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# King Weekly Sentinel

King's Community Newspaper

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King-Vaughan MP-elect Anna Roberts thanked her supporters during her victory speech on election night. Roberts was re-elected handily by a huge margin. Photo courtesy of Elliot Raben Productions Inc.

## MP Anna Roberts rolls to landslide re-election victory in King-Vaughan with 63% of the vote

By Jim Stewart

Anna Roberts ascended the stage triumphantly on Tuesday morning at her campaign headquarters in Maple amid the enthusiastic cheering of over 100 supporters who relished her landslide victory.

King-Vaughan's MP was returned to Ottawa by capturing 63% of the vote. Based on 185 of 245 polls reporting at 11 p.m. on Monday, Roberts rolled up 17,523 votes – nearly double the votes secured by Liberal Mubarak Ahmed. The Liberal challenger accrued 9,652 votes as the runner-up and NDP candidate Samantha Sanchez finished a distant third with 389 votes.

At press time Tuesday, Elections Canada was still processing special ballots, so it was unclear whether the Liberals had a minority or majority. Elections Canada did report a high 67% voter turnout. And the Conservatives had one of the largest popular votes in many years.

With a 10-foot Canadian flag and navy blue Conservative election signs framing the backdrop, Roberts cited Franklin Delano Roosevelt in her opening remarks and

noted appreciatively “that you – the people – have spoken. Four years ago, you put your trust in me. Tonight, you have renewed that trust once again.”

The King-Vaughan MP expressed her gratitude toward her campaign workers and gathered them on stage: “You have given your time, your energy, and your courage to this cause. Let’s have a big round of applause for our volunteers – you are the reason we stand victorious here tonight.”

Roberts revealed her excitement about returning to the nation’s capital and representing the residents of King-Vaughan: “It’s time to get to work – it’s back to Ottawa. I will never forget who we work for: you – the people of King-Vaughan.”

Roberts revealed a three-prong focus that will guide her governance upon her return to Ottawa: “We’ll fight for affordability, safety, and freedom.”

Dozens of enthusiasts loved Robert’s emphatic call for freedom and cheered vociferously for their MP as she exited the stage and mingled with the party faithful.

See ‘Anna’ on Page 3

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<b>INSIDE</b>	<b>REGULAR FEATURES</b>		
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## Upcoming Meetings

**COUNCIL MEETINGS**  
**Monday, May 12**  
**6 p.m. - Council**  
**Monday, May 26**  
**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**  
**Thursday, May 08**  
**6 p.m. - Heritage Advisory Committee**  
 Virtual

**Tuesday, May 13**  
**11 a.m. - Accessibility Advisory Committee**

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



## Tree Planting

Join LEAF alongside the Township of King on **Saturday, May 10 from 1-3 p.m.** for some family-friendly fun planting native trees and shrubs in **Dean Plummer Park in Nobleton**.


Children under 16 years of age must be accompanied by an adult.

*This event is supported by Trees for Life, LEAF and the Regional Municipality of York through the York Region Greening Action Partnership Program as well as TD Friends of the Environment Foundation.*

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

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## Community Yard Sale

**Saturday, May 3 at 8 a.m. - 1 p.m.**  
 Trisan Centre

A bargain-hunter's dream come true! Stop by the indoor Community Yard Sale to shop for hidden treasures. The Schomberg Lions Club will be onsite selling refreshments such as coffee, muffins, butter tarts, donuts, and other breakfast goodies. **Entry is free.**



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## e-Waste Recycling Event

Do you have old electronics collecting dust at home? Bring your unwanted electronics (e.g., TVs, computers, cameras) to dispose for FREE at the **e-Waste Recycling** event, held at **Trisan Centre** on **Saturday, May 3, from 8 a.m. to 1 p.m.**

For details, visit [king.ca/ElectronicRecycling](http://king.ca/ElectronicRecycling)

## 2023-2026 Corporate Strategic Plan Year 2 Annual Progress Report

The **second annual progress** report conveys the progress made on all 29 Key Results in the second implementation year of the plan both qualitatively through a list of actions, and quantitatively through a percentage towards completion.

- A GREENER FUTURE**  
 • 5/7 Key Results are Proceeding as Planned  
 • 2/7 Key Results are Being Monitored
- SUSTAINABLE ASSET MANAGEMENT**  
 • 1/7 Key Results are Complete  
 • 5/7 Key Results are Proceeding as Planned  
 • 1/7 Key Result Being Monitored
- COMPLETE COMMUNITIES**  
 • 1/8 Key Results are Complete  
 • 5/8 Key Results are Proceeding as Planned  
 • 1/8 Key Results are not scheduled to start until 2026  
 • 1/8 Key Results are Being Monitored
- SERVICE EXCELLENCE**  
 • 2/7 Key Results are Complete  
 • 5/7 Key Results are Proceeding as Planned

- ✓ Completed
- Being Monitored
- Proceeding as Planned
- Not Scheduled to Start in Year 1

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



**Nobleton Victoria DAY**  
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- Mid-way Rides & Games
- Battle of the bands
- Artisans & Food Trucks

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# Anna Roberts' supporters remain steadfast

From Front Page

The youthful crowd in Maple experienced a roller coaster of emotions as the polls closed and election night progressed. Much to the chagrin of the early attendees, the Liberals rolled out to a big lead and the CBC projected a Liberal government at 10:10 p.m. with the Grits leading in 130 ridings compared to 89 for the Conservatives, 16 for the Bloc, and 2 for the NDP. The news subdued the dozens in attendance and numbers in the "watch" room began to diminish as a march to a majority seemed imminent when the Liberals held a 162-137 lead at over the Conservatives after 11 p.m.

However, the Liberals hit a wall as the West results rolled in – hardly a shocking development given Canadian voting patterns over the last 50 years – and their momentum towards a majority stalled. Fifteen minutes later, dozens of loyalists were unaffected by the CBC's projections and erupted with emboldened joy as the Conservatives pulled to within 2 seats of the Liberals – 154-152 – but that was as close as the CPC got on Monday night. It was ironic that it was the CBC's election coverage being watched by the Conservatives in attendance since Poilievre promised to defund the national broadcaster if elected as Prime Minister.

With the CBC, CTV, and Global pro-

jecting a Liberal minority government by 11:45 p.m., the Conservatives who gathered at Roberts Campaign Headquarters sublimated their disappointment and rallied rightfully so around their MP's resounding victory.

Roberts' landslide win was part of a blue wave through York Region as her colleagues – Costas Menegakis and Sandra Cobena – wrestled seats away from the Liberals in Aurora-Oak Ridge-Richmond Hill and Newmarket-Aurora, respectively. At midnight – as MP Roberts meandered through and mingled with an adoring crowd on her way to the stage – the Liberals had won or were leading in 162, the CPC in 149, the Bloc in 23, the NDP in 8, and the Greens in 1.

Poilievre failed to win his home riding of Carleton. The poor performance by the NDP saw the resignation of Leader Jagmeet Singh after he lost his British Columbia seat.

"I congratulate Anna on her election victory, and look forward to working with her to deliver affordability and safety for families in King and Vaughan," said MPP Stephen Lecce. "It is a true honour to be elected to serve one's community. I have no doubt that Anna will continue to fight for us, as we work together to stand up for Canada."

"I am taking this opportunity to congratulate our King-vaughan MP, and friend, Anna Roberts, on her re-election for the former riding of King-

Vaughan," said King Councillor Avia

Eek. "It is a pleasure working with Anna on all things King Township."



Anna Roberts is congratulated by party faithful at her campaign headquarters on election night. She is seen with counterpart, MPP Stephen Lecce. Below left are just some of her supporters on election night. Photo: Elliot Raben Productions Inc.





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# Editorial, Letters & Opinion

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

## Do we appreciate every second that we have?

We all know that time is fleeting, and our life – measured in years – is but a brief experience.

Jim Croce once pondered whether he could "save time in a bottle." Nice idea, but we're not that lucky. And quite ironic, since the song – 'Time in a Bottle' – was released after he died in a plane crash in 1973.

If only Jim, and the rest of us, could find a way to make the days last forever.

Samantha Sotto once wrote that if we accept time for what it is – how it flows and how we flow with it – we wouldn't be constantly checking our watches.

Quite right, Sam.

One day recently, I left for work without my watch. As a watch-lover who owns dozens of timepieces, I thought I'd be lost and feel out of place.

Not so. While I glanced down at my naked wrist two or three times that day, I didn't feel the urge to constantly check the time. Time had no real relevance that day and I preferred to be somewhat lost, drifting in the moments that carried me, one after another. It was almost blissful.

I really can't explain it, but maybe, for a rare period of time, I was connected, in tune with something greater.

Maybe just slowing things down a bit can be delicious treats for our souls.

We humans measure time by the way our planet spins around and traverses around our sun through our solar system. And yet we've only realized hours, minutes and days for a few thousand years. What did our hominid ancestors do all day, without worrying about time?

Those who are fascinated by ancient cultures and the truly remarkable monuments they built, wonder how they did it. Well, one reason was they had nothing but time! They didn't have to be at work at a certain time and had no con-



**Mark Pavilons**

cept of TGIF.

So they spent their time wisely – thinking, doing, creating, building.

We've found out that cultures, some tens of thousands of years old, understood how the stars moved in the night sky. They figured out times of the day and growing seasons, just by being "present."

Our ancient ancestors may never have celebrated birthdays, but you can bet they bid farewell to their kin in fine, ceremonial fashion.

They created some truly remarkable structures, temples and obelisks. Some still confound us to this day.

I love TV shows about ancient mysteries and the wonders they left behind. Maybe they created such things to toy with us, knowing that in thousands of years, their descendents would be scratching their heads. They had the

last laugh, for we are still perplexed by many of mankind's creations.

Did they possess some super knowledge, or merely worked hard, night and day, to understand, build and believe? They have proven that without distractions, we as a species can do great things.

Alas, some of that has been lost over the centuries.

For us, time didn't exist before we were born. But it did, for some 14 billion years by the best guess. Yet, the late Stephen Hawking said time didn't exist prior to the Big Bang that created well, everything.

The mysteries of space and time have yet to be fully understood or discovered. We puny humans may very well be in store for some shockers in the years to come, as our reach extends into the cosmos.

Each one of us is given some great blessings – first the gift of life and then a certain amount of time to enjoy it.

A wise man I saw being interviewed online said there are only three important days in each of our lives – the day we are born, today, and the day we die.

Today comes every day and that's when we can fully enjoy ourselves, before it slips into the past and vanishes.

It seems there's never enough time and that's why we need to respect it, trust it, embrace it and not fritter it away.

There are some science fiction story lines that depict humans with a running clock on their arms, counting down the minutes until they cease to exist. They're only given a set amount, based on their station in life and society. And yes, they can beg, borrow and steal more.

But if our watches ran backwards, counting down our precious moments, perhaps we'd be much more mindful of our daily routines, actions and expressions of love.

Some days, like those marvellous warm lazy days of summer, pass slowly. People can also come and go so quickly, like those Dorothy encountered on her journey.

Our brains record everything, even though we can't access every memory. As time creeps up on us, our reflections become less crisp, more foggy. Some memories vanish forever. And yet, neuroscientists remind us our brains, like a supercomputer, can store around 2.5 petabytes of information. That's the hard drive storage equivalent to about 3 million hours of TV shows.

If only we could pluck out certain, special moments, and live them over and over. I find myself shedding a tear from time to time, wishing I could find myself back on that beach with my wife, or holding my children for the first time.

Adults have been shortchanged when it comes to time. Heraclitus once observed that "time is a game played beautifully by children."

When we dream, we can live an entire cerebral lifetime in just a few minutes.

Oh, how I wish I could take my consciousness with me when my time here on earth is up.

"We are travelers on a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of infinity. Life is eternal. We have stopped for a moment to encounter each other; to meet, to love, to share. This is a precious moment. It is a little parenthesis in eternity."

– Paulo Coelho

### Tariff implications

## York analyzing tariff implications

The Regional Municipality of York is working to keep the local economy strong, continue supporting businesses and ensure long-term prosperity of communities amid ongoing response to tariffs.

"The tariffs imposed on Canadian exports negatively impact our economy and the residents and businesses that call York Region home," said York Region Chairman and CEO Eric Jolliffe. "Economic vitality remains a strategic priority for York Regional Council and we will continue advancing work through these uncertain times, strengthening our local economy and supporting businesses close to home."

York Region's response to tariff implications includes actions in the following areas:

**Research and Analysis:** Ongoing research and data collection to understand impacts of tariffs on the economy and businesses and develop targeted actions.

**Business Advisory and Support:** Collaboration with economic development stakeholders, including local cities and towns, York Small Business Enterprise Centre, Chambers of Commerce and Boards of Trade, academic and innovation partners to provide business advisory consultation, expert workshops, trade diversification activities and other business supports.

**Business Communications:** Provide up-to-date information and resources to impacted businesses, including outreach through York Link digital channels.

"York Region has a vibrant economy with unique businesses and passionate residents looking for ways to support," said Township of King Mayor Steve Pellegrini, Chair of Finance and Administration. "The tariff implications are ever-changing, and Regional Council is monitoring the situation while keeping our 57,000 businesses at the forefront."



### Quote of the Week

*"Time moves in one direction, memory in another."*

– William Gibson

### Trivia Tidbits

**Canada has the most natural lakes in the world – more than 879,000.**

**King Weekly Sentinel WEBPOLL**  
www.kingsentinel.com

Results from last week's poll:  
**Do you think both Toronto and Winnipeg will advance in the playoffs?**

a) Yes  **50%**

b) No  **50%**

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

**THIS WEEK'S QUESTION**

Are you pleased with the election results?

a) Yes  
b) No

Go to our website and cast a vote!

<p><b>KING Weekly Sentinel</b></p> <p>30 Martha St., Suite 205, Bolton ON L7E 5V1 Toll Free: 1-888-557-6626 905-857-6626 Fax: 905-857-6363 www.kingsentinel.com</p>	<p><b>PUBLISHER:</b> London Publishing Corp. <b>GENERAL MANAGER:</b> Zach Shoub <b>EDITOR:</b> Mark Pavilons <a href="mailto:editor@kingsentinel.com">editor@kingsentinel.com</a> <b>PRODUCTION:</b> Lisa Clendening <b>ADVERTISING:</b> Karen Nemet <a href="mailto:karen@lpcmedia.ca">karen@lpcmedia.ca</a> <b>DISTRIBUTION:</b> Sheila Ogram <a href="mailto:sheila@lpcmedia.ca">sheila@lpcmedia.ca</a> <b>OFFICE:</b> Mary Speck <b>CREDIT DEPT.:</b> Al Lord <b>CLASSIFIEDS:</b> <a href="mailto:admin@caledoncitizen.com">admin@caledoncitizen.com</a></p>	<p><b>Advertising &amp; Administration</b> <b>Head Office</b> 30 Martha St., Suite 205, Bolton L7E 5V1 Tel: 905-857-6626 Fax: 905-857-6363</p> <p><small>The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise, and there shall be no liability for non insertion of any advertisement beyond the amount paid for such advertisement. Copyright King Weekly Sentinel 2025</small></p>	<p><b>Subscription rates:</b> Within 65 km except towns with letter carriers – \$39.00 + G.S.T. Beyond 65 km and towns with letter carriers – \$67.00 + G.S.T. Single copies 94¢ + G.S.T. or \$1.00 (includes G.S.T.)</p> <p>    </p> <p><small>We acknowledge the financial support of the Government of Canada.</small></p>
<p>Simcoe-York Printing &amp; Publishing Limited, publisher of the King Weekly Sentinel and the New Tecumseth Times.</p>			<p>Published every Thursday</p>

# Understanding the value of local food and farming

By Greg Dietrich  
Director, Ontario  
Federation of Agriculture

## Agriculture

Ontario food and farming is a very diverse sector. We grow, raise and produce more than 200 different farm and food commodities and products right here at home – yet many Ontarians don't really have a good understanding of how our food gets to the grocery store.

As farmers, I believe we must take a more active role in telling that story and that's one of the reasons I wanted to put my name forward to be the new provincial board director with the Ontario Federation of Agriculture (OFA).

Let me explain. I farm together with my brother-in-law, near the small town of Mildmay about an hour southwest of Owen Sound, where we milk cows and raise livestock.

Livestock genetics have always been a passion of mine and after graduating from University of Guelph I worked with Semex and Holstein Canada in positions that took me not just across Canada but around the world visiting dairy farms and working with farmers. I also co-founded a pioneering dairy genetics company focused on improving dairy herd performance and sustainability, before deciding to come back home to the family business and start farming full-time.

I've always believed in being involved in the industry and volunteering my time to work to make things better. Growing up, I was involved in 4-H and the Junior Farmers' Association of Ontario and watched my parents take on various leadership roles in the agriculture sector.

So, when the OFA director representing farmers in my area of Grey and Bruce counties stepped down from the board earlier this year after becoming elected as a Member of Provincial Parliament, I saw this as a unique opportunity to become involved in the industry in a whole new way.

I've just graduated from the most recent class of the Advanced Agricultural Leadership Program (AALP), which exposed me to many of the other agriculture sectors in Ontario, as well as North American and international issues, setting me up well for serving on the OFA board.

The OFA represents farmers of all kinds and the decisions we make and the actions we take as a board are on behalf of all of our members right across Ontario.

It's an interesting time to be in the ag-

riculture sector, not just because of the technology and innovation that is helping us produce more while using fewer resources than we have in the past, but also because of the global trade and international market environment.

And this takes me back to why it's important for us to know about where our food comes from.

There's no doubt it's an uneasy and unpredictable time which makes food sovereignty – the right to define and control our own food and agriculture systems – very important. Canada is recognized around the world for producing high quality, high standard food and we want to make sure we don't lose that capacity to feed not just ourselves but also people in other countries.

Today, less than two per cent of Canada's population is involved in agriculture, so unlike only a few generations ago, that means most of us are distanced from farming and no longer have that general understanding of how crops are grown, how livestock is raised or even knowing which fruits and vegetables are in season here at what time. After all, most produce is available in the grocery store year round!

This applies to policymakers and regulators too. To make solid decisions that will support Canada's role as a global agricultural leader, they must have an understanding of the day-to-day challenges of food production, the issues that matter to farmers and what the sector – one of the biggest pillars of the Ontario economy – needs to thrive.

One of my first opportunities in this new role was attending the recent politicians meeting that local members of the Bruce and Grey federations of agriculture organize and host every year. It's a great way to bring strong, experienced farm voices to the table to share first-hand experiences, challenges and opportunities with elected officials from all levels.

This year, participants included municipal and county politicians and staff, Bruce-Grey-Owen Sound MPP Paul Vickers, Bruce-Grey-Owen Sound MP Alex Ruff, Huron-Bruce MP Ben Lobb and Huron-Bruce MPP and Minister of Rural Affairs Lisa Thompson.

As an OFA director, I'm looking forward to being a voice for the farmers I represent in my area, helping to broaden understanding of Ontario food and farming, and making a positive contribution to our agriculture sector.



Onion transplanting has begun in the Holland Marsh, known as Ontario's "Salad Bowl!"

Join Hospall May 24, 2025 for the annual IG Wealth Management Walk for Alzheimer's Fundraiser at Lake Wilcox Park  
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## Over 90% of the Region's assets are in fair or better condition

York Regional Council received the 2025 Corporate Asset Management Progress Report, providing an update on the condition of York Region's infrastructure assets, including buildings, facilities, roads, fleet vehicles, information technology and living assets like street trees.

"York Region takes pride in ensuring our assets are in a good state of repair for residents today and remain resilient for generations to come," said Eric Jolliffe, York Region Chairman and CEO. "These assets play a critical role in delivering the programs and services that enrich daily life across York Region, while remaining safe, reliable and cost-effective."

Key highlights in the report include:

Regional assets have an estimated replacement value of \$28.8 billion, an increase of \$3.5 billion from 2022; a 14% increase due to how asset costs are calculated and inflation.

More than 87% of the Region's capital plan was successfully delivered.

Over 90% of the Region's assets are in fair or better condition, ensuring continued high-quality service delivery.

Projected budget to meet asset needs over the next 10 years (2023 to 2032) is \$17.8 billion; this includes capital costs for existing assets (\$3.8 billion), growth-related assets (\$4.6 billion) and operating costs for both (\$9.4 billion).

Water and wastewater assets contribute to 46.5% of asset replacement costs, Transportation Services assets contribute 34.5% and other service assets are 19%.

The progress report is a provincial regulatory requirement and the full report and 2024 Corporate Asset Management Plan are available on the Region's Corporate Asset Management web page.

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STANDING UP FOR CANADA | Stephen LECCE  
MPP for King—Vaughan

# Carney's 'Canada Strong' campaign speech connects with hundreds at Seneca Polytechnic in King City

By Jim Stewart

Seneca Polytechnic in King City was Prime Minister Mark Carney's first stop on his whirlwind campaign tour through York Region on Saturday.

(The Liberals were re-elected in Monday night's federal election.)

Carney's 9 a.m. address was directed simultaneously to a throng of national and local media in front of him and hundreds of students and Liberal supporters congregated in the bleachers that served as a backdrop to the Prime Minister's concise campaign speech.

The affable former Bank of Canada Governor kept to his campaign motif of "Canada Strong" and outlined the many strengths of the Canadian nation.

It was clear in his opening remarks that Prime Minister Carney knew his audience on Saturday morning. He thanked "all the students, faculty, and staff at Seneca Polytechnic. Thank you for joining me today. Thank you for your energy, for your enthusiasm during a very busy time for some of you."

In one of the more charming moments of his 35-five minute speech, Carney equated the students' busy preparation for end-of-semester testing to his own forthcoming date with destiny: "I have a bit of final exam coming up myself on Monday." The remark elicited warm applause from those in attendance at Magna Hall and Carney bridged from connecting to the students to explaining to them why he entered the Liberal leadership race and become Prime Minister: "I felt we needed big changes in our country - big changes guided by strong Canadian values."

After another sustained round of enthusiastic applause, Carney turned from the media, looked at the big crowd assembled on the bleachers, and offered a humorous invitation: "Can you guys come with me for the next two days?"

Carney went on to note that within nine days of assuming the mantle of leadership, "homes were too expensive so we cut taxes on them. The proposed Capital Gains hike was too stifling so we reversed it. The Consumer Carbon Tax was too divisive so we cut it and saved Canadians 18 cents a litre at the pumps."

After the appreciative clapping subsided, Carney revealed his gravitas as

a statesman when he pointed to the problems created by Donald Trump's irrational economic policies, especially the punitive tariffs that have been meted out against Canada and many other long-time American allies: "President Trump is trying to fundamentally restructure the system of international trade. In the process, he is rupturing the global economy. The threat of American tariffs continue to weigh on our economy. They are the biggest crisis in our nation's history."

Carney painted a stark picture of Trump's sinister objectives and posited the need for firmness to repel the Republican president's threats of annexing Canada: "In such a crisis, you have to prepare for the worst - not hope for the best. Americans want our land, our resources, our water, our country. Our old relationship with the U.S. is over. It's a tragedy, but it's also our new reality."

The Prime Minister pointed out that Trump's intractability requires strong leadership: "We can't change President Trump so we need a leader that can stand up to him."

Carney's bravado elicited a "Carney! Carney! Carney!" chant, followed by a lusty "Vive la Canada" from one leather-lunged soul in the back bleachers. The Prime Minister approved and echoed the young lad's outburst and then added that "I've managed crises before. Do we really want Pierre Poilievre across the table from Donald Trump? This is a time for experience, not experiments. We will control our destiny. We must act with overwhelming force. That's what our plan for 'Canada Strong' will do. We will build, baby, build. That's important for the students that we have here today. You deserve affordable homes."

Prime Minister Carney closed his campaign speech by focusing the audience on the consequential election ahead of them: "To all Canadians, this is a critical election. Canadians are more than a nation - we are a Confederation that's built on a practical foundation and a sacred set of ideals. We strive to be good as a nation, not perfect. Much of our strength as a country lies in our resolve to work together. United - we've confronted our past with indigenous peoples. United - we have created universal health care. United - we have



created critical institutions like the CBC and Radio Canada. United - we will win this trade war and we will build the strongest economy in the G7 that will work for everybody. We'll build a Canada worthy of our values and our children's dreams."

The Prime Minister used a hockey analogy to conclude his morning address to capture the importance of the closing days of the campaign: "We are in the equivalent of playing Game 7 of the Stanley Cup with two minutes left to play in the game, and we have to leave everything we've got on the ice."

After taking questions from the media assembled including the fore-mentioned CBC and Radio Canada, Prime Minister Carney waded into the adoring crowd assembled at Magna Hall, mingled with the Seneca students and his Liberal supporters, and boarded his campaign bus to continue his four-town tour of York Region.

The six-vehicle motorcade included two lead security SUVs, the red-wrapped "Carney 2025" highway coach with a giant white maple leaf emblazoned in its side, and four more security vehicles protecting the Prime Minister in these uncertain times. It departed King Township for a popular coffee shop on Main Street in Newmarket. The Prime Minister was greeted warmly by local residents and supporters from the nearby campaign office, including Liberal candidate Jennifer McLachlan, who was running to retain Tony Van Bynen's seat in Parliament.

After the java stop in Newmarket, the



Carney motorcade meandered its way to downtown Aurora to Yonge and Wellington for a meet and greet at the Royal Rose Gallery. After connecting with supporters inside - including Liberal incumbent Leah Taylor Roy - and waving to onlookers outside on the west side of blustery Yonge Street, Prime Minister Carney kept to his ambitious schedule, boarded his campaign bus, and completed his torrid tour on a cool Spring day through York Region by visiting another small business for a meet and greet event in Markham with local supporters.

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# King

7-Day Weather Outlook

From Thursday, May 1 to Wednesday, May 7

THURS 1ST	FRI 2ND	SAT 3RD	SUN 4TH	MON 5TH	TUES 6TH	WED 7TH
Light Rain High 12C° Low 10C° 1-3mm Wind SE 18k	Sun/Clouds High 15C° Low 5C° - Wind W 23k	Sun/Clouds High 11C° Low 3C° - Wind N 18k	Mainly Sunny High 15C° Low 5C° - Wind NW 15k	Mainly Sunny High 16C° Low 8C° - Wind E 10k	Sun/Clouds High 18C° Low 10C° - Wind SE 11k	Cloudy High 17C° Low 9C° - Wind NE 10k



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# Dignitaries support Hortons 'Smile Cookie Campaign'

By Jim Stewart

An impressive turnout of dignitaries and energetic school kids converged on Tim Hortons in Nobleton on Thursday afternoon to kick off the Annual Smile Cookie Campaign in support of Hope House.

The intrepid Smile Cookie Campaign Launch team – comprised of King-Vaughan MP Anna Roberts, Mayor Steve Pellegrini, Councilors David Boyd, Mary Asselstine, and Avia Eek, and Hope House representatives Rhonda Flanagan and Heidi Bonner – was surrounded by the kinetic energy of dozens of Nobleton Senior Elementary school kids.

During the festivities, the solar-powered students filed in and out of their favorite lunch time destination. Many of the Grades 7s and 8s scored free cookies from the dignitaries – a perfect way to close off their “drive through” meal before returning to classes.

Tim Hortons Assistant Manager Lindsay Kearns welcomed the amiable “Group of Seven” to a bank of tables where Roberts, Pellegrini, Boyd, Asselstine, and Eek displayed their community spirit and cookie-decorating acumen.

Kearns was happy to host the event: “It’s about helping the community. Hope House is such an important organization. An event like this brings the community together. There’s also a

fundraising rivalry developing between the two Tim Hortons stores in King City and Nobleton. My daughter, Rachel, is at the King City Tim Hortons and I’ll be competing against her to raise more funds for Hope House. We want to make even more than we did last year.”

Heidi Bonner, Executive Director of Hope House, appreciated Kearns’s goal to improve the amount raised in 2024 and echoed the Assistant Manager’s sentiments about the importance of community: “Last year, we raised just over \$14,000. We’ve set \$15,000 as our goal this year. Aside from the fundraising, the best part of this event is us going out into the community, connecting with people, and feeling the support and love in King Township. We love having a presence in King. It’s exciting.”

Bonner delineated how the funds raised in this year’s campaign will be deployed by Hope House: “They will be used to support a bereaved group of adults; they’ll also add resources to our library to assist people who come for help, they’ll provide wellness programming for our clients, and they’ll help fund our community outreach program.”

MP Anna Roberts praised Hope House for “making such a big difference in other people’s lives” and discussed the Smile Cookie Campaign as “a worthy cause – if everybody does a little bit, the community is better for it. If the community doesn’t get involved,



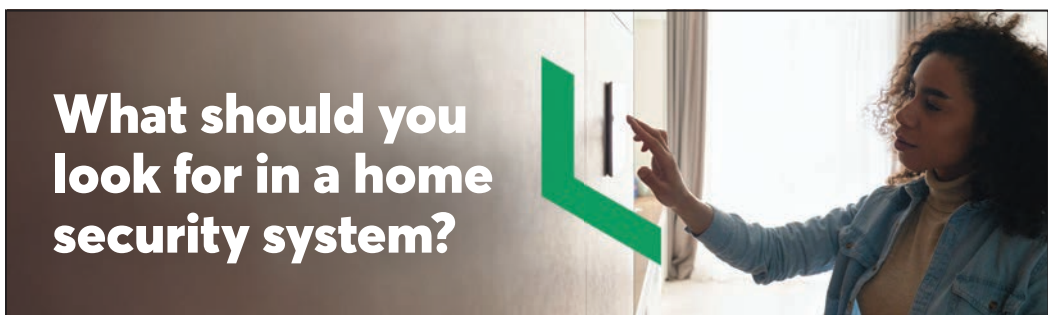
you can’t make the difference that is needed.”

Mayor Steve Pellegrini expressed his communal pride that “Hope House started in King. Its roots are here. It’s a much-needed and valued service. Like many of our community service groups, it needs our support and the Mizzoni family is incredible in terms of what they do for King Township.”

Councilor David Boyd concurred with Mayor Pellegrini’s praise of the event and the restaurants’ owners: “It’s great to see one family make so many generous donations to the community. It’s not just this event. The Mizzonis have a long history of supporting events – especially raising funds for Hope House and Sick Kids. Their golf tournament – The Andrew Mizzoni Charity Golf Classic – uses all its proceeds to support pediatric cancer research at Sick Kids. It’s great to see a family giving so much. It was also fun to see so many kids come into the store from Nobleton Senior Elementary and enjoy the cookies we decorated.”

“Every cookie makes a difference – this week, please support families facing some of their toughest moments. Special shoutout to the Villanova College students we met who are supporting the cause,” said King-Vaughan MPP Stephen Lecce.

The Tim Hortons Smile Cookie Campaign closes on May 4 in all participating restaurants.



## What should you look for in a home security system?

With so many options available, it can take time to find the right home security system. Here are some tips to guide your research.

### Wireless connectivity

You may want to be able to arm your system remotely so you don’t have to worry about whether you remembered to set it.

Most smart home security systems send notifications to your phone if the system senses an incident, such as a water leak or freezing temperatures. Some systems also offer smart locks, doorbell cameras and sensors.

### 24-hour monitoring

Centrally monitored alarm systems communicate with a monitoring centre 24/7. This means that whenever an alarm signal is received, the police or fire department can be dispatched right away.

Though monitored protection can offer peace of mind, it comes with a price—a subscription fee. This may be offset by a discount on your home insurance, so be sure to let your insurer know if your system is monitored.

While there are no subscription fees for unmonitored systems, they don’t offer the additional peace of mind that comes with an emergency dispatch service.

### Comprehensive detection options

Some home security systems include sensors that can detect different types of incidents, such as:

- Intrusions
- Smoke
- Water leaks
- Freezing temperatures
- Power outages

Choose a comprehensive system if you’d like to be notified about these types of incidents.

### Reliable support

The ideal security system should offer reliable support whenever you need it. If you have an issue with a device or need help with installation, you should be able to contact the manufacturer for assistance.

### Take advantage of a home security system

Having a home security system and insurance policy that fit your needs can offer greater peace of mind. It could help prevent home insurance claims from happening in the first place.

Some cities, towns, or municipalities require you to register or to obtain a permit or authorization certificate before you install a home security system. Please ensure you comply with all applicable requirements.

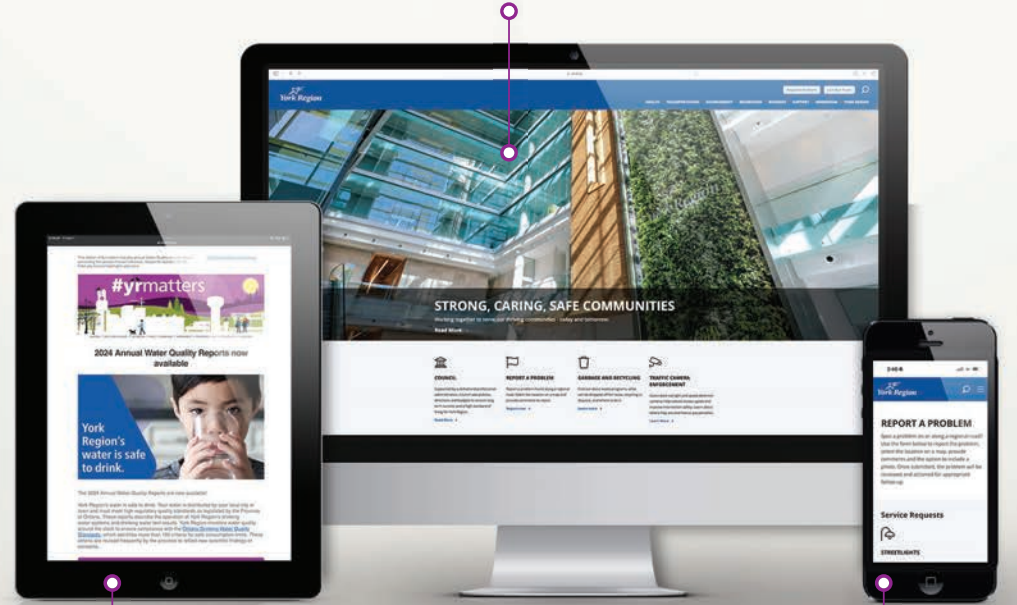
Do you have questions about how a home security system could lower your home insurance premium? Give me a call! For more tips, visit [desjardins.com/en/tips.html](https://desjardins.com/en/tips.html).



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# Business, Finance & Real Estate



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## Township looking at incentives for sustainable projects

By Mark Pavilons  
Editor

Local Journalism  
Initiative Reporter

Township staff is looking into non-financial incentives for the ThinKING Green: Sustainable Development Program.

Council gave staff the go-ahead recently to look at non-financial options to boost green and sustainable buildings in King.

Staff pointed out in their report that there are several environmental, social, health and economic benefits can be achieved through providing Sustainable Development Programs and incentives.

Developing Sustainable Development Program incentives will achieve a key result of the Township's Corporate Strategic Plan (CSP) and assist in achieving the goals of the Township's King Community Climate Action Plan (KCCAP).

Four other municipalities are exploring incentive options for sustainable development programs.

Non-financial incentives are recommended to support the implementation of the ThinKING Green: Sustainable Development Program.

In 2012, King adopted an Integrated Community Sustainability Plan (ICSP) which set out sustainable goals and tasks for the Township. The ICSP encouraged the development of Incentives for the ThinKING Green Sustainable Development Program green and sustainable buildings. In 2013, the Township introduced the Sustainable King Development Standards Checklist as part of the development application submission process. The checklist was

submitted voluntarily with development applications to identify sustainable built form components of the development concept.

In 2018, the Township began developing its first green development standards program titled the Sustainable King: Green Development Standards Program. Township Council declared a climate emergency on July 7, 2019. The Program was endorsed by Council on September 23, 2019. In November 2020, the final draft of the Program was approved by Council and came into effect on February 1, 2021.

On May 13, 2024, Council endorsed the updated and expanded ThinKING Green: Sustainable Development Program, which took effect on September 1st, 2024. The expanded Program to applies to Draft Plan of Subdivision applications, in addition to commercial, institutional, industrial, on-farm diversified uses and multi-unit residential developments.

Through the update of King's Sustainable Development Program, a report noted that incentive opportunities would be investigated during the implementation of the Program.

King Township's Climate Action Plan, entitled "King Community Climate Action Plan (KCCAP)" was endorsed by Council on September 9, 2024. The KCCAP's goal is to reduce community emissions by 35% by 2030 and achieve Net Zero community emissions by 2050.

By developing incentives, the development community and landowners can be further encouraged to incorporate sustainable design practices in new buildings to assist in achieving the KCCAP's goals.

Incentives, staff noted, are primarily

used to improve the uptake of sustainable development standards programs and increase the number of sustainable buildings and developments that achieve higher targets. King's Sustainable Development Program requires a minimum of "Bronze" level score for both Site Plan and Draft Plan of Subdivision Applications. Incentives can encourage more applications to achieve higher than the minimum required "Bronze" level.

Achieving higher Program scores ("Silver" and "Gold") will increase the number of new sustainably designed buildings and low-carbon neighbourhoods in the Township.

Incentives can be used as a tool to improve the uptake of specific metrics or increase the target levels in sustainable development programs. Program metrics can be incentivized to improve the uptake of less selected metrics or metrics deemed high priority.

Incentives can help encourage property owners and developers to achieve higher score levels of the ThinKING Green: Sustainable Development Program. The Program encourages sustainable, resilient and healthy communities through efficient, innovative, and sustainable measures. The Program metrics are structured into five principles: Green Infrastructure, Energy and Conservation, Built Environment, Natural Environment, and Healthy Communities. The metrics seek to reduce the environmental and carbon footprint of developments by incorporating alternative energy sources, innovative landscaping, active transportation, and green technologies. The program also encourages a mix of housing types to support a diverse population and promotes aging in place and accessibility.

Increasing sustainable development can lead to numerous environmental, social, health and economic advantages.

Incentivizing the ThinKING Green: Sustainable Development Program will

further promote Township's vision and overarching goal of creating a sustainable, resilient and healthy community for all.

Incentives for sustainable development standards programs are commonly divided into non-financial and financial categories. Non-financial incentives, which do not involve monetary value, promote higher program scores through benefits such as additional support services, and/or recognition or awards. Financial incentives, such as grants, loans, or rebates, provide monetary value to encourage higher program scores.

Another non-financial but very visible benefit would be to fast-track proposals, but staff noted that the Township will need to explore "robust methods to verify that applicants follow through on implementing the sustainable measures outlined in their proposals."

Further Incentives for the ThinKING Green Sustainable Development Program exploration of this type of incentive would be necessary and can be completed through the next steps of program development.

Staff didn't rule out financial incentives entirely, noting there are various factors to consider when implementing and administering financial incentives. However, staff do not recommend pursuing financial incentives due to potential budgetary and administrative impacts.

Councillor Debbie Schaefer noted the majority of non-financial incentives may not be effective, and she suggested that staff explore some financial incentives, so council could at least consider them.

Councillor Mary Asselstine agreed that financial incentives would be more effective.

Mayor Steve Pellegrini noted he's not a big fan of rewarding developers financially for implementing green alternatives, which are the way of the future.

## Surplus for King's building division

By Mark Pavilons  
Editor

Local Journalism  
Initiative Reporter

King's Building Division had a healthy 2024, generating a surplus.

Staff presented their 2024 year-end report to council recently, noting a \$166,008.78 surplus was generated through Building Permits and related fees in 2024 and deposited in the Building Reserve fund at year end.

The unaudited balance of the reserve fund is a surplus of \$751,947.97.

Mayor Steve Pellegrini asked if this money could be distributed within the Township, but staff said it's earmarked for building projects.

The total number of building permits issued in 2024 decreased by approximately 15% compared to 2023. The decrease in permits is largely due to a reduced number of sewer connection and septic decommissioning permits for the Phase 2, Contract 3 Nobleton Sewer Connection program. Other permit types that had noticeable decreases were Residential Demolitions and New Residential Accessories (i.e., cabanas, decks, and detached garages). There was also a decrease in non-residential permits (i.e., Institutional, Industrial, Commercial, and Agricultural) from 39 permits in 2023 to 24 permits in 2024.

Staff said that despite the reduced number of total permits, there was a noticeable increase in new permits for residential dwellings, as the King City East

and Sunny Community (Schomberg) developments commenced.

A slight increase in fees generated (revenue) was experienced, primarily due to an increased number of Single Residential and Townhouse permits for the King City East developments.

The Building Division saw a 17% increase in conducted inspections, with a total of 3,249 inspections in 2024, compared to 2,685 inspections in 2023.

For the 2025 calendar year, it is expected that building permit activity will likely match 2024 numbers as it is anticipated that another round of building permit applications will be received for King City East subdivisions, among other anticipated developments proceeding to construction.

Staff pointed out that building permit fees are established to fully recover the Township's cost of providing building permit services, including an allocation of administrative overhead/indirect costs. These indirect costs include those related to human resources, finance, information technology, and facility space use. Any surplus or deficit is either transferred to or from the reserve fund to ensure that there is no surplus or deficit for the Building Division, on an annual basis.

The additional surplus was transferred to the reserve fund at year's-end, for a total of \$751,947.97

The Township's 2021 recommends to maintain a reserve balance equal to 1 to 1.5 years of costs related to Building Services budget in the reserve.

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- 161 Ellis Ave
- 50 Ellis Ave
- 36 Ellis Ave



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# Students honoured with awards by 'Giving Circle'

Outstanding students were honoured at the Seneca Polytechnic Awards on March 25.

Included in the hundreds of awards recognizing Seneca students are three new honours established by the King Township Women of Influence Giving Circle Seneca (King Women Giving Circle, for short) exclusively for students in programs located at King Campus.

The inaugural King Women Giving Circle Animal Health Award was awarded to Camryn Charles, a second-year student in the Veterinary Technician diploma program.

The inaugural King Women Giving Circle Early Childhood Education Award was awarded to Hajra Zafar, a second-year student in the Early Childhood Education diploma program.

The inaugural King Women Giving

Circle Compassionate Care Award was awarded to Charmaine Paiva, a second-year student in the Social Service Worker — Gerontology program.

Each award has a value of \$2,000. Recipients were selected through an application process based on demonstrated academic achievement.

The King Township Women of Influence Giving Circle Seneca formed in 2016 with a mission of making a difference for students at King Campus. It has funded various projects over the years and 2025 marks its first foray into sponsoring student awards.

The group is open to all women who have an affinity for King Township. Current members include local business leaders and entrepreneurs, as well as Councillor Debbie Schaefer (King Township) and Maria May (Dean, Seneca Nanji Foundation School of Nursing).



Charmaine Paiva, recipient of the King Women Giving Circle Compassionate Care Award, with Maria May, Dean, Seneca Nanji Foundation School of Nursing.



Camryn Charles, recipient of the King Women Giving Circle Animal Health Award.

## Free webinar for parents

It's reported that approximately 20% of Canadian children and youth will experience a mental illness. This includes a significant percentage of children experiencing anxiety, depression, or other mental health challenges. The stats are staggering, and as primary caregivers, parents are struggling.

In Ontario:

Half of Ontario parents report having concerns about their child's level of anxiety. One-third of Ontario parents have had a child miss school due to anxiety. One-quarter of Ontario parents have missed work to care for a child with anxiety. This is significantly higher among parents who have expressed concerns about their child's anxiety. Sixty-two percent of Ontario youth report ever having concerns about their level of anxiety; however, only three in ten (32%) have spoken to a mental health care professional about anxiety.

The Ontario Caregiver Organization (OCO) notes that as many as one in five children and youth in Ontario will experience some form of mental health problem.

Seventy per cent of mental health problems begin during childhood or adolescence. Seventeen per cent of children ages 2-5 years meet the diagnostic criteria for mental health problems.

Twenty-eight per cent of students report not knowing where to turn when they wanted to talk to someone about mental health.

Canada's youth suicide rate is the third highest in the industrialized world, they point out.

In recognition of Mental Health Week in May, the Ontario Caregiver Organization is excited to partner with Parents' Lifeline (PLEO) to offer a free webinar offering strategies for supporting parents of children who face mental health challenges on Thursday, May 8, 2025, at noon ET, with a repeat session on Tuesday, May 13 at 7 p.m. The guest speaker will be Catherine Shea of PLEO, a dedicated caregiver who truly understands the challenges families face in supporting children and youth with mental health struggles.



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# Arts & Entertainment

## New History of King Township book charts a fascinating journey

By Kim Sillcox

Three years ago, at the outset of the King Township Historical Society's 50th anniversary year, local author and King resident Ann Love and retired deputy chief librarian of King Township Public Library Sharon Bentley took on the monumental task of researching and writing *The History of King Township: A Community Shaped by the Land*. This labour of love, which chronicles the fascinating evolution of King Township, made its debut on April 24 at a special book launch hosted by the KTHS at the Township Municipal Centre; coinciding perfectly with the launch of King's 175th anniversary.

"In this digital age, it's heartwarming to see a crowd of nearly 200 gather for the launch of a 476-page printed hardcover history book," said Ann Love in her remarks. "It's no door stopper, it's a Showstopper!"

Sharon echoed Ann's enthusiasm in her remarks, "The History of King Township: A Community Shaped by the Land is not just another boring history book. It is a page turner with stories of crime, deception, intrigue, and

romance and we even threw in invasion from our southern neighbours and the infamous McKinley tariffs. We have everything covered!"

The celebratory event featured book signings, author presentations and dramatic readings by ASK actor Laura Martini, reading a letter from early settler Phoebe Lloyd from 1838, and ASK President, Michele McNally, reading a letter from Merelda Campbell to her brother on the WW1 front. Mayor Peligrini was there to congratulate both authors and return their original manuscript after being one of the first to read the book.

Entirely funded in advance by generous donors throughout the Township (see graphic), this project faced significant challenges during the pandemic due to the closure of archives across the province. Undeterred, Ann and Sharon embraced the challenge and proposed a fresh approach – one that would explore the history of King through the lens of its landscape. Their vision was to delve into how the land and natural environment have transformed over time, and how people have adapted to and shaped it.



Ann Love and Sharon Bentley signing books at last week's book launch for *The History of King Township: A Community Shaped by the Land*.

## Families gather for King Easter Egg Hunt

The King Heritage and Cultural Centre was bursting with springtime excitement on Saturday morning as families gathered for a festive Easter Egg Hunt hosted by King Township. The drop-in event, held in advance of the Easter weekend, welcomed children of all ages to search for colourful eggs scattered across the grounds and take part in a variety of cheerful seasonal activities.

Organized by King Township's dedicated planning staff, the event offered more than just an egg hunt. Indoors, kids were invited to get creative with a fun selection of Easter-themed crafts, including festive colouring sheets and hands-on activities like making ador-

able little chicks out of bright pom poms. The crafts station was a hit with young participants, who proudly showed off their handmade creations to family and friends.

Outdoors, the thrill of the hunt kept little ones busy as they eagerly searched for hidden eggs nestled among flower beds, bushes, and trees surrounding the heritage site. Many children proudly showcased their finds, comparing the colours of their eggs with friends and family members.

Township staff were on hand to guide activities, offer encouragement, and ensure that every child had a chance to enjoy the fun. "It's always wonderful to see the community come together, especially for events like this that allow kids to enjoy the outdoors and explore their creativity," said one of the event organizers.

Events like the Easter Egg Hunt play a vital role in building community spirit and creating memorable experiences for families. They offer an opportunity for residents to connect with their neighbours, spend quality time together, and engage with the local heritage centre in a fun, informal setting.

With spring officially in full swing, the Easter Egg Hunt at the King Heritage and Cultural Centre was the perfect way to kick off the season.



"Our book traces the interrelationship of the natural and cultural heritage of our Township – how the land shaped the people, and the people shaped the land – from the end of the Ice Age to the beginning of the 21st century," said Ann.

To enrich the narrative, they have included vignettes by local history buffs — many of whom are no longer with us — that were previously featured in the KTHS newsletter. These stories, shared by voices from King's past and present, offer intimate glimpses into the Township's history.

The KTHS is deeply grateful to Ann and Sharon for their dedication to writing and researching *The History of*

King Township. Their meticulous research and heartfelt storytelling have given us a treasure to enjoy for generations to come. This book celebrates the unique history of King Township and the people who have called it home.

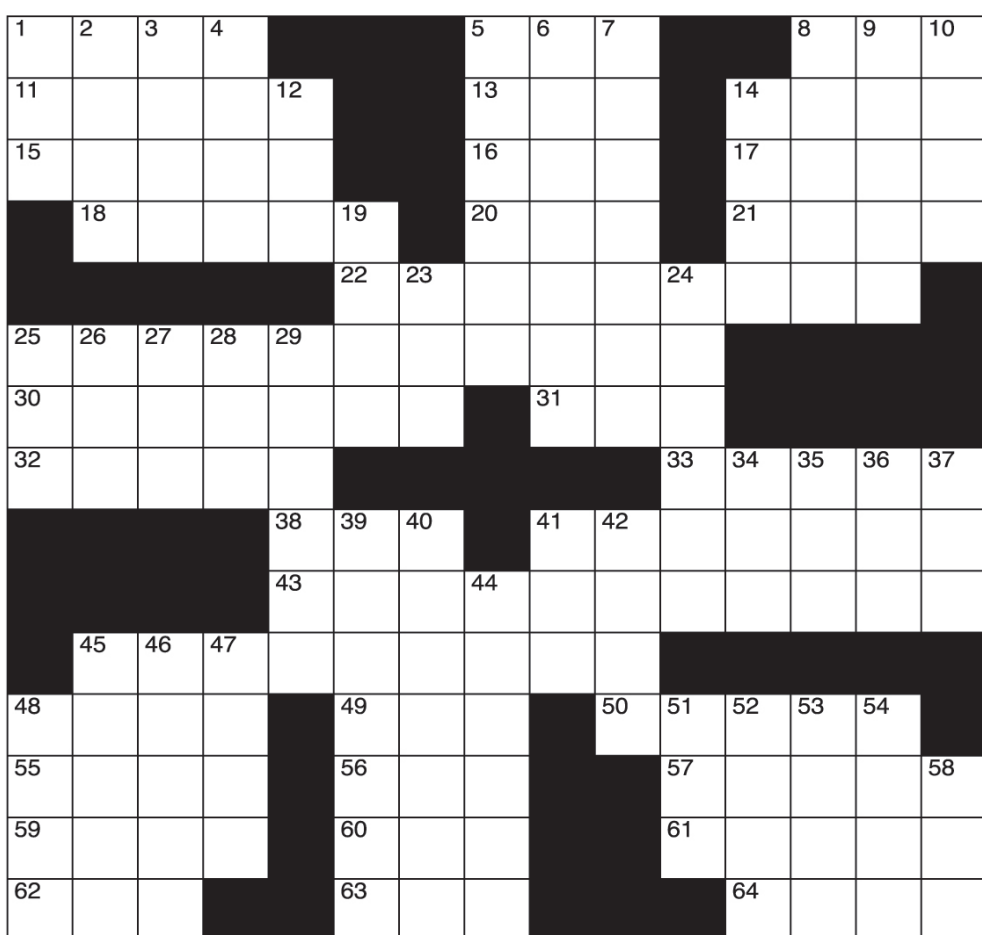
Beautifully crafted in hardcover with surveyor Stegmann's 1800 map of King beneath the dust jacket, the book is selling for \$40 online at [kingtownshiphistoricalsociety.com](http://kingtownshiphistoricalsociety.com) and is available for pick up at the King Heritage and Cultural Centre. For those interested in purchasing it in-person it is also for sale in the KHCC's gift shop for the same price. This long and storied history makes a wonderful gift and addition to every household in King!



The King Township Historical Society Board of Directors were out in force for the book launch: (l-r) Sharon Bentley, Ann Love, Tony Rolph, Murdene Pozdrowski, Richard Vien, Diana Armitage, Beverly Flanagan, Linda Similas and Kim Sillcox. Missing from this photo is Bill Salter.

## CROSSWORD

Puzzle No. 255110 • Solution in Classifieds



### CLUES ACROSS

1. Herring-like fish
5. Perform on stage
8. Soda
11. Small growth
13. In support of
14. Step taken when walking
15. Hollyhocks
16. Returned material authorization (abbr.)
17. Feel pain
18. San Diego ballplayer
20. Inches per minute (abbr.)
21. Fat from a pig's abdomen
22. Create again
25. Honors once more
30. Thin coating of gold
31. Welsh river
32. Japanese novelist Mizumura

### CLUES DOWN

33. Husks of corn
38. Green vegetable
41. Showing guilt
43. Soldier
45. Photographers
48. Language spoken in Nigeria
49. Mimic
50. Expressed pleasure
55. Ancient Greek sophist
56. Beverage container
57. Night monkey genus
59. Lace bugs
60. Hogshhead (abbr.)
61. Frameworks
62. Keyboard key
63. Greek goddess of the dawn
64. Influential Korean independence figure

3. Razorbill genus
4. Bleached
5. Continent
6. Fruit preserved in syrup
7. Impediment to one's freedom
8. Nocturnal rodents
9. Earthy pigment
10. Relieved oneself
12. Golf score
14. Tech hub \_\_ Alto
19. Sportscaster Andrews
23. Records electric currents
24. Popular Hitchcock film
25. Revolutions per minute
26. NY Giants legend
27. Sports radio host Patrick
28. When you hope to get somewhere
29. French seaport
34. Thai river
35. Rocker's accessory
36. Extra charge
37. Influential American president
39. Pain in the head
40. Great Plains people
41. Consumed
42. Soluble ribonucleic acid
44. Improves
45. Secret clique
46. Behind the stern of a ship
47. Dough made from corn flour
48. Fallow deer
51. Swiss river
52. Grayish white
53. Engrave
54. College's Blue Devils
58. Midway between south and southeast

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



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# King Weekly Sentinel

Sports • News • Community Events  
Classifieds • At Your Service



## Nicolas Morvan named MVP of the 2024-25 Cougars

By Jim Stewart

The Schomberg Cougars held their annual Awards Banquet on Sunday at the Trisan Centre and the naming of their MVP came as no surprise.

Nicolas Morvan, the Cougars' All-Star goaltender, captured Most Valuable Player honors after his spectacular season between the pipes. In 29 games, Morvan led all PJHL goalies with 977 saves and his .932 SAV tied him for fifth in the 63-team league. The nimble netminder recorded two shut-outs, a 2.37 GAA, and 15-10-2 record for the third-place Cougars.

Head Coach Stan Kondrotas, who will not reprising his leadership role next year after four successful seasons at the helm, praised Morvan's play in 2024-25: "He truly was our MVP – a difference maker all season who keep us in many games we had no business being in. He's the ideal player for a coach – Nicolas gave everything he had in games and in practices. He hated getting scored on – even in practices. I've always tried to build my teams from the net out and he was the foun-

ation of this year's team. His cat-like reflexes and acrobatics allowed him to make sensational saves, but, at the same time, he was so sound fundamentally."

Coach Kondrotas is still in awe over Morvan's performance at this season's PJHL All-Star Game: "I went to the All-Star Game and was feeling proud when he made a series of saves that were absolutely phenomenal. There will be lots of Junior A and Junior B teams looking for a goaltender like Nicolas."

In addition to Morvan earning the MVP trophy, team representatives – including Coach Kondrotas and General Manager Drew Laskowski – presented seven other major awards at the banquet:

Top Scorer, Luke Szabo; Most Gentlemanly, Will Lessard; Most Improved, Charlie Mabley; Top Defenceman, Carter Longland; Top Goalie, Nicolas Morvan; Rookie of the Year, Henry Kotyk; Heart Trophy, Captain Jordyn Palazzo.

Coach Kondrotas also praised his Captain Jordan Palazzo as such a deserving recipient of the Heart Trophy: "Jordyn is a player I have known very



Netminder Nicolas Morvan, alongside veteran defender Reece Muir in the final seconds of Schomberg's semifinal series versus Georgina, was named the Cougars' 2024-25 MVP.

## Tom Milne takes the reins as bench boss of the Schomberg Cougars

By Jim Stewart

The Schomberg Cougars announced via a Facebook post on Wednesday that "Thomas Milne is joining our organization as Head Coach."

The Cougars and veteran Head Coach Stan Kondrotas parted ways after the PJHL club was swept by the Georgina Ice in the East Orr Division best-of-seven semifinal. Kondrotas served as Head Coach for four successful seasons during which the Cougars were a top-three club in the North Caruthers Division for three seasons and finished third behind Clarington and Georgina in the East Orr Division in 2024-25.

The media release by the Cougars provided a detailed account of Coach Milne's experiences behind the bench: "Thomas comes to us with an extensive hockey background from management to coaching. His coaching career began with U15 AAA, moved to Junior C, and

very quickly into Junior A where he coached for over 10 years, most recently with the Aurora Tigers in the 2024-25 season. He was also an OHL scout for five years. With his vast hockey knowledge and experience, he will be an exceptional asset to our organization."

Coach Milne was relieved of his coaching duties by Aurora Tigers' owner Jim Thomson late in the '24-25 season after one and half seasons at the helm. The Tigers – with the second-youngest roster in the 24-team OJHL – finished in eleventh place in the East Division with an 11-40-1-4 record and missed the playoffs by 28 points.

Coach Milne's first duties as Head Coach of the PJHL Schomberg Cougars will be to supervise the hockey club's prospect camp on Thursday, May 8 from 8-11 PM at the Zancor Centre in King City. To register for the prospect camp, details are available at <https://schombergcougars.pjhl.on.hockeytech.com/>

well after playing for four years for me in Schomberg. He used to skate with me when he was a little guy. He's a guy that has evolved into a hard-nosed, hard-working, talented player. These players in Junior C have jobs, they work eight hours, and then perform at night a games and practices. I appreciate what Jordyn brought to the rink every night and he wore his heart on his sleeve as our leader. He's one of those guys who always had a smile on his face through thick and thin."

Also recognized in the season-ending ceremony were the Cougars' graduating players – a fine quintet of veteran over-agers including Palazzo, Szabo, Joey Furlano, Carlo Lioni, and Reece Muir.

The Cougars, playing in their 56th season, finished third in the East Orr Division with a 23-15-3-0 record. Schomberg lost in the Divisional semifinal to the Georgina Ice. In his final insights about the Cougars' season,

Coach Kondrotas took pride in a pair of big wins: "Despite many obstacles, we had a very satisfying year. Our best moments in the season came when we beat Clarington and Georgina back-to-back and then beat Clarington a second time by even more. Beating Clarington 6-0 after the weekend sweep was another high point for us. Clarington was the cream of the crop – three straight years in the Finals. It was gratifying to beat Clarington without the firepower they have. We got great goaltending and we worked hard with the guys being into a system. We had bumps along the way, but it was a very good season."

The veteran bench boss also expressed his satisfaction regarding his four-year stint with the Cougars: "I took over a second-last team four years ago and we finished in second place the next year and lost in the Divisional Finals. We finished third the last two seasons – both winning seasons. It's been a good run and I'm thankful for it."

## Moraine Relay set to return June 7

By Brock Weir

The popular Oak Ridges Moraine Adventure Relay is set to return this June after the global pandemic pushed it onto the backburner.

The Oak Ridges Trail Association announced the event's return last week following a \$20,000 grant from the Greenbelt Foundation.

While routes are still being finalized, the Adventure Relay June 7 will take participants from Rice Lake into York Region and serve as a fundraiser for the Association to support maintenance of trails that span from Caledon in the west to Northumberland in the east, and build awareness of all the natural beauty the Moraine has to offer.

The full relay begins with a canoe leg on Rice Lake, moving westward along the moraine into York Region, with 14 stages along the way. The half-relay will also begin west of Rice Lake, before finishing after seven stages at Trail Hub.

"With the exception of the two-person canoe stage, one team member will complete each stage; however, an individual may do multiple stages. Thus, teams may consist of up to 15 members," say organizers on the full relay. "The Half Relay course is a subsection of the main relay and will be divided into seven stages of varying distances consisting of road and trail biking, and running portions. One team member will complete each stage; however, an individual may do multiple stages. Thus, teams may consist of up to seven members."

Participants will be organized into two divisions: Elite, which is for those participating in the full relay only, with the first one across the finish line tak-

ing home the glory; Recreational participants can take part in either event, but has a more leisurely pace.

"Take your time and focus on enjoying the journey. Only time actually spent on the course is timed (time between when a racer leaves one checkpoint and arrives at the next one) and the cumulative time for all checkpoints is added up. Time spent resting at a checkpoint, changing clothes or fixing equipment is not counted. The team with the lowest overall cumulative total wins."

"Our past records show that the average time to complete the full relay is around 11 hours and the fastest record so far is eight hours and 51 minutes. In the spirit of adventure, participants must be self-sufficient. Each team and participant is responsible for bringing and transporting whatever equipment and supplies they may require during the race. Water and snacks will be provided at the Check Points that link stages. Full relay teams are responsible for their own canoes, paddles, mandatory safety kits, and mandatory life jackets or personal flotation devices (PFDs) approved by one of Transport Canada, Canadian Coast Guard, Fisheries and Oceans Canada."

Karen Graham, President of the Oak Ridges Moraine Trail Association, said they are thrilled to see the Relay come back, but added after such a long absence due to the pandemic they were almost resigned to the idea of the event being "retired."

Board Member Jeremy Reesor, however, had other ideas. He came to the table with lots of happy memories of participating in the Relay with his family and was determined to help bring it back.



Gorsline wins award

Congratulations to Kathleen Gorsline, winner of the King Curling Club's Paul Olsen award for the 2024/2025 season. Kathleen's passion for our sport, her love of teaching, coaching and mentoring youth curlers and the countless hours she has spent supporting our club is the true definition of a club volunteer. Well deserved Kathleen!

## King's Corners

**King City United**  
By Sheryl Sinka

We encourage all 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, May 10 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, May 9 - 10 a.m. - Presentation - Lianne Harris will discuss the story and history of famous flowers as only Lianne can do - with historical knowledge and humour. A beautiful flower garden in the past was a sign of culture - but also great wealth ... and maybe a bit of bribery, smuggling and extortion as well. Register for this lively presentation by calling 905-833-6565. Refreshments will be available.

Friday, May 16 - King City Seniors will host the progressive euchre portion of the York Region Senior games.

Friday, May 23 - 12pm - Potluck lunch - Everyone is welcome. Each attendee is asked to bring either a main course item or a dessert to share. This is a great time to enjoy good food and good conversations with friends old and new.

Friday, May 30 - 10am - Speaker - Gordon Van Dyke will discuss 'How we think is how we act - I'm Okay, You're Okay.' Don't miss this informative discussion of how our thoughts directly affect how we interact with others.

Refreshments will be available. Please register by calling 905-833-6565.

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: 2 p.m. - Crochet class.

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. - Art Class (2nd and 4th Wednesday of the month).

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

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

Friday mornings: reserved for presentations, workshops and special events.

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

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

### York Pines United

This Sunday's service at 11 a.m. will be Homecoming, a different kind of service. All are welcome. Feel free to join us for coffee at noon after the service. Next Sunday with Cheryl Stenson presiding is Hungry Sunday where donations to the King Township Food Bank are appreciated especially dry spaghetti and tinned fruit (they've got enough egg cartons for now).

Rev. Andrew will be away on sabbatical for three months starting May 19, and he'll return on September 2 after two weeks' vacation. Andrew's last Sunday leading worship before the sabbatical begins will be May 18.

### 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.

### Kingcrafts studio sale this weekend

The annual Kingcrafts Studio spring sale returns in May.

It runs one weekend only, May 2, 3 and 4 from 10 a.m. to 4 p.m.

Quality and unique handmade items from our many talented members. Items available include, pottery, stain glass, fused glass, needle and wet felted items, wire art, enamelling, weaving, knitted items and jewellery.

Free admission, parking and no tax. It's located at 12936 Keele Street, King City. For more, visit [www.kingcrafts.ca](http://www.kingcrafts.ca)

### Sacred Heart Church

Consecration to The Immaculate Heart of Mary will culminate on the Feast of Our Lady of Fatima on Tuesday, May 13. If you have never consecrated yourself to Mother Mary or are looking to renew your consecration, please contact [mariatorrone777@gmail.com](mailto:mariatorrone777@gmail.com)

Adult Faith Educational Meeting & Pot-Luck Supper: We invite every-

one to join us on Saturday, April 26, after 5 p.m. Holy Mass. Come and listen to Frank Donato as he speaks to us about "The Church in This Modern World."

Join Fr. John, students, and families in the National March for Life Thursday, May 8 as we gather on Parliament Hill in Ottawa to support life. Please contact Gerry Sciara at 647-501-1173 or email [gerrysciara8@gmail.com](mailto:gerrysciara8@gmail.com) and reserve your seat.

### King City Tennis Association

The King City Tennis Association is a non-profit tennis club established by volunteers over 40 years ago in partnership with King Township. The King City Tennis Association outdoor season runs from May to October 2025.

Visit [kingcitytennis.com](http://kingcitytennis.com)

Markus Ziegler, our OTA Certified Head Tennis Coach of several years, is ready to provide tennis programs and lessons for all ages and levels of ability.

Markus offers many excellent and varied skill-level tennis instruction for adults, in addition to Junior Programs for ages 4 to 16 years, running May through October.

Don't forget the very popular 1 to 4 p.m. Monday to Friday Junior Summer Camp in July and August. A total of 9 different weeks to choose from. Each week is limited to only 28 Juniors, so please sign up early.

### St. Andrew's By Kathy Patterson

Everyone is welcome to St. Andrew's, King City! Our Sunday Morning Worship Services are held at 10:30 a.m. The church is 2 blocks north of the King Rd. at 13190 Keele St.

Pastor Alison Agnew led our service and spoke to us from John 20 and Luke 24 where several people saw the risen Lord. At first they didn't recognize Him. Do we recognize the Lord Jesus who is alive? Our recorded services are on YouTube. Our website is [standrews-kingcity.ca](http://standrews-kingcity.ca) and click on the YouTube frame.

The snow is gone so that means Yard Clean-up Day! bring your work gloves and rakes this Saturday from 9 a.m. to noon to help out. Need volunteer hours? You are welcome!

Our next Prayer and Praise Gathering hosted by Jacquie Lawson is Friday, June 6 from 7-9 p.m. Mark your calendars! Everyone is welcome.

For pastoral care please call the Rev. Alison Agnew or call your Elder. Our office number is 905-833-2325.

### All Saints Anglican Church By Kit Woods

A sacred pause - After the beauty and business of Easter, it's natural to feel a little breathless, physically, emotionally, and spiritually. Over these past weeks, many of us have journeyed through the story of Jesus' passion and resurrection with deep feeling. We've shared meals, laughter, tears, and worship. We have given much of ourselves, and now, God invites us to simply be.

Rest is not a luxury. Rest is sacred. Scripture reminds us that even God, after creating the heavens and the earth, paused and declared the seventh day holy. Jesus himself often withdrew to quiet places to pray, to reconnect, to renew his spirit. We, too, are invited into that same rhythm of sacred pause.

Maybe you're feeling a quiet longing for stillness. A need to lay down the busy thoughts and heavy emotions, even for a little while. I encourage you to listen to that longing.

Take a moment to breathe deeply. Let your body soften. Let your spirit settle. Let go of all you are carrying, just for now, and remember: you are held in love.

Sometimes, rest looks like silent prayer. Sometimes, it's a slow walk, noticing the beauty around you. Sometimes, it's simply sitting still, breathing in God's peace. If you'd like a quiet space to rest, reflect, or pray, our church is open to you if you need some connection on a Sunday morning or if you would like to make an appointment with our staff to come in for some solitude and reflection. Whether you need silence, companionship, or gentle guidance, we are here even beyond Sunday mornings.

Please visit our website, [allsaintskingcity.ca](http://allsaintskingcity.ca), to be in touch and to discover all of the wonderful ways that All Saints can support you - from peaceful healing work with our Alternative Therapist to our Friday online group for prayer and reflection. You may even enjoy our Markers Circle for crafting in community with others. In so many ways, we're here and we welcome you wholeheartedly.

Come as you are. Come weary, come joyful, come curious, come burdened. Come and find your sacred pause.



## Spring tea this Saturday

The public is invited to attend the annual Spring Tea at Christ Church Anglican in Pottsville, this Saturday, May 3, from 1:30 p.m. to 4 p.m. Enjoy scones, Devonshire cream, coffee, tea, a famous bake table, artisan shopping, and treasures galore. \$10 per person. Everyone's welcome.

# Hockley

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[HOCKLEYBEER.CA](http://HOCKLEYBEER.CA)

# Scoop from Schomberg

By Susan Heslop

The big news this week is we have a new Prime Minister, well not exactly new, but newish with Mark Carney elected. Let's hope that we can all move forward defending our sovereignty and dealing with our neighbours to the south. I'm looking forward to less negativity and much more positivity. I worked the polls on Election Day, and it was great to see so many people coming out to vote, particularly the young people, now matter how you voted, pat yourselves on the back for exercising your right to vote.

## Golf Challenge

If you're itching to get out on the golf course, consider getting a foursome together and signing up for "The Charity Golf Challenge" hosted by Brent Morning & Friends. It returns Thursday, June 26 at Cardinal Golf Clubs West Wing for a 10 a.m. shotgun start. They are thrilled to welcome back 4-time Canadian Olympian Skier Brian Stemmler as event emcee.

This year they have rebranded the as "The King Proud Charity Golf Challenge." Proceeds will be shared between King Townships Lions Clubs, The King Township Chamber of Commerce (Morning Youth Grant) in memory of James in support of young entrepreneurs in King Township and Easter Seals Ontario, to send children with physical disabilities to Easter Seals Camps in Ontario.

For more information or to register go to [www.charitygolfchallenge.ca](http://www.charitygolfchallenge.ca) or email [brent@charitygolfchallenge.ca](mailto:brent@charitygolfchallenge.ca)

As always a special thanks goes out to the friends family volunteers, sponsors and participants this event would not happen without them!

## Horticultural Society Plant sale May 10

Just in time for Mother's Day, the Schomberg Horticultural Society presents the annual Plant Sale on Saturday, May 10, 8 a.m. to 2 p.m. The location is the beautiful Schomberg Community Farm on Western Avenue.

Join us for Goodies at our Luncheon Café. Soup, sandwiches, homemade pie, and other delicious desserts. Check out our Spring Theme baskets - perfect for Mother's Day. Homemade pies, cakes, squares, cookies, scones, and tea biscuits are available at our Bake Cafe. A selection of planters and hanging baskets can be found in our Garden Centre. Cash only.

## Schomberg Fair

The Schomberg Agricultural Society is pleased to bring you the 175th Fair! The Fair theme this year is "Sewing Seeds of Memories for 175 Years."

Each year the Fair is presented by dedicated volunteers to celebrate and promote our agricultural community, and to provide exhibitions, demonstrations, competitions, entertainment and FUN. Special classes and events are being planned to celebrate this historic Fair, and we encourage you to visit the website at [schombergfair.ca](http://schombergfair.ca) to peek at some of the planned events. Check out the competitions - for people looking for something to do while resting up from all the snow shoveling during the last few wintry weeks of 2025, we encourage you to visit the Homecraft Section where there is something for everyone to enter - whether you are an avid gardener, an artist with a masterpiece to show off, planning to finish that knitting or sewing project that's gathering dust, love to bake? Proud owner of a genuine antique goes under? Just a few of the possibilities. There is a section for Juniors to enter too. Now's a great time to start a project to enter this his-

toric event.

Be sure to mark your calendars with the dates: May 23 to 25 and plan to come out and celebrate with them.

## Schomberg Euchre Club

We have now moved to Thursday nights, in the Curling Lounge, from 7 to 9. 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.

## Schomberg 55+

This past Monday, we were treated to another member life story presentation by Carol Hindley, Member's Life Story - Milena Gilbreath. Thank you to Carol who always does a fabulous and brings members lives to life.

The King Seniors are having a bus trip to Fallsview Casino on May 7, and the cost is \$45 each, and includes \$35 of free play at the Casino. You can sign up online or at the Trisan, King Senior centre or call 905-833-6565. Please make sure to register quickly, this will sell out.

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.

Bridge will continue each Tuesday at 1:30 p.m. at Schomberg Community Hall.

Our Tightly Wound Ukulele club will now meet at 3 p.m. on Thursdays. If you're interested in learning to play and you're a member, feel free to come out. If you're not a member, you can sign up at Trisan or one of our meetings.

"Hong Kong Mahjong" take place every Wednesday from 3 to 5 at the Schomberg Community Hall, there will be another session in the spring, in the next couple of weeks.

Thursday, May 1 - 11am-12:30 p.m. - Outing - private taste testing at the Olive Oil Co., Newmarket. Cost \$25/pp. Please register by April 16 at [klbird@hotmail.com](mailto:klbird@hotmail.com).

Sunday, May 11 - 9 a.m. to 4 p.m. - Outing - Murphy's Mothers' Day Market, 5163 Simcoe Road 10, Alliston. Vendors, entertainment and optional tulip picking (\$19.95 for 10 tulips) pay at the door: Self-Drive.

Wednesday, May 14 - 1 to 2:30 p.m. - Event - Ice cream social and singalong with Brian Wright. Registration required by May 7. Cost \$1 for members, \$2 for non-members at the door. Sponsored by Del Manor Aurora.

Monday, May 26 - 10:30 a.m. - Speaker - Master gardener Kathlene Gorsline on "Garden Bulbs" at the Curling Lounge, Trisan Centre.

## Weekly Events

Monday and Friday afternoons - 2:15 p.m. - Mobility Matters (Trisan Centre).

Tuesday afternoons - 1:30 p.m. - Bridge (Schomberg Community Hall).

Wednesday mornings - 9 to 10 a.m. - Track walking followed by coffee and meetup (Trisan Centre).

Wednesday afternoon - 3 p.m. - Mahjong, (Schomberg Community Hall).

Thursday afternoons - 1 p.m. - Carpet Bowling (Trisan Centre).

Thursday afternoons - 3 p.m. - 'The Tightly Wound' ukulele group (Schomberg Community Hall).

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

Again, if you find a lost dog or cat, please secure it and call Vaughan Animal Control at 905-832-2281, they are responsible for this area.

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.



# NOBLETON LIONS FUNDRAISER

# GOLF TOURNAMENT

**Sunday, June 8th, 2025  
at Nobleton Lakes Golf Club**

**4 Person Scramble  
Tickets are \$250.00/person  
which includes golf, cart & dinner.  
Dinner only \$80.00**

**For bookings, please contact**

**Jerry: 416-822-9575**

**Email: [jermac27@hotmail.com](mailto:jermac27@hotmail.com)**

**Please come out and support your  
Lions Club  
and your community!**

*Proceeds will go to support:  
Southlake Health Centre  
Mackenzie Health Foundation,  
King Food Bank, Guide Dogs  
and many more groups.*

**If you are interested in sponsoring a hole, please contact Jerry.**

**SHOT GUN START AT 11:00 AM**



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## ASK presents swinging fundraiser

Arts Society King (ASK) is thrilled to partner with the King Heritage & Cultural Centre (KHCC) on this "swinging" fundraiser for arts and culture programming.

On Saturday, May 10, dust off those dancing shoes and test out your Lindy Hop, Jitterbug, and West Coast Swing for our 1940s VE for Victory Dance to commemorate the 80th anniversary of the end of World War II. This vintage-themed event will host a performance by musician Martin Loomer & the Orange Devils Big Band, opportunities to dance, dress the part in historic style, participate in a 1940s costume contest, and more!

The Orange Devils Band is a 13-piece big band consisting of some of the finest jazz musicians in the Toronto area. They feature the music of black bands of the 1930s: Duke Ellington, Count Basie, Jimmie Lunceford, Fletcher Henderson, Any Kirk and his Clouds of Joy, and others. The band is hot, the music is bluesy and swinging, and it all combines for sheer fun led by ace arranger and guitarist Martin Loomer.

1940s dress is encouraged but not required - dress your best in any era or style!

It all begins at 7 p.m. in Laskay Hall at the King Heritage & Cultural Centre, 2920 King Road, King City. Tickets are \$45 and available at <https://artsocietyking.ca/events/ve-for-victory-dance/>

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# BE Well

YOUR BEAUTY, HEALTH & WELLNESS GUIDE

## Simple ways to reclaim time in your day

(NC) With twenty-four hours in a day, there should, theoretically, be enough time to get things done. In reality, balancing a good night's sleep with the demands of work, running a household, family obligations and trying to get some 'me-time' in between can make the day fly by without checking all items off your to-do list. If you're looking to get the most out of each hour of the day, here are four things to get you started.

### RECLAIM GAP TIME

Gap times are breaks between meaningful activities where it doesn't seem like there is enough time to start something new. These are the times where we often scroll on our phones absent-mindedly or turn on the TV. Instead, use this time to check one chore off the to-do list, read a chapter of a book or respond to some emails.

### DELEGATE OR AUTOMATE

Consider delegating tasks to colleagues and family or finding platforms that can automate them. For business owners, a secure, cloud-based accounting program such as FreshBooks can help track expenses, issue invoices, and follow up on unpaid accounts, putting more time back into your day.

### LIMIT DISTRACTIONS

Turn off or silence notifications so that the constant ping doesn't divert your attention from the task at hand. Instead, set breaks where you can check and respond to these and limit the amount of time spent on your device.

### DON'T BE AFRAID TO SAY NO

Set boundaries and know your limits when it comes to agreeing to tasks and activities. Instead of giving an immediate 'yes', take time to think it through and make sure it aligns with your calendar and priorities.

Find more ways to take back time in your day at [freshbooks.com](http://freshbooks.com).

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



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



## Hi, I'm Victoria – founder of Flow

I'm so excited to welcome you into our community.

My journey with yoga began when I was a young teen, during a time when I felt overwhelmed by stress and anxiety. Yoga became my refuge — a place where I could quiet my mind and reconnect with myself in ways I never thought possible. Through movement and mindfulness, I was able to navigate some of the hardest moments of my life. It grounded me, healed me, and most importantly, showed me that true strength comes from within.

That experience sparked a passion I couldn't ignore. I completed my teacher training with one goal in mind: to create a space where others could experience that same sense of peace, self-love, and transformation. Flow was born from that dream — a welcoming, accessible environment where everyone is invited to show up exactly as they are and grow into who they're meant to be.

At Flow, we offer a variety of classes designed to move your body and nourish your mind — from grounding yoga and energizing barre to dynamic pilates and HIIT sessions that challenge and empower you. Whether you're just beginning your wellness journey or deepening an existing practice, our incredible instructors are here to guide you every step of the way.

We're proud to serve our community with two beautiful locations in **Vaughan** (9591 Weston Rd, Unit 6) and **Schomberg** (50 Doctor Kay Dr, Unit B14), and we're continually inspired by the growth we get to witness every day. Our mission is to help you find freedom through movement, confidence in your body, and a deeper connection with yourself — because life truly changes when you prioritize your well-being.

We're also excited to keep growing alongside you, with new offerings like our **Flow hoodies**, available **online now** so you can carry a little piece of our community with you wherever you go.

This is your space to move, breathe, and evolve — and I can't wait to meet you on the mat.

*With love, Victoria*



## Spring into wellness with strawberries



(NC) Strawberries are more than just delicious—they're also packed with essential nutrients. A single serving is an excellent source of vitamin C, fibre and antioxidants, supporting immune health and digestion.

Strawberries are also naturally low in calories and have no cholesterol or sodium, making them a perfect addition to a balanced diet. "Spring clean" your eating with these refreshing recipes:

**Strawberry and blackberry kale salad:** A vitamin- and antioxidant-packed salad with delicious berries and fresh kale will have you feeling both healthy and satisfied. Pair with a homemade, strawberry balsamic dressing to take your salad to the next level.

**Strawberry spring rolls with creamy peanut dip:** A fun, creative way to eat your vege-

tables. Gluten-free and vegan-friendly spring rolls use rice wrappers and fresh strawberries for a refreshing twist. With no cooking required, they're an easy way to enjoy your favourite veggies or clear out your fridge of leftovers. Enjoy them up with a creamy peanut dip for a nutritious, on-the-go snack or lunch.

**Strawberry basil quinoa salad:** Low in sugar and sodium and bursting with the fresh flavour combo of strawberry and -basil, this salad offers extra fibre and protein to keep you feeling full and nourished.

### STRAWBERRY BASIL QUINOA SALAD

Prep time: 15 Cook time: 30 Serves: 3

#### Ingredients:

- 1½ cups (355 g) fresh strawberries, sliced or chopped
- 1 cup (250ml) dried quinoa, cooked (makes about 3 cups)
- ¼ cup (375ml) shelled pistachios, chopped
- ¼ cup (60 ml) olive oil
- ¼ cup (60 ml) fresh basil
- Salt and pepper to taste (optional)
- Crumbled feta cheese (optional)

#### Directions:

1. Prepare quinoa according to package directions; set aside.
2. Heat olive oil in a small pan and then sauté basil until crispy, about four minutes. This will flavour the olive oil with basil.
3. Remove basil and let drain on paper towel.
4. In a mixing bowl, add the strawberries, cooked quinoa, pistachios, basil-flavoured olive oil and gently stir.
5. Garnish with crumbled fried basil leaves and feta cheese (optional). Find detailed recipes for these dishes and more at [californiastrawberries.com](http://californiastrawberries.com).



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






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# 4 key reasons to shop local in the produce aisle

(NC) Ontario is known for its delicious homegrown asparagus, strawberries, peaches and more. But besides being tasty, there are many reasons to look for local produce when grocery shopping. Here are a few to keep in mind:

### ENJOY A NATURAL HEALTH BOOST

A nutritious, balanced diet can have a significant positive influence on your health, from fighting inflammation to reducing the risk of conditions like heart disease, diabetes and even cancer. Fruits and vegetables are leading sources of important nutrients like fibre, vitamins and minerals—regardless of whether they are fresh, frozen or canned.



### SUPPORT THE LOCAL ECONOMY

The province's agricultural sector is massive, with over 125 different fruit and vegetable crops grown across 245,000 acres of land. The industry generates over \$4.2 billion in economic activity annually, making up over a third of Canada's fruit and vegetable production.

### MAKE A GREENER CHOICE

Buying local is also better for the environment, as it means a shorter journey from farm to table, which reduces emissions and minimizes food waste. Plus, you're supporting Ontario farmers who are using environmentally friendly practices for sustainable production. This includes investments in technologies that allow for more efficient use of water, energy and fertilizer.

### STRENGTHEN OUR FOOD SECURITY

Growing our own food helps protect us from disruptions in the global food supply. The more we produce locally, the less vulnerable we are to changes or shortages in the international food system. Supporting local farms makes our food system more resilient and secure.

Learn more about locally grown produce at [ofvga.org](http://ofvga.org).

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

## When It Comes to Health, Pets Aren't So Different From Us

When it comes to health and wellness, most of us know the drill: we have a trusted family doctor who we see for regular checkups, minor illnesses, and overall care. And when something more serious comes up—like a heart issue, a knee that needs surgery, or unexplained neurological symptoms—we're referred to a specialist.

What might surprise some people is that the same model exists in veterinary medicine.

Just like humans, our pets can benefit from the expertise of both general practitioners and board-certified specialists. Family veterinarians are often the first stop for routine care and everyday concerns, but when something more complex arises—especially involving the brain, spine, or nervous system—they can refer patients to a veterinary neurologist.

Neurology is one of the many specialty services available at King Animal Hospital, located right here in King City. With advanced diagnostic equipment and a collaborative approach to care, their team works with local veterinarians to help diagnose and treat pets facing complex neurological issues.

"If your dog or cat is showing signs like seizures, trouble walking, or abnormal behaviour, a neurological condition could be the cause," says Dr. Gibrann Castillo, a board-certified veterinary neurologist at King Animal Hospital. "We use tools like MRIs and CT scans to get answers, and then create a treatment plan that supports both the pet and the family vet."

Veterinary neurologists complete years of additional training beyond veterinary school and are certified through the American College of Veterinary Internal Medicine in Neurology. That means they've dedicated their careers to understanding conditions like epilepsy, intervertebral disc disease, inflammatory brain diseases, spinal cord trauma, and more.

So how do you know when to ask about a specialist?



### Here are a few tips for pet owners:

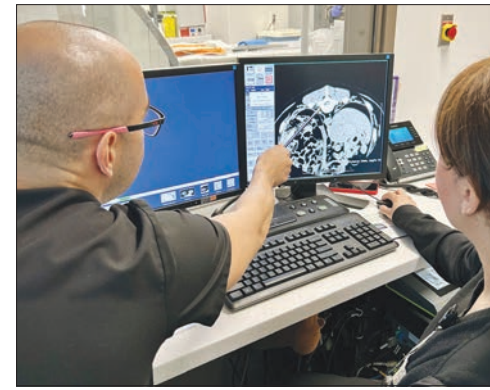
- **Don't be afraid to ask questions.** If your pet's symptoms aren't improving, or the diagnosis isn't clear, it's okay to ask your vet if a referral might help.
- **Think of it as teamwork.** Your regular vet knows your pet best. Specialists like neurologists bring additional tools and training to the table.
- **Advocate for your pet.** If you've noticed changes—in movement, behaviour, or energy levels—trust your instincts. Early intervention can make a big difference.

Another important thing to know: specialty hospitals don't replace your regular vet—they work alongside them. Your primary care veterinarian remains your pet's lifelong healthcare partner, while specialty teams like the one at King Animal Hospital are brought in for targeted support when needed.

Veterinary medicine is advancing rapidly, and today's pet owners have access to more resources than ever before. Whether it's a spinal issue, unexplained fainting, or ongoing pain that doesn't respond to treatment, veterinary neurologists are here to help pets live more comfortable, mobile, and healthy lives.

If you're concerned about your pet's neurological health, talk to your family vet. They'll help guide you on the next steps and, if needed, make a referral to the right specialist.

Because when it comes to care, pets deserve the same thoughtful, collaborative approach we expect for ourselves.



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# 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 10:00 a.m. Our Pastor, Jeff Loach, will lead the service, continuing a series entitled, "The ABC'S of Discipleship." This Sunday's letter is R for "Repenting," from Luke 13.1-9 and Psalm 7.

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 or on our YouTube channel each Sunday at 10 a.m., or on demand at 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.

On Friday, May 9, St. Paul's invites you to an Art Event which is open to all ages. As all supplies will be provided, we just ask that you indicate your interest by emailing secretary@stpaulsnobleton before Sunday, May 4 and we will send you a sign-up sheet to complete and return.

**Nobleton Seniors (55+)**  
By Joanne Bailey  
416-706-9375

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.

Running through June 13, Nobleton will have a student to run programs from 10 a.m. to noon at the Nobleton Arena for other activities like cards, bingo, darts and bocce.

May 1 - Herbs and their Impressive Health Benefits. Learn the healing properties of different herbs (basil, oregano, cloves, garlic and rosemary) and how these herbs enhance our health. Presented by researcher Henry.

May 8 - Estate Planning. Presented

by Spence Lockie Group - IG Wealth Management. They will discuss ways to avoid large estate taxes down the road and share some information on what not to do to avoid probate tax.

May 15 - King Township Historical Society. Learn the history of this society, how it began in 1972, special events including the 50th Anniversary and more. Presented by Sharon Bentley.

May 22 - Paint a Garden Sign. Come and learn how to paint a wooden sign to hang in your garden. Detail instructions given by artist Angela Del Borrello. Cost is \$10 which includes all material and instructions. Register by May 19.

May 29 - Balancing Your Life on Your Feet. The Chiropractor from Balance Health Studio in Schomberg will come and tell us about the importance of balance and how to prevent falls.

June 5 - 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.

June 12 - The "Social," tickets are confirmed. Limited to 10 people, so book with Joanne. This will be a live show and taped, you may be seen on TV. The show is free, your cost is the transportation downtown. More details

about meeting place, dress code and time to follow.

June 19 - Let's celebrate with a party. This will be our last Thursday until September 11. Lunch will be provided, please bring a favourite dessert. Bring your great ideas for our September start.

**Nobleton Lions**

The Pet Valu Walk for Dog Guides takes place Sunday, May 25, starting at the Library Gazabo with registration at 9 a.m. and the walk starting at 10. Bev Berger of Nobleton is a longtime active fundraiser for this important event. To register as a fundraiser or to donate financially, please visit the website <https://www.walkfordogguides.com/> Donations are used to train service dogs like those helping people with sight impairments.

Only two weeks later the annual golf fundraiser tees off at the Nobleton Lakes Golf Course on Sunday, June 8. Entry forms and sponsor forms are available from any 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.

# Classifieds

Phone 905-857-6626 or 1-888-557-6626  
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## Nobleton & Schomberg United Churches

By Nancy Hopkinson

This Sunday is the third Sunday of Easter. (There are 7.) Come & experience the joy of the celebration of Jesus' resurrection. - 9:30 a.m. at Schomberg United and 11:15 a.m. at Nobleton United.

The Community Pot-Luck Lunch (last one before the summer) is Tuesday, May 6 at 11:15 a.m. at St. Mary Magdalene Church. Lunch is at 11:50 a.m. Remember to bring something to share for the meal

The Schomberg U.C.W. meets on the second Thursday of each month. Thursday, May 8 at 1 p.m. at St. Mary Magdalene Church is the next date. All community members are welcome. There will be some refreshments after.

The next Seniors Lunch at St. Mary Magdalene Church is Tuesday, May 13. Please arrive at 11:15 a.m. The program starts at 11:30 a.m. The guest entertainer is Lianne Harris, back by popular demand. She brings history to life with

her period costumes & her props. The meal will be mushroom chicken & rice, served with spinach salad, buns & butter. Dessert is rhubarb crisp with ice cream, tea or coffee. The meal can be delivered, if you prefer. Please let Sheila Kelly know (905-939-2315 or 905-751-5190) if you plan to attend.

Space is limited. Although this is a free event, we do appreciate any donations that you are able to make to help cover the costs. We were grateful to the Township of King for some additional financial support last year.

Bible study resumes on May 15 at 10 am at Nobleton United Church. Everyone is welcome to comment and think about the selected Bible passage and its meaning for today.

The next Messy Church is on Tuesday, May 20 at 5 p.m. at Nobleton United. Families are welcome to this free & fun event. The theme is the Early Church's Mission (Pentecost). One of the activities is always decorating cookies, plus 5 other optional activities. At 6 pm, we will talk about how the activities relate to the theme. 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.

Did you that the United Church of Canada was formed in 1925 when the Methodists, Congregationalists and some Presbyterians joined together? A group of local churches, including Bolton United, Caledon East United, Palgrave United, York Pines and our churches are planning a 100th Anniversary Celebration for Sunday, June 8 at 11 a.m. at York Pines. There will be various musical groups performing. Mark your calendar and plan to attend!

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.

### Fifth annual writing contest under way

By Dorita Peer

Timeless Tales V – The Letters may prove to be the most exciting in the historically-themed short story series launched four years ago.

Arts Society King was eager to discover literary talent in York region and has since expanded to include Simcoe, Peel and Dufferin. ASK partnered with the King Heritage & Cultural Centre to use artifacts and photos from the archives.

History also means taking sneak peeks at diaries and letters. Little lives have titillated the nosy since the dawn of writing. So this year, excerpts from five letters or from personal journals were offered as launching pads for the soaring imaginations of writers of all ages.

The anthologies published in previous years have proven the authors' merit in all the stories, bar none. In the fall, the public will be treated to readings and book signings by writers become authors at Tale Tellers' Night.

Contestants can find the information they need at www.ArtsSocietyKing.ca under 'Events.'

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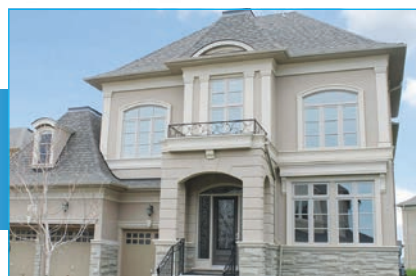


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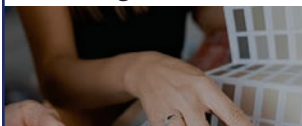
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# King City readers delve into mystery at book club

By Brittany Grenici

Tucked into a cozy corner of the King Township Public Library, a group of avid readers gathered on April 10th for their monthly meeting of the King City Book Club. Members immersed themselves in a lively discussion of this month's title, *Mother-Daughter Murder Night* by Nina Simon.

The gripping mystery novel, featuring a dynamic trio of women—grandmother, mother, and teenage daughter—caught up in a murder investigation, proved to be the perfect catalyst for deep literary discussion. Club members examined not only the twists and turns of the plot but also Simon's sharp writing style and use of voice. Subtle themes of intergenerational tension, healing, and empowerment wove their way into the conversation, sparking personal reflections and passionate debate.

It was beyond interesting to explore the 'why' behind the story—the symbols, the metaphors, the little details that might go unnoticed on a first read.

The book club meets once a month at the library, and it welcomes readers of all ages and backgrounds. With a rotating list of genres and authors, the club ensures that there's something for everyone—from thrillers to historical fiction to literary classics.

Beyond the pages, the group offers something just as valuable: community. In an age where digital screens often dominate daily life, book clubs provide a space for face-to-face connection, thoughtful dialogue, and shared discovery.

Participants say the group has also helped them rediscover the joy of reading and pushed them to step outside their literary comfort zones.

With *Mother-Daughter Murder Night* now closed and bookmarked, the club looks ahead to next month's pick, already generating buzz among members. As always, newcomers are welcome, and the only requirement is a curiosity for story and a willingness to engage.

The King City Book Club meets the

second Thursday of each month at the King Township Public Library. For more information, visit [kinglibrary.ca](http://kinglibrary.ca) or call the library at 905-939-2102.



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**LUXURY CUSTOM HOME ON 1.98 ACRES**

Nestled on a private 1.98-acre lot with over 300 ft frontage, this stunning custom bungalow loft offers over 7,500 sq ft of luxurious living space. Surrounded by mature trees, it features soaring ceilings, a chef's kitchen, spa-like primary suite, renovated baths, heated 6-car garage, and a finished basement with bar, sauna, gym, movie room, and more.



**CUSTOM HOME, PRIME WILCOX LOCATION**

This brand-new custom home near Lake Wilcox showcases 10ft ceilings, floor-to-ceiling windows, a chef's kitchen with JennAir appliances, and a grand 20ft family room. Features include balconies, heated basement floors, stylish finishes, and exclusive lake access. Modern design and elegant craftsmanship define this luxurious, light-filled residence.



**ELEGANT ESCAPE WITH FOREST VIEWS**

This 3-story home backs onto peaceful conservation and offers 4+1 bedrooms, 4 baths, and over 4,300 sq ft of refined space. Features include hardwood floors, a chef's kitchen, sun-filled sunroom, saltwater pool, and a vaulted-ceiling office. Enjoy privacy, nature views, and easy access to parks and amenities.



**LUXURY "GREEN & SMART" HOME**

This 3,800 sqft "green & smart" executive home sits in South Aurora's prestigious Royal Hill community with lush trails and luxury living. Featuring 10' ceilings, hardwood floors, and oversized windows, a gourmet Wolf kitchen, and a spa-like primary suite. The walk-out lower level offers endless potential. Close to parks, trails, transit, and 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, parks, shops, and transit, it's perfect for modern, elegant living.



**2 NEW CUSTOM HOMES IN RICHMOND HILL**

Brand new custom executive home being built, proudly situated on a 150' lot in the sought-after Lake Wilcox community. Offering 4+1 bedrooms, 5 baths, and a chef's kitchen with quartz counters, custom cabinetry, Jennair appliances, plus a finished basement with gym, wine cellar, and more. Walk to Lake Wilcox Park & trails.



**SERENE LIVING NEAR MUSSELMANS LAKE**

Explore this sophisticated brick house in Ballantrae! Boasting 4 bedrooms, 2 baths, a double garage, and oversized windows, this home offers a bright, open layout. Enjoy a functional kitchen, spacious living areas, a cozy family room with a fireplace, and a landscaped yard with balcony views. Conveniently close to schools, parks, golf, and Musselmans Lake!



**ELEGANT EXECUTIVE HOME IN PRIME LOCATION**

Welcome to this immaculate executive home with a 3-car garage and EV port on a premium fenced lot. Enjoy a chef's kitchen, coffered-ceiling living room, main-floor office, and a spa-like primary suite. The finished walkout lower level features a gym, rec room with fireplace, second office, and ample storage. Prime location near top amenities!



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