral hospitals like King Animal Hospital provide an essential extension of care, ensuring that pets have access to experts who specialize in treating complex or unique medical conditions.

King Animal Hospital is staffed by board-certified specialists in a range of disciplines, including cardiology, neurology, surgery, oncology, and rehabilitation. These highly trained professionals have undergone years of additional training and certification to diagnose and treat challenging conditions. For instance, a dog with chronic pain from arthritis could benefit from a combination of advanced therapies offered by specialists in pain management, while a cat showing signs of heart disease might receive life-saving treatment from a veterinary cardiologist.

In addition to specialized care, the hospital offers round-the-clock emergency services for pets in need of urgent medical attention. Whether it's a sudden illness, injury, or poisoning, King Animal Hospital's emergency team is ready to provide immediate care, even during nights, weekends, and holidays. This 24/7 availability ensures that pet owners have peace of mind, knowing their beloved companions are in skilled hands, no matter the time of day.

The facility is equipped with cutting-edge technology to support advanced diagnostics and treatment. From on-site CT and MRI scanners to dedicated surgical suites and ICU units, King Animal Hospital is designed to handle even the most critical cases. The hospital's specialists also collaborate closely with family veterinarians to ensure seamless, comprehensive care, serving as an extension of the trusted general practice team.

For pet owners, understanding when to seek specialized or emergency care can sometimes be unclear. When a family veterinarian refers a pet to a facility like King Animal Hospital, it's often because the condition requires additional expertise or resources. Similarly, in after-hours emergencies, facilities like King Animal Hospital provide immediate care when general practices are closed.

The opening of King Animal Hospital is a significant step forward for the region's pet owners, bringing human-grade healthcare concepts to veterinary medicine. By combining advanced specialty services, 24/7 emergency care, and state-of-the-art technology, the hospital ensures that pets receive the same level of attention and care that people expect for themselves.

As more families recognize the importance of investing in their pets' health, King Animal Hospital stands ready to provide expert care, working in partnership with local veterinarians to support the community's animals. With its commitment to compassionate, high-quality care, King Animal Hospital is already strengthening the human-animal bond for countless families.

**Dr. Karyn Jones is a Certified Rehabilitation Therapist and helps dogs and cats achieve the highest level of function, independence, and quality of life.**



## A savoury soup suitable for lunch, dinner or a hearty snack

(NC) This is a deliciously rich and creamy mushroom soup that you make in one pot. It makes a hearty supper served with a warm buttered roll or rustic crusty bread for dipping. Leftovers can be packed in a thermos for a homemade school lunch, or a heart-warming snack after a fall outing.

### CLASSIC CREAM OF MUSHROOM SOUP

Prep time: 10 minutes Cook time: 25 minutes Makes: 6 servings

#### INGREDIENTS:

2 tbsp (30 ml) oil	1/2 tsp (2 ml) each, salt and fresh ground pepper
1.5 lbs (680 grams) mixed mushrooms (crimini, shiitake, oyster), sliced	4 tbsp (60 ml) butter
1 cup (250 ml) yellow onion, finely diced	1/4 (60 ml) cup all-purpose flour
3 cloves garlic, minced	4 cups (1 L) chicken or vegetable broth
1 tsp (5 ml) Italian seasoning	1 cup (250 ml) heavy cream
	Fresh thyme or chopped parsley for garnish

#### DIRECTIONS:

1. Heat oil in a large soup pot or Dutch oven on medium-high heat. Add mushrooms and onions; cook, stirring occasionally until the mushrooms are browned and the onions are translucent, about 8-10 minutes. Remove half of the mixture from the pot; set aside.

2. Add garlic, Italian seasoning, and salt and pepper to the pot; cook 30 seconds until fragrant.

3. Add butter, stirring until melted. Add flour, stirring to coat mushrooms, about 30 seconds.

4. Slowly add broth, stirring to combine. Allow soup to simmer, about 10 minutes.

5. Using an immersion blender, blend the soup until smooth. Return reserved mushrooms to the pot.

6. Add cream, stirring to combine. Allow the soup to simmer for about 5 minutes, until thickened and creamy.

7. Serve hot, garnished with fresh thyme or parsley.

#### TIPS:

- Remove and discard the stems from shiitake mushrooms as they can be woody.

- Replace the heavy cream with half-and-half cream (10 per cent fat) to reduce the fat.

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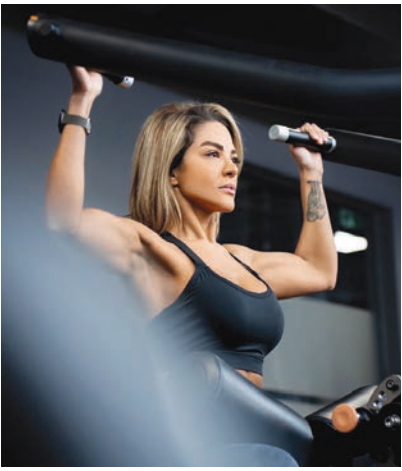


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## Beat the winter blues with these family-friendly eco-activities

(NC) Wintertime is a great opportunity to stay cozy and warm indoors while bonding with friends and family. It's also a better time than ever to learn how even the smallest sustainable act can positively impact the planet. Instead of taking on the winter blues with screens and treats, consider these simple yet fun eco-friendly activities that'll keep you entertained while helping the planet.

### GROW YOUR GREENS WITH AN INDOOR GARDEN

Although the weather outdoors is getting colder, you can still enjoy fresh herbs and veggies with a thoughtfully made indoor garden. Use old planters or yogurt cups to sow your seeds and keep scraps, like lettuce stalks, to plant so they can thrive again.

lighting soy or beeswax candles around the house as an eco-friendly option and to save on electricity, but never leave a lit candle unattended. When shopping for ingredients for that go-to recipe, try using chicken from a carbon-neutral company like Maple Leaf Foods.

### BUILD A DIY COMPOST

To help your indoor garden thrive, make a DIY compost bin for leftover food scraps and compostable materials. Grab a cardboard box or an old tote you're no longer using. Punch or drill holes in the top and add dirt to the bottom. Then, throw in any food scraps you have left over from meals, throughout the winter, and use the nutrient-rich soil for your indoor garden, or save it for gardening in the spring.

### BRING WARMTH TO YOUR SPACE

Make your favourite comfort food such as a warm and hearty soup to enjoy alone or with loved ones cozied up in candlelight. Opt for



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# A healthy approach to weight loss

Though people attempting to lose weight may love a quick fix or magic pill that could shed excess pounds, successful efforts that produce long-term weight loss generally take considerable time and effort.

## THINK OF IT AS A LIFESTYLE CHANGE

Managing weight is a lifelong commitment. That means that following a short-term diet may not prove a successful way to lose weight and keep it off in the long run. It's important to put strategies in place that will help change habits that may be contributing to weight gain.

## SET SHORT-TERM GOALS

Certainly the overall goal may be to lose a set number of pounds. But having that goal in the distance may make it seem less achievable. Rather, set small goals throughout a weight loss journey. This can be something like a plan to replace sugary drinks with water, or to exercise three days a week instead of being sedentary most of the time.

## BE SURE THE TIME IS RIGHT

Some people jump in at the start of the new year, even if they are not mentally ready to commit or lack the time to make the overhaul necessary to affect change. Begin a weight-loss journey when you have a strong desire to change habits and are not distracted by other pressures.

## TAME STRESS AS MUCH AS POSSIBLE

High levels of stress can derail weight-loss plans. Many people turn to foods, beverages and other unhealthy habits as a means to coping with stress.

The Centers for Disease Control and Prevention says people who lose weight at a gradual, steady pace tend to keep the weight off. The CDC advises individuals to aspire to lose one to two pounds each week.

Working in concert with a doctor or a registered dietician is one of the ways to ensure that the weight loss experience is successful and healthy. In addition to following the advice of a professional, these tips can help.



The Cleveland Clinic says stress raises cortisol levels, which increases insulin production. The resulting low blood sugar makes people crave sugary, fatty foods. The Mayo Clinic suggests speaking with a health care professional if you need help taking charge of stress.

## DON'T SKIP MEALS

Seriously restricting food intake is not healthy at all and could lead to fluctuations in weight. An eating pattern that includes a cycle of weight loss and weight gain can contribute to an increased risk of coronary heart disease, says Better Health, a resource of the Australian Department of Health. Plan meals to meet your daily calorie count, being sure to avoid skipping any during the day.

## CHANGE YOUR PERCEPTIONS

Focus on what you can eat rather than what you can't eat. Healthy weight loss means finding balance and enjoying the foods you love, but not going overboard. Restricting any one food or food group could lead you on a path to feeling resentful or even bingeing on unhealthy items.

Healthy weight loss takes time and requires changing habits over the long haul.



Courtesy of Nobleton Optometry

## Understanding 3 common vision disorders in children

(NC) As kids prepare for another year of academic growth and discovery, it's crucial for parents, caregivers and educators to be mindful of common vision disorders that can affect children's learning and development.

caused by strabismus, refractive errors and visual deprivation (e.g., cataracts, drooping eyelids, etc.).

**REFRACTIVE ERRORS:** A vision disorder in which the shape of the eye prevents a focused image from forming on the retina, causing blurry vision at either near or far distances. The types of refractive errors include:

- **Myopia** (distance images are blurry)
- **Hyperopia** (close-up images are blurry)
- **Astigmatism** (blurry and stretched-out images)
- **Anisometropia** (difference in refraction between the two eyes)

Find more resources and information on eye health at [seethepossibilities.ca](http://seethepossibilities.ca).

[www.newscanada.com](http://www.newscanada.com)

Parents can determine whether their child is experiencing changes to their vision by looking out for these four signs:

1. Frequent rubbing of the eyes
2. Squinting, tilting or turning the head to look at an object
3. "Wandering" eyes or eyes looking in different directions
4. Increased headaches and/or fatigue



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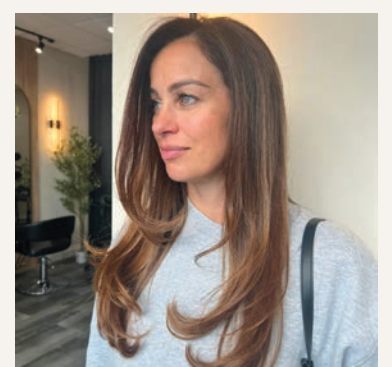
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# WHAT WELLNESS FOR WOMEN MEANS TO ME

By Alexis Tessier,  
Co-Founder of  
Club Well



At Club Well, wellness is more than a trend—it's a deeply personal journey. Our philosophy centers on holistic well-being, recognizing that true health integrates the mind, body, and spirit.

For me, wellness means honoring the unique needs of women, providing support that goes beyond physical fitness. It's about creating a space where women feel empowered, nurtured, and inspired. Our comprehensive services—spanning fitness, wellness, and aesthetic treatments—are designed to support women at every age and stage. From challenging workout sessions to rejuvenating therapies, we aim to meet women where they are and guide them towards where they want to be.

But wellness isn't just about individual growth. At Club Well, we believe in the power of community. We've built a space where like-minded women come together, share experiences, and uplift one another. This sense of belonging fosters motivation, connection, and resilience, making the wellness journey more fulfilling and sustainable.

In 2025, our philosophy is simple: wellness is not one-size-fits-all. It's a tapestry woven from physical health, mental clarity, and emotional balance. Club Well is here to provide the tools, support, and community to help every woman thrive. Together, we're not just pursuing wellness—we're redefining it.

## Tips to make soup more nutritious

**SOUP IS A DISH** that wears many hats. When the weather becomes chilly, people often turn to soup to warm themselves up from the inside out. Soup, especially when soup is paired with a favourite sandwich, also can be a simple and light meal when one doesn't want to spend too much time in the kitchen. Soup has been heralded as a remedy as well, a reputation that dates back thousands of years. In the twelfth century, Egyptian Jewish physician Moshe ben Maimonides prescribed chicken soup as a treatment for respiratory tract issues. And Penn Medicine suggests eating soup while ill is a good idea because the meal is nourishing, easy to digest and often full of nutritious components. People may wonder what they can do to tweak their favourite soups to make them even more nutritious, as many modern soups have gained a reputation as being sodium-heavy. These ideas can give soup a powerful boost.

**USE A HIGHER RATIO OF VEGETABLES IN THE SOUP**  
Vegetables are notoriously high in nutrients that the body needs to stay healthy, including antioxidants and vitamins.

**MAKE YOUR OWN SOUP STOCK FROM FRESH INGREDIENTS**  
Doing so helps retain control over what goes into the soup, helping to reduce potential additives or other ingredients like sugar and sodium.

**VARY THE COLOUR OF THE VEGETABLES**  
Aim for vegetables of at least three different colours. The colours of the vegetables often correspond to the nutrients and phytochemicals they contain. For example, carrots are high in beta-carotene. Beta-carotene converts into vitamin A, which is necessary for eye health, healthy skin and a strong immune system.

**REPLACE THE CREAM IN SOUPS WITH HEALTHIER INGREDIENTS**  
Soups that are cream-based tend to be loaded with calories and saturated fat. Instead, use Greek yogurt at the end (to prevent curdling) or even low-fat cottage cheese to amp up the protein content and give the soup a creamy consistency without the fat. Silken tofu or even a vegetable purée made from potato and cauliflower can add creaminess as well.

**SWAP MEAT FOR LEAN PROTEINS IN THE SOUP**  
Lentils, for example, are a plant protein rich in flavour and nutrition. According to UC Davis Health, lentils have about 18 grams of protein per cup and also are high in fibre. Relatively inexpensive, lentils also can help keep meal budgets in check. Alternative legumes also can work in soups, as can seafood or lean poultry.

**ADD TEXTURE TO THE SOUP**  
Pumpkin seeds or flax seeds have taste and texture, and can be a healthier option for topping soups over buttery croutons or crackers.

**KEEP INGREDIENTS "WHOLE" IN THE SOUP**  
Lean on whole grains, fibrous vegetables, fresh herbs, and lean meats to build a well-rounded soup that's bursting with nutrition.

**ADD SOME TURMERIC AND GINGER**  
If the flavour profile allows, incorporate some fresh turmeric and ginger to the soup. Health magazine says these ingredients are part of the same plant family and have been used in traditional medicine in India and China for centuries. Both are known for reducing inflammation and alleviating symptoms of digestive disease.



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# McMichael lineup offers amazing array of artists

From Page 12

The artwork – a drawing and photo-based gel transfer – will depict images of the Essequibo River in Guyana as well as its unique fish species. Evoking the serene yet dynamic flow of the river, the artwork serves as a metaphor for movement and migration. Drawing inspiration from her Guyanese heritage, Brewster's photo-based practice offers a deeply personal exploration of the migration stories of Caribbean people.

Sandra Brewster is a Canadian artist whose work explores the nuanced interplay between identity and environment. Her multidisciplinary practice—spanning drawing, photography, and sculpture—examines the lived experiences of movement and migration, often using gel transfer techniques to create textured, layered surfaces that reflect the unfixed, dynamic nature of diasporic identity.

Brewster's installation offers a transformative, relational perspective on land, water, and history, one rooted in the diasporic experience and the complexities of belonging.

Visitors will have the rare opportunity to witness the creation of this artwork during the McMichael's open hours, gaining firsthand insight into Brewster's gel transfer technique and her artistic process. This installation also serves as the foundation for a new educational initiative for Grade 5 students from the York Region and Toronto District School Boards. After a guided viewing of the work in progress, students will engage in hands-on workshops, creating their own photo-transfer projects inspired by Brewster's practice.

Building on the pioneering research of Dr. Sandra Paikowsky, as featured in her acclaimed publication *James Wilson Morrice: Paintings and Drawings of Venice*, the McMichael is delighted to present a new exhibition dedicated to Morrice's captivating depictions of the city of Venice. Showcasing a selection of his extraordinary canvases, pochades, and sketches, this exhibition celebrates Morrice's artistic legacy and his vision of one of Europe's most enchanting cities.

James Wilson Morrice (1865–1924) was the first Canadian artist to make regular visits to Venice, traveling there frequently from the mid-1890s to around

1908. In an era when Venice was the premier destination for artists across Europe, Morrice distinguished himself as one of the few foreign painters who returned repeatedly to its storied canals and piazzas. His Venetian works earned widespread acclaim, appearing in exhibitions throughout Europe, including Paris and London, as well as in Toronto and Montreal, his hometown.

Unlike many of his contemporaries, who gravitated toward sweeping, picturesque views of Venice, Morrice focused on capturing its quieter, more intimate moments. His paintings reveal the subtle beauty of the city's secluded calles, tranquil squares, and lively public spaces, rendered with a masterful interplay of light and colour. Whether viewed from a café table or through the winding paths of Venice's labyrinthine streets, Morrice's works offer a deeply personal and atmospheric glimpse into the soul of the city.

This exhibition explores the artist's themes, inspirations, and his use of Venice as a site for creative experimentation. Organized as a visual journey through the city, the exhibition offers a window into the artist's creative process and an opportunity to see Venice through the eyes of one of Canada's most accomplished artists.

This summer, the McMichael is proud to present *The Tree Planters*, a captivating series of works by award-winning photographer Rita Leistner. Created between 2016 and 2019, the project documents the gruelling and heroic work of professional tree planters in British Columbia. Through her lens, Leistner explores themes of human endurance, environmental stewardship, and Canada's evolving relationship with its forests.

Tree planting is an intense and physically demanding profession. Traversing rugged terrain, planters plant thousands of seedlings daily, battling biting insects and carrying heavy loads. This work demands exceptional stamina, technical skill, and resilience.

Born from reforestation efforts in the 1970s and influenced by Indigenous environmental perspectives, professional tree planting reflects Canada's leadership in sustainable forestry.

Leistner immersed herself in remote planting camps in British Columbia, capturing the world of tree planters through her innovative photographic

techniques. Her dynamic lighting and real-time action photography create painterly portraits that highlight the planters' connection to the land. Complementing these *Portraits* is *Enchanted Forests*, a series of large-scale photographs that juxtapose clear-cuts and untouched forests, transforming the landscapes with dramatic lighting to create otherworldly scenes. As Leistner notes, "You would never see the forest this way with your naked eye, but you would paint it this way."

Having planted over half a million trees herself, Leistner considers this work a tribute to the generations of Canadian tree planters who have reshaped not only the country's geography but also its cultural identity.

Leistner's celebrated career spans photojournalism, art, and education, and her work has been featured in *National Geographic*, *The Globe and Mail*, and in various international exhibitions. *The Tree Planters* invites viewers to witness the resilience and artistry of tree planters, offering an extraordinary perspective on Canada's forests and the human spirit.

This fall, Early Days makes its highly anticipated return to the McMichael after its acclaimed tour across the United States. As the first comprehensive survey of Indigenous art from present-day Canada to be presented internationally, and comprised entirely of works from the McMichael's collection, this groundbreaking exhibition highlights the richness, diversity, and vitality of Indigenous artistic traditions from coast to coast to coast. Organized by the McMichael in collaboration with Indigenous stakeholders—including

scholars, traditional knowledge keepers, and contemporary artists – Early Days bridges centuries of cultural expression.

The exhibition presents a dynamic selection of works ranging from 18th-century ceremonial regalia to the innovative creations of trailblazing artists of the 1960s, '70s, and '80s, such as Norval Morrisseau, Carl Beam, and Alex Janvier. The exhibition also features cutting-edge new acquisitions made by today's leading contemporary Indigenous artists, including Kent Monkman, Nadia Myre, Dana Claxton, Meryl McMaster, and Rebecca Belmore.

As Canada's only museum dedicated exclusively to Canadian art, the McMichael's collection offers a definitive account of Indigenous art today, revealing the powerful tensions and continuities between the past and present. Early Days delves into themes of connection to the land, ancestral relationships, and intergenerational dialogue, creating a resonant narrative that speaks to shared histories and enduring legacies.

Accompanying the exhibition is a richly illustrated award-winning publication, co-edited by McMichael Chief Curator Sarah Milroy and Anishinaabe artist Bonnie Devine, Associate Professor Emerita at OCAD University and Founding Chair of its Indigenous Visual Culture Program. Featuring contributions from more than 50 voices in Indigenous art and scholarship, this publication is an essential resource for understanding the profound impact of Indigenous art on Canada's cultural landscape.

For more, visit <https://mcmichael.com>

## Nobleton Notes

By Angie Maccarone

St. Paul's Church  
By Linda Blydorp

We invite you to join us in person for worship this Sunday at 10 a.m. Our Pastor, Jeff Loach, will lead the service this morning continuing with a new series entitled, "The ABCs of Discipleship." This Sunday's letter is E for "Example," from 1 Timothy 4.1-16.

We offer children's ministry and nursery during the service. If you can't make it in person, our live-streamed broadcasts are available directly on [stpaulsnobleton.ca](http://stpaulsnobleton.ca) or on our YouTube channel each Sunday at 10 a.m., or on demand at [youtube.com/stpaulschurchnobleton](http://youtube.com/stpaulschurchnobleton).

Our Junction Ministries serve our children's and families each Sunday. FirstLink is our staffed ministry time with our youngest attendees, and Junction is an age appropriate time of teaching with our elementary aged children.

Our mid-week LifeConnect small groups are an opportunity to connect with others and grow in faith. Groups meet for discussion, study, and prayer throughout the week.

Students in Grade 7 to 12 are invited to our YouthConnect every other Friday. Join us as we explore questions about life, faith, and Jesus with the youth Alpha program.

St. Mary's Church

Winter coats, snow pants, hats and mittens drive: The Knights of Columbus are hosting this drive. There is a box in the foyer of the church. Church is open all week from 9 to 5 so please drop off your gently used items.

Browse our websites:  
St. Patrick's Parish: <https://stpatrickssc.archtoronto.org/>

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

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](mailto:stpatandstmarysc@archtoronto.org)

The Parish Office will remain open from Monday to Thursday, 9 a.m. to 4:30 p.m.

Nobleton Seniors (55+)  
By Joanne Bailey

Please register for each program you plan to attend. Materials and food are purchased according to the number of people registered.

All Educational Thursdays are \$1 for members, and \$2 for non-members.

Indoor Bocce is now available every Thursday, upstairs in the large room in the Nobleton arena from 10 a.m. to noon.

February 6 – Older Adult Fire Safety & Fall Prevention. Presented by Heather Watson, Community Resilience Officer, King Fire/Emergency Services. Learn about escape planning, mobility concerns, accidents in the home, lithi-

um and ion batteries, and more.

February 13 – Art with Angela. Learn the technique of painting a planter pot. Once painted you will take your pot home. Cost TBD, which include all materials and instructions. Register by February 10 so materials can be purchased.

February 20 – Osteoarthritis, presented by the Arthritis Society of Canada. Learn about the impact of OA if left unattended. Discuss the management of OA to improve your quality of life. This presentation will be done on zoom.

February 27 – Crime Prevention. YRP. Presented by Constable Danielle Froud. Topics will include fraud & scams, distraction thefts, vehicle safety, and information on the Community Safety Data Portal.

March 6 – The History of Tattoos and their Artistic Expression. Presented by Sapphire. Tattoos have gone through movements and trends. Come out and listen to this information.

March 13 – Ageism and Abuse Elder Prevention. Presented by Yellow Brick House. Learn the relationship between ageism and how it is impacted by abuse in this interactive workshop.

Nobleton Lions

Poker players mark your calendars for Friday, Feb. 28 for the Texas Hold'em Poker Fundraiser at the Nobleton Arena. A buffet dinner starts at 6:30 p.m. with poker under way at 7:30. For tickets, please contact Lion Gunther Vetter at 416-807-5469 or any other Nobleton Lion.

The Lions continue to welcome new members with a heart to serve, both men and women. You may join us as a guest by contacting Lion Jerry MacBain at [nobletonlionjerry@outlook.com](mailto:nobletonlionjerry@outlook.com)

We meet at 6:30 p.m., with dinner at 7, on the 2nd and 4th Tuesday of each month from September to the end of May at the Old Community Hall, just north of the arena. The next meeting is on January 28.

To view more information about how the Nobleton Lions engage with both the local community and the wider Lions International worldwide community, please visit our website at [www.NobletonLionsClub.com](http://www.NobletonLionsClub.com). You may also follow us on Instagram at [nobleton.lions.club](https://www.instagram.com/nobleton.lions.club)

Book club

The Nobleton Book Club is resuming its in person, monthly discussions of books at the Nobleton Library, located on 8 Sheardown Drive. Our schedule of meetings is on the second Wednesday of the month at 6:30 p.m. in the program room.

Whether you have read the book or not, come by and check out these very interesting, lively and entertaining discussions. All these titles are available to borrow, for free, through the Nobleton library and other King Township libraries. If you have any questions, call Heather, our facilitator, at the Nobleton Library at 905-859-4188. Come and join this group of Nobleton readers.

Wednesday, March 12, 2025, Tom Lake by Ann Patchett.

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# Scoop from Schomberg

By Susan Heslop

Is it me or has January felt like three months?

The cold, the snow and the attack on our sovereignty. We all need to start shopping Canadian products and to help you do that, make sure you look for “product of Canada” which is 98% Canadian as opposed to “made in Canada” which is only 58% Canadian.

King is offering “RecPass” which gets residents unlimited access to drop-in recreational programming – including swimming, skating, shinny hockey, sports and access to sports equipment and classes, “RecPass” is valid at all King Township recreation facilities. Available for sale in person or online at [king.ca/RecPass](http://king.ca/RecPass). There are also lots of new activities added to the King rooster, check out the list of at [king.ca/recreation](http://king.ca/recreation).

King Township also has an “On-Request flexible ride-sharing service.” Rides when you need them within designated service areas throughout King

Township – no application needed. You can travel between addresses or connect with YRT routes where direct transit isn’t available. The hours are Monday to Friday from 5:30 to 9 a.m. and 4 to 8 p.m. You can book your trip one day ahead on the YRT On-Request app or call 1-844-667-5327. For more information, visit [yrt.ca/OnRequest](http://yrt.ca/OnRequest).

Schomberg Horticultural Society is looking for new members and invites everyone to come out and “Learn to Grow a Dream Garden” on March 25 at the Schomberg Community Hall at 7:30 p.m. The cost of membership is \$20 each or join as a family for \$30. Who doesn’t want a dream garden, I know I do and if you’re like me and got one of the food recyclers from King, this is a great way to use all that compost you’ve made.

The Dufferin Marsh Nature Connection is inviting the community to join them for their “Annual Community Bonfire and Skate,” Saturday, Feb. 8, from 2 to 5 p.m. The event is free and will include hotdogs, marshmallows, coffee and promises lots of fun for the family. Please enter the Marsh near the corner of Dr. Kay and Main Street.

They will also be hosting “Great Backyard Bird Count” on Saturday, Feb. 15 at 9 a.m., which is the Family

Day weekend, so a great event to do with the entire family. Please meet at the Schomberg Public Library.

## Schomberg Euchre Club

The Euchre group is open to all, and is 7 to 9 on Friday nights, at the Trisan in Room A. The cost is \$10 for the evening or pay monthly for \$20. All welcome, all ages, men, women, all you need to know is how to play (no beginners please), how to laugh, enjoy an excellent group of people and not take the game or yourself too seriously. We’ve been having a record turnout lately, so feel free to join, we can always add more tables.

## Schomberg 55+

This past Monday we were treated by our resident “life story editor” Carol Hindley, who presented the life story of one of our cherished members, Barbara Burt. It was a wonderful presentation of a life well lived. Carol has a few more to present and I know we all look forward to hearing them all.

The good news is that our “Kitchen Party” on March 22 is now completely sold out, it sold out in 2 days! If you’re

interested on being added to the wait list, please call King Seniors at Alicia at 905-833-6565.

If you’re a local business and would like to sponsor one of our events, please reach out to me at [sporter5952@gmail.com](mailto:sporter5952@gmail.com) or Lynn Bird at [klbird@hotmail.com](mailto:klbird@hotmail.com). We are always looking for local sponsors.

Due to popular demand, we have now added “Hong Kong Mahjong” to the mix of activities for our 55+ crowd here in Schomberg. It will take place every Wednesday from 3:00 to 5:00 at the Schomberg Community Hall.

Monday, February 17 – Speaker – Ian Hamilton, author of crime/mystery. Best known for Ava Lee: a crime series that follows Ava Lee, a Chinese Canadian forensic accountant whose job it is to pursue bad debts.

Monday, February 24 – 10 a.m. – Workshop – making a Newfoundland Ugly Stick. Registration is required by Feb. 17.

Annual fee is \$20 per person for residents, and \$25 per person for non-residents.

Please reach out with your events, stories of happenings or anything you would love to see here [sporter5952@gmail.com](mailto:sporter5952@gmail.com) or 416-460-5952.

# Classifieds

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or email [admin@caledoncitizen.com](mailto:admin@caledoncitizen.com)

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Unfortunately deadlines do not allow us to take ads after 5:00 p.m. on Monday. When there is a holiday Monday, the deadlines will be Friday at 5:00 p.m. All ads must be paid in advance by deadline or the ad will not run. WE ACCEPT VISA, MASTERCARD, AND AMERICAN EXPRESS PAYMENTS OVER THE PHONE

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### 505 GENERAL HELP WANTED

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Please email resumes to: [antonina@masterwebinc.ca](mailto:antonina@masterwebinc.ca)

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### 602 ARTICLES FOR SALE



For sale is “Pine on the Ridge” (Small Study) by Canadian artist David Arathoon. It was created in the 1990s and sold at a Caledon-based charity auction. Frame measures 20” by 17.25” and canvas is 11.5” by 8.5”. Valued at \$450. David Arathoon has achieved national success with numerous solo and group exhibitions in many private and public galleries, such as the Hummingbird Center for the Performing Arts, Toronto. Arathoon has been instrumental in successful fundraising efforts with his original art and limited edition prints. His prints have raised over \$100,000 for various charities. Asking \$300 obo. Email [mpavilons@rogers.com](mailto:mpavilons@rogers.com)

### 602 ARTICLES FOR SALE



For sale is a unique original painting by renowned floral artist, the late Helen Lucas. “Holy Spirit,” is an original acrylic on wood frame piece that captures spirituality in a simple way, through a dove. Created in 2017. The small set of originals was meant to be printed as art cards for a church fundraiser. Only 5-6 of these doves exist (in different poses) so they are truly rare. This is the only one of its kind. Measures 19.5” by 23.5.” Lucas originals are quite valuable and sought after. This is unlike anything else in her collection. “... the Holy Spirit descended in a bodily form, as a dove, upon him, and a voice came out of heaven, Thou art my beloved Son; in thee I am well pleased.” Asking \$500. Email [mpavilons@rogers.com](mailto:mpavilons@rogers.com) for more.

*Please recycle this newspaper*

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## Nobleton & Schomberg United Churches

Nancy Hopkinson

We enjoyed having guest speaker Lesley Morris last Sunday. Rev. Richard Gardner is back for this Sunday. On Feb. 16, we are pleased to have Phil Mannell and on Feb. 23, Rev. Evelyn Mclachlan.

Our regular services are; 9:30 a.m. Sundays at St. Mary Magdalene Church (lower level), Schomberg and 11:15 a.m. at Nobleton United Church. Both Churches offer refreshments afterwards. We would love to get to know you.

On Sunday, Feb. 9, over 128 million people all over the world will tune in to the Super Bowl football game. There will be parties with abundant food, friendship and fellowship. At the same time, there will be people worrying about staying warm, finding shelter and a warm meal. Please remember to bring some soup, crackers and even money so we might punt hunger to the side lines and let the King Township

Food Bank be the receiver of the touch-down to win against food insecurity!

The next Seniors Lunch at St. Mary Magdalene Church is Tuesday, Feb. 11. Please arrive at 11:15 a.m. so that the program can start at 11:30 a.m. The entertainment is guest singer/actress Nancy Chapple Smokler. She will help us celebrate Valentine's Day with her musical talents. Nancy performs regularly with Theatre Georgian Bay and is Board President at South Simcoe Theatre in Cookstown. The meal is pork tenderloin with apple marinade, and apple chutney, with rice, peas, buns. The dessert chocolate cupcakes and ice cream. Please let Sheila Kelly know (905-939-2315) if you plan to attend, as space is limited. The meal can be delivered, if you prefer.

The next Messy Church is on Tuesday, Feb. 18 at 5 p.m. at Nobleton United. Families are welcome to this free event. February's theme is "Sacrifice and Preparation" (Jesus's Temptation



in the Wilderness). One of the activities is always decorating cookies in the theme of the month. We always have at least 5 other optional activities. At 6 p.m., we will talk about Jesus's Temptation and temptations that we all have. At 6:15 p.m., we eat. Please contact me 416-316-5064 or nancykhopkinson@gmail.com to let me know that you intend to come or for more info. We need to know numbers to have enough crafts and food for all.

The Joint AGM is on Sunday, March 2 at St. Mary Magdalene Church. There will be a joint service at Schomberg at 9:30 a.m., followed by a short break for a light meal. The AGM will likely start about 11 a.m.

Usually, the first Tuesday of the month is the Community Pot Luck Lunch at St. Mary Magdalene Church. However, the first Tuesday in March is Pancake Tuesday, so the next Community Pot Luck Lunch is moved to Wednesday, March 5 at 11:15 a.m. Lunch

is at 11:50 a.m. Remember to bring something to share for the meal.

Mark your calendar for the famous DiFebo Pasta Dinner (pasta, meatballs, salad and dessert) on Friday, March 14. More details next week!

Through Olive Branch for Children, Schomberg United Church has committed \$2,000 per year for the next three years to support selected female students in Tanzania with a portion of their university tuition fees, books, living expenses, etc.

Thank you to those who braved the weather to enjoy Games Night. The weather was challenging, so Games Night was postponed to a night with better weather.

On Wednesday mornings, we have a Zoom Coffee chat (10 to 11 a.m.). We talk on a huge variety of topics, mainly current events. You are welcome to join us. Just send me a message nancykhopkinson@gmail.com to request the link.

Schomberg United Church meets at St. Mary Magdalene Church, lower level, 116 Church St., Schomberg. It is accessible. Nobleton United Church meets 6076 King Rd., Nobleton. It has a wheelchair ramp and a chair lift to go up the 7 steps to the Sanctuary. To contact our churches phone 905-859-3976.

# Classifieds

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or email admin@caledoncitizen.com

### 708 OBITUARIES

## Gary Robert McCutcheon



With great sadness, Gary passed away unexpectedly at Southlake Regional Health Centre on Tuesday January 21, 2025. Beloved husband of the late Susan (Wassink). Dear son of the late Donald and Colleen McCutcheon. He is survived by his doting children Adam (Andrea) and Meghan (Alexandre). Adored Papa to Eva and Emily. Sadly missed by siblings Judi, Paul, and Mark. He was predeceased by siblings Donna (David) and David (Linda). Fondly remembered by extended family and friends for his infectious laughter and boisterous conversations.

A celebration of life for Gary will be held Saturday, February 8, 2025 from 12:00 PM to 3:00 PM at Trisan Centre, 25 Dillane Dr, Schomberg, ON LOG 1T0.

In lieu of flowers, contributions in Gary's memory may be made to Southlake Regional Health Centre Foundation, <https://southlake.ca/foundation/about/donate>

Every Detail Remembered | Dignity

### 708 OBITUARIES



## In loving memory of Bernice Stinka

It is with deep sorrow that we announce the passing of Bernice Stinka, aged 87 on January 12th, 2025. Beloved mother, grandmother and friend, she touched the lives of many with her kindness and generosity. Born December 22nd, 1937, Bernice lived a full and vibrant life, dedicated to her family and community. She will be remembered for her unwavering love, wisdom and the joy she brought to those around her.

Beloved wife of the late, Michael Stinka, with whom she shared 54 wonderful years of marriage. Loving mother of Mark (Kovel), and the late Kevin. Sadly missed by her grandchildren Christopher and Tristan. Fondly remembered by her many brothers and sisters.

She will be deeply missed and forever cherished in our hearts. Arrangements entrusted to Rod Abrams Funeral Home, Tottenham. Online condolences and memories may be left for the family at [www.RodAbramsFuneralHome.com](http://www.RodAbramsFuneralHome.com)

## Clouthier: William Stanley "Bill"

Peacefully at Matthews House Hospice Alliston, surrounded by the love of his family, on January 27, 2025. Bill Clouthier at the age of 77 years, cherished husband of the late Wendy Clouthier (née: Morrison). Beloved father of Esmond (Nicole), Cari Gionet (Eric), and Kevin (Laura). Loving grandfather of Annabelle, Hannah, Olivia, Ashley, Carson, and Benjamin. Predeceased by his siblings Michael, Susie, Laurie, and Jack. Dear brother-in-law to the Morrison Clan. Forever in the hearts of his nieces, nephews, extended family, and friends.

A Celebration of Bill's Life will be held at Rod Abrams Funeral Home, 1666 Tottenham Rd., Tottenham, 905-936-3477 in the Cliffside Hall, on Saturday, February 8, 2025, from 1-4pm, with Spoken Family Remembrances at 2pm.

In lieu of flowers, donations to Matthews House Hospice or the Tottenham Legion Branch #329 (25 Richmond Street, East, Tottenham ON LOG1W0) would be appreciated. To leave expressions of sympathy and memories of Bill please visit [www.RodAbramsFuneralHome.com](http://www.RodAbramsFuneralHome.com).

### 708 OBITUARIES

## Heijdeeman: Maria Johanna "Ria"

Peacefully passed away with her loving family by her bedside, at her home in Tecumseth Pines Tottenham, on January 31, 2025. Ria Heijdeeman (née: Beijnen) at the age of 84 years, beloved wife of Robert Heijdeeman. Loving mother of the late Bianca. Dear sister of Helma Quinn-Leeman (the late David Leeman). Remembered with love by her nephew Free Spirit Quinn, and niece Star of Peace Quinn (Michael Jackson). Fondly remembered by her brother in law and sister in law Petar Heijdeeman, and Wenda Heijdeeman. Forever in the hearts of her extended family and friends. Sadly missed by her furry friend Asher.

Cremation has taken place. A Memorial Mass will be held in St. James Church Colgan, 2118 Adjala Tecumseth Townline, Colgan on Wednesday, February 12, 2025 at 11:00am. A reception will immediately follow at Rod Abrams Funeral Home, 1666 Tottenham Rd., Tottenham 905-936-3477 in the Cliffside Hall. In Ria's memory, donations to Diabetes Canada would be appreciated. Condolences and memories may be left for the family at [www.RodAbramsFuneralHome.com](http://www.RodAbramsFuneralHome.com).



### 710 CARDS OF THANKS

## Raymond Rowley

A heartfelt thank you to all who sent flowers, cards and donations to Matthew's House and attended the funeral for Raymond.

Your support and kindness have provided great comfort to me.

Thanks to Rod Abrams Funeral Home and staff for a wonderful job and for providing the lovely lunch.

Also, I want to thank Matthew's House for taking such good care of Raymond. The staff are wonderful.

Thanks to all of Raymond's friends for coming to visit him when he was sick.

A big thank you to my 6 grandsons for carrying Poppy to the grave.

Thank you to all.

Sincerely,  
Edith Rowley, Sons Dave, John (Darlene) and family.

### 720 CELEBRATION OF LIFE

## John Gourley 1962 - 2024



A celebration of life will be held for John at the Alliston Legion on Sunday, March 16th from 1 - 4 pm.



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### 703 LOST & FOUND

TO THAT PERSON, led to believe took my cat LUCKY, is asked to please return her safe and sound and forthwith of course.

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**BRAND NEW CUSTOM-BUILT HOME**

Discover modern luxury in this exquisite custom-built home near tranquil Lake Wilcox. Featuring 10ft ceilings, floor-to-ceiling windows, and a gourmet JennAir kitchen with a 16ft quartz island, it's perfect for entertaining. Enjoy a finished basement, private fenced yard, exclusive lake access, and proximity to top amenities, parks, and schools. A true masterpiece!



**CHATEAU-INSPIRED LUXURY WITH POOL**

Nestled on a premium lot in the prestigious Fontainebleau community of Oak Ridges/Lake Wilcox, this chateau-inspired executive home features a 3-car garage, 10-ft ceilings, and a gourmet kitchen. Enjoy a private backyard oasis with a heated saltwater pool. Luxurious finishes, expansive living spaces, and thoughtful upgrades make this home truly extraordinary.



**GREEN AND SMART EXECUTIVE HOME**

Absolutely Stunning Brand new "green" & "smart" executive home in South Aurora's prestigious Royal Hill Community. This luxurious masterpiece features a gourmet chef's kitchen, spacious layouts, hardwood floors, and breathtaking views. Close to Yonge Street, schools, trails, and amenities, offering modern elegance and unparalleled convenience in a serene setting.



**LOCATION. LUXURY. LIFESTYLE.**

Experience luxury living at King Heights Boutique Condominiums in King City, with suites from \$534,465. Spacious 1-3 bedroom layouts feature 10' ceilings, custom cabinetry, quartz countertops, and Miele appliances. Enjoy amenities like a rooftop terrace, fitness studio, and lounges, all steps from the GO station, parks, and community center.



**LUXURIOUS 'FERNBROOK' EXECUTIVE HOME**

This brand-new luxury home features \$200K+ in upgrades on a prestigious Princeton Heights lot. Enjoy a chef's AyA kitchen with premium appliances, a family room with a gas fireplace, and a covered loggia. Upstairs, 4 spacious bedrooms with ensuites and a lavish primary suite with a spa-like bath. Prime location near Yonge St, transit, shopping, golf, and top amenities!



**PRESTIGIOUS CUSTOM HOME, 82X150 FT LOT**

Welcome to a custom-built residence in St. Andrews-Windfields, Toronto. Highlights include soaring ceilings, a grand foyer, spacious bedrooms, and a walk-up basement with bars, sauna, and floating stairs. Nestled on an 82x150ft lot near top-rated schools, parks, and transit, this luxury home offers endless renovation potential. Envision your dream here!



**FERNBROOK HOME WITH \$200K UPGRADES**

This meticulously designed home boasts \$200K+ in upgrades, an AyA chef's kitchen with marble countertops, a great room with a gas fireplace, and an elegant dining area. Featuring 5 spacious bedrooms, each with an ensuite, plus a main floor bedroom and office. Steps to Yonge St, transit, shopping, golf, and top-tier amenities. Luxury living at its finest!



**BRAND-NEW EXECUTIVE HOME, LAKE WILCOX**

Brand new executive home being built on a 150' lot in Lake Wilcox. This 4+1 bedroom, 5-bath home offers a chef's kitchen with custom cabinetry, quartz counters, and premium appliances, plus 10' main floor ceilings and elegant finishes. The finished lower level features a rec room, gym, wine cellar, and separate entrance. Walk to Lake Wilcox Park!



**LUXURIOUS EXECUTIVE HOME IN VAUGHAN**

Welcome to this stunning 4+1 bedroom, 4-bath executive home in Vaughan's sought-after community. The gourmet kitchen boasts Viking and Miele appliances, granite countertops, and a spacious island. Enjoy the open-concept family room, luxurious primary suite, finished lower level, and private backyard. Ideally located near parks, schools, Maple GO, and more.



**FREEHOLD TOWNHOME WITH DOUBLE GARAGE**

Welcome to your dream 3-bedroom freehold townhome on a quiet street in Stouffville! Enjoy a spacious 3-storey layout with a double car garage, upgraded kitchen, bright open-concept main floor, walk-out terrace, and upper-level bedrooms with stunning views. Conveniently located near GO Station, highways, parks, schools, and amenities. Don't miss out!



**TRANQUIL BACKSPLIT WITH SCENIC YARD**

Discover this 4-level brick backsplit home in Ballantrae, Whitchurch-Stouffville. Boasting 4 bedrooms, 2 baths, and oversized windows, it's filled with natural light. Highlights include a functional kitchen, family room with fireplace, and a primary bedroom with balcony views. Conveniently located near schools, parks, and essential amenities!



**LUXURY TOWNHOME WITH ROOFTOP TERRACE**

Experience luxury living at "The Bond on Yonge" in Richmond Hill. This 3-bedroom, 3-bathroom (1331 sqft) townhome boasts a 375 sqft private rooftop terrace, stainless steel appliances, quartz countertops, 9ft ceilings, and floor-to-ceiling windows. Conveniently located near Yonge Street, schools, shops, and transit, it's perfect for modern, elegant living.

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