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RCMP, along with other law enforcement partners, dismantled a large-scale drug lab in Schomberg.

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RCMP dismantles large-scale synthetic drug lab

The Ontario RCMP, with the help of several partners, have successfully dismantled a large-scale synthetic drug lab in Schomberg.

The investigation, which spanned several months, led to the seizure of nearly \$10-million worth of dangerous drugs and controlled substances, \$8,000 in cash, prohibited weapons, and various types of chemical precursors capable of producing many more millions of dollars' worth of illicit drugs.

The investigation was initiated in the spring of 2025 after the RCMP discovered a suspicious order of chemicals, placed by Christopher O'Quinn through his business, O'Quinn Industries. The chemicals ordered are known to police to be used in the production of fentanyl, MDMA, methamphetamine, and for cannabis extraction. In July 2025, specialized RCMP teams launched a further investigation into O'Quinn and two additional individuals suspected of manufacturing these illicit substances. The re-

sults of that investigation led the RCMP to discover that the three individuals were operating a large-scale drug lab at an address in Schomberg.

On Sept. 7, search warrants were executed, leading to the seizure nearly \$10-million worth of suspected controlled substances, including MDMA, GHB, and methamphetamine. Other synthetic opioids are still pending Health Canada testing. Approximately \$8,000 in Canadian currency, along with an assortment of chemicals was recovered. In addition to cash, drugs and chemicals, officers discovered illegal equipment and materials including a pill press, firearms, various drug recipes, flasks and chemical glassware, and a variety of other lab components. Approximately 20,000 litres of hazardous waste were also removed from the site.

See 'Three' on Page 3

INSIDE

REGULAR FEATURES

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'Fall Back:' Turn clocks back one hour Sunday at 2 a.m.



Sip & Savour brings in \$100K-plus for Food Bank.

See Page 7

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Making life better in King

Upcoming Meetings



COUNCIL MEETINGS

Monday, November 3
6 p.m. – Public Planning Meeting
CANCELLED

Monday, November 10
6 p.m. – Council

In-person at the King Township Municipal Centre and live streamed at king.ca/meetings

COMMITTEES AND BOARDS

Thursday, November 06
6 p.m. – Heritage Advisory Committee

Virtual

View full Council and Committee agendas at king.ca/meetings

Subscribe to receive email notifications regarding Council meetings & agendas at king.ca/subscribe

Join us in building a better community by enriching King!

Are you a resident with a bright idea or part of a non-profit, community group or local club with a project or initiative that needs funding? Apply to the Enrich King community grant program which supports individuals and groups with local initiatives that make a real impact.

Applications are reviewed on a first-come, first-served basis until **November 1**—or until the budget is fully allocated.

For more information, visit enrichking.ca

Winter parking restrictions

November 1 to April 15

On-street parking between 2 a.m. and 6 a.m. is **prohibited** to allow for snow clearing. On-street parking permits are not valid during a Significant Weather Event. **Parking infractions will be ticketed \$100.**

For more information, visit king.ca/SnowRemoval

Answer the call! Join King Fire & Emergency Services

Apply by November 14

King Fire and Emergency Services is recruiting paid on call firefighters to serve King City, Schomberg, and Nobleton. Join a team of 150 firefighters covering 333 km² and serving approximately 29,800 residents.

Gain new skills, work within a close-knit crew, and contribute to community safety. **Applicants must be 18+**, legally eligible to work in Canada, hold an Ontario Secondary School Diploma, have a valid Class G licence, live within 6 km of a King fire station, and be physically and mentally fit with strong English communication skills. **Training begins February 2026.**

king.ca/FirefighterRecruitment



Remembrance Day 2025

King remembers. The community is invited to commemorate the fallen soldiers who fought for our freedom at one of four upcoming **Remembrance Day services** in King Township and the surrounding area:

Sunday, November 9
 Kettleby Service
 Kettleby Cemetery
 631 Kettleby Road
 10:45 a.m.

Sunday, November 9
 Bolton Service
 Bolton Cenotaph
 149 Centennial Drive
 12:30 p.m.

Tuesday, November 11
 Schomberg Service
 Schomberg Cenotaph
 Trisan Centre
 25 Dillane Drive
 10:45 a.m.

Tuesday, November 11
 Aurora Service
 Aurora Cenotaph
 14659 Yonge Street
 10:45 a.m.

All Canadians should proudly pause on **Remembrance Day** to express a heartfelt thanks to the veterans of our land who sacrificed their lives.

Lest we forget,
 Mayor & Council

KING 175 EST. 1850

Ribbon Cutting 12:30 pm

You're invited to the grand opening of the **Backyard Patio at the King City Seniors Centre** **Monday, November 10 at noon**

Refreshments • Lawn games • Crochet

Funded in part by the Government of Canada's New Horizons for Seniors Program

Canada KING 175 EST. 1850

View the **2026 Budget Book** at king.ca/budget

Public Open House
 King Township Municipal Centre
 November 12
 4 - 7:30 pm

Watch the budget presentation during the Council Meeting on **Monday, Nov. 24**, starting at 6 p.m. Attend in-person at the King Township Municipal Centre or watch live at king.ca/meetings.

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- Seasonal Equipment Operator (On call)

View job postings at king.ca/employment



SCAN HERE to register

Métis Beading Workshop

Learn traditional Métis beading techniques from Métis artist Kathy Morgan in a hands-on beading workshop at the **King Heritage & Cultural Centre** on **Saturday, Nov. 1 from 1 to 4 p.m.**

Create a beaded poppy in honour of Indigenous Veterans Day or design a flower of your choice. No experience is needed for this workshop sponsored by **Arts Society King**, just your creativity and curiosity.

Cost: \$90 for a full kit or \$75 for a half kit (for returning participants).

For more information, visit kingheritageandculture.ca.



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KING 175 EST. 1850

Three charged in local drug production operation

From Front Page

The complexity and danger of the drug production operation required RCMP, with the help of the Ontario Fire Marshal, Health Canada and King Fire and Emergency Services, 10 days to safely dismantle.

As a result of the investigation, three individuals were arrested in connection with the drug operation, and are facing a total of 33 criminal charges:

Christopher O'Quinn is facing 20 charges related to drug production, trafficking, and weapons offences including:

Production and trafficking of Schedule I substances including Methamphetamine, MDMA, and GHB.

Possession of chemicals and equipment intended for drug manufacturing.

Unlawful possession of prohibited firearms and devices, including a bull-pup-style shotgun, .22 calibre rifle, and

prohibited magazines.

Possession of controlled substances for the purpose of trafficking.

Liang Xiong Guo is facing 9 charges related to the illegal production and trafficking of controlled substances including:

Production and trafficking of Schedule I drugs including Methamphetamine and MDMA.

Possession of chemicals and equipment intended for the manufacturing of prohibited substances.

Katie King is facing 4 charges related to drug trafficking and firearms offences including:

Possession of Methamphetamine for the purpose of trafficking.

Unlawful possession of a firearm and prohibited device (a .22 calibre magazine) without a valid licence.

The RCMP would like to thank its partner agencies, including the Ontario Provincial Police, Niagara Region-

al Police, York Regional Police, South Simcoe Police Service, the Ontario Fire Marshal, King Fire and Emergency Services, Health Canada, Ministry of the Environment, and the Canada Border Services Agency for their collaboration on this complex and large-scale investigation.

"This complex and multi-agency investigation demonstrates the strength of coordinated law enforcement efforts, and our shared commitment to keeping Canadians safe. Through the collective actions of all agencies involved, we successfully prevented a significant quantity of dangerous and potentially deadly substances from reaching our communities," said Chief Superintendent Chris Leather, Officer-in-Charge of Criminal Operations, RCMP Central Region.

"The RCMP is committed to disrupting the illegal drug trade and keeping our citizens safe from illicit substances. Together with partners, the RCMP is strengthening efforts to disrupt drug trafficking and dismantle clandestine labs. Project Overboil is a clear exam-

ple of how intelligence-led policing and multi-agency teamwork support to local law enforcement in detecting and dismantling clandestine drug labs," added Chief Superintendent Mathieu Bertrand, Director General of Serious and Organized Crime, RCMP.

The Integrated Synthetic Enforcement Team (ISET), previously known as Clandestine Lab Enforcement and Response Team (CLEAR) for Central Region, is a specialized unit based out of Toronto West Detachment under the Serious and Organized Crime umbrella which responds to potentially dangerous and highly hazardous chemical incidents throughout Ontario. The ISET team may also be called on to provide assistance to municipal and provincial police services, as well as other federal government agencies.

If you have any information related to clandestine labs, drug trafficking, or wish to report other criminality, you can contact the Ontario RCMP at 1-800-387-0020 or anonymously through Crime Stoppers at 1-800-222-8477 (TIPS), at any time.



Nobleton Lions annual fundraising ticket draw winners are declared

Tickets were drawn by Matt Habil of Pharmasave for the three winners in the Nobleton Lions Annual Fundraising Ticket Draw Oct. 25 at the Nobleton Gazebo.

The first prize winner of \$4,000 was Lino Marchand. The second prize of \$750 went to Alf Budweth, while the third prize winner of \$250 was Carol Struthers.

Congratulations to all three winners. A special thanks goes out to all the friends of Lions who helped out with ticket sales and the associated administrative tasks, and to Lion Gino Difebo for being the point person for the event.

Community support was excellent again this year to enable the Lions to provide financial support to many organizations, both locally and globally. Some of these are the King Township Food Bank, Girl Guides, CHATS, minor sports, Lions Camps for families with children dealing with diabetes and kidney disease, local hospitals, Autism Ontario and humanitarian support in developing countries like Tanzania, and several others..

Shown here are some of the Lions who participated along with Matt Habil, who drew the winning tickets and whose help was much appreciated.

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Editorial, Letters & Opinion

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

Are we comfortably ‘slotted into’ our lives?

As I went about my daily business recently, I took a step back, and realized just how orderly things are.

I’m in my own lane, one that’s been set for me, and all I do is go from Point A to Point B, and occasionally veer off to Point C, sometimes swinging around Point D.

Is that what our lives have come down to?

I pictured a Hot Wheels race track or one of those fancy slot car tracks we used to play with as kids. The track and the slot kept our cars on the straight and narrow, and only when we went too fast, or took a turn too quickly, did we venture off the rails.

Are we conditioned to be like ducks in a row, following a certain path?

Perhaps once our indoctrination took hold as we grew into young adults, we were already conditioned to be consumers, cogs in some enormous societal wheel. George Orwell would be proud.

But really folks, those of us Baby Boomers followed a rather specified path. We went to school where we were taught what to think, not how to think. We chose a post-secondary field of study, or we opted to go straight to work, or trade school.

We spin the wheel in the Game of Life, and meander around the board. We choose career or school and keep plugging away until we gain friends or family.

If we want to slide back into the race track scenario, we got our driver’s licence, landed work, kept inching forward, around the track. Maybe we had a slight fender-bender and met our soulmate or future spouse.

And so it goes. Like most board games, the object was to amass as much money and property as possible, to be successful.

What? I was never specifically taught to be greedy, and obtain personal wealth at all costs. I wasn’t directed to put things first and cherish objects. I wasn’t encouraged to practice idolatry.

I always believed I was to stay away from those deadly sins, at all cost.

Have we simple humans put a major



Mark Pavilons

monkey wrench in things by exercising free will and free choice, driven by our frail emotions?

I laugh in the face of our celestial chess players, those giants hovering above on Mount Olympus. Humans may very well be playthings in the fabric of the universe.

But if you think about it, a lot of what we do is rote. We get up, brush our teeth, grab a coffee, jump in our car and head to work. After eight hours or so, we head back, maybe stopping to pick something up on the way home. We have dinner, hopefully at the table with everyone present. We watch some TV and catch our favourite sports team in action.

Sleep, wake, work, repeat. There have been many times I examined my almost mechanical actions. Okay, some of them are filled with emotions, while others are simply mindless movements. I fill the dishwasher, take out the trash, replace the paper towel roll.

I’m not saying everything we do has to have meaning, but it would be nice to inject a little umph into our daily lives. Our steps should be light and almost dance-like, not clunky, thud-like movements. Our heads should be held high,

and our eyes wide as we take in everything around us.

And yet, we waste more than we cherish.

I have found my new “cancer routine” to be matter of fact, cold, and calculated.

I approach every appointment, blood test, scan and treatment with a rational, straight-forward mind set. I set my alarm, hit the road, attend my appointments, discuss my condition with my doctor, and return to work. Then I do it all over again, every couple of weeks.

Sure, I sometimes get anxious about what awaits, but then I just focus, steer my personal “race car” along the track that’s before me. It’s a course that’s designed specifically for me and one that I have to navigate, often alone, sometimes in the wee hours.

This is my journey, from here on in. Sure, it may be smooth sailing some days while others require more than one pit stop. The checkered flag, in my case, remains elusive, hidden.

There are no crowds cheering me on, but there may be a few “fans” here and there, sending positive thoughts and vibes my way.

I have to rely on the skills, kindness and compassion of nurses, radiation techs, oncologists, administrators and special pharmacists.

My phone is filled more with appointment schedules than jovial vacation photos. I concentrate on more frequent visits to the gas station and I try to make sure my hospital parking pass is up to date.

These are things I never thought I

would ever have to worry about. Alas, such is my fate.

I’d much rather have no need for countless texts for appointments, new information on various portals, and reminder upon reminder.

I’d much rather scoot around the circuit, top down, watching the speedometer lean heavily to the right. I’d be much happier steering around hairpin curves, enjoying the thrill of it all.

Through it all, I have to make sure my car is road worthy, and well maintained, lest I be derailed.

It’s kinda funny that we humans can reduce a life-altering “race” to a series of movements – dates, times, destinations.

I’m still a productive member of our family, and run errands, drive kids around, pick up pizza and attend functions. In our busy lives, there’s little time to pause and wonder just how I’m feeling. Fortunately (?), I’ve felt rather well physically. Emotionally, that’s another story.

But we resilient drivers firmly grasp the wheel at 10 to 2, and look in all directions.

Wouldn’t it be nice to just leap out of our race cars and just walk around, enjoying the scenery? Do we need to go that fast?

For the most part, we are led by common sense, rationality and a sense of purpose. If that purpose is earning a living to support our family, so be it. If that objective is to make it to Point V (for Victory), great.

I wish everyone a safe driving experience, and hope you all make it safely to your destination.



Letter to the Editor

Open house format not engaging

I am responding to a recent article in King Sentinel stating that the King Official Plan open house engages residents.

As someone who works to be engaged in my community, I find this open house format that has been used in the past few years very discouraging and I have stopped attending these events. The Township staff, the experts and facilitators are very nice. They have worked very hard setting up stations covering the important aspects of the event (block planning, senior friendly community, OP review...). Usually some activity/game happens. One-on-one interactions occur, the township checks off that they have communicated with its residents, all the ideas from the stickies are collated. I learn very little.

Without a presentation to the entire group and a question and answer session with all the attendees, no real dialogue, communication or learning takes place between the Township and its residents.

The article states that the township process is rooted in collaboration with the community and states the importance of giving residents a voice in decisions.

With this current drop-in format, for me, and I suspect most other residents, collaboration, real dialogue and giving voice does not happen.

J. Hofstetter

<p>KingWeeklySentinel WEBPOLL www.kingsentinel.com</p> <p>Results from last week's poll: Will the Blue Jays win the World Series?</p> <p>a) Yes <input checked="" type="checkbox"/> 100% b) No <input type="checkbox"/> 0%</p> <p><small>The results of this poll are in no way considered to be valid or infallible.</small></p>	<p>THIS WEEK'S QUESTION</p> <p>Do you think the U.S. tariffs are hurting Canadian businesses?</p> <p>a) Yes b) No</p> <p>Go to our website and cast a vote!</p>
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Quote of the Week

“That quiet defiance – choosing to exist, to try, to hope – is the bravest thing we can do.”

– Ernest Hemingway

Trivia Tidbits

The Toronto Blue Jays have made 8 playoff appearances in their franchise history.

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The suicidal insanity of non-stop growth

By David Suzuki

The Environment

Growing economies, growing industry, growing cities, growing population, growing pollution ... When does it stop?

Our current economic system is obsessed with constant growth; everything must keep expanding — except for the natural systems on which our health and survival depend. Those are shrinking, destroyed by our obsession with growth.

The human population has been multiplying rapidly, especially since the beginning of the industrial revolution. From 1800 to 1927, population doubled from one to two billion. It doubled again by 1974 and has since doubled to more than eight billion. Along with it, our appetite for resources, especially in the wasteful West, has grown exponentially — not to meet human “needs,” but to perpetuate a system that puts profits above everything.

It's malignant. It's suicidal. And it's unfair. The obscenely wealthy hoard money and resources, amassing billions of dollars, luxury yachts, mansions and private jets while others starve and struggle to survive. Corporations plunder the Global South for minerals and oil, leaving local and Indigenous Peoples with legacies of pollution and scarred landscapes.

We build roads and parking infrastructure so people can transport them-

selves in large, inefficient machines, powered by polluting, climate-altering fuels or massive, resource-heavy batteries. We spend colossal amounts of money to mine minerals and produce sophisticated weapons used to destroy.

Air, water and land are polluted and degraded as the climate heats to catastrophic levels, yet we continue to burn fossil fuels and devastate carbon sinks. The consequences are escalating and worsening rapidly: extreme weather, water shortages, floods, droughts, plant and animal extinction, increased conflict and human migration, agricultural failures ... the list goes on.

Where does it end?

Many think this system is inevitable, unchangeable. But it's relatively new, and humans have always adapted to changing conditions and advancing knowledge.

It could be argued that we didn't know any better when we switched from wood to coal for power or whale oil to crude oil for lighting — although the greenhouse effect has been studied for more than 200 years, at least since French mathematician and physicist Joseph Fourier described what is now called the “greenhouse effect” in 1824.

As recently as the early 20th century, when the human population was much smaller, it seemed the planet offered

limitless bounty, that there was plenty of land, timber, minerals and fossil fuels to create prosperity and profits. In North America especially, industrialists saw that selling gas-guzzling cars and building infrastructure for them could generate enormous profits for the newly booming oil and auto industries. People were convinced that travelling in their own massive, inefficient vehicles was the key to freedom.

Although capitalism has always been based on growth, and consumerism took hold in the United States early in the 20th century, today's rampant resource-depleting consumerism really kicked into high gear after the Second World War.

In 1955, retail analyst Victor Lebow wrote, “Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfaction and our ego satisfaction in consumption ... We need things consumed, burned up, worn out, replaced and discarded at an ever-increasing rate.”

But has our never-satisfied gluttonous appetite really brought “spiritual satisfaction” or happiness? Saner thinkers — from English philosopher and political economist John Stuart

Mill in 1848 to U.S. economist John Kenneth Galbraith in 1958 — have pushed back against this wasteful ideology.

Mill argued for a “stationary state” economy with a stable population and high but stable standard of living. Galbraith wrote, “What of the appetite itself? Surely this is the ultimate source of the problem. If it continues its geometric course, will it not one day have to be restrained? Yet in the literature of the resource problem this is the forbidden question.”

The planet offers everything we need to survive and thrive, but not if we continue to wastefully exploit it. Most of the resources are consumed, and most of the pollution created, in the wealthy Western world. Yes, human population should be stabilized, but the bigger problem is rampant consumption.

The solutions are here; we just need to dispense with destructive and outdated ideas about growth and profits. In doing so, we might find what truly leads to “spiritual satisfaction” and happiness.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with David Suzuki Foundation Senior Writer and Editor Ian Hanington. Learn more at david Suzuki.org.

Letters to the Editor

Giving credit where credit is due

I make reference to the Sentinel Oct. 16 article “King residents among LSRCA's Environmental Heroes.”

The reported accolades suggested that only my efforts were responsible. The award needs to be shared with the many others, which I wish to acknowledge.

My initial LSRCA contact in 1981 created a plan and their execution of the first planting of 3,200 seedlings by machine. Trimming of invading grass was necessary.

LSRCA has been involved many times since — providing guidance; sourcing additional trees; actively planting and arranging for stream erosion control. The most recent planting in 2025.

The MNR Stewardship Youth Ranger program was contracted by LSRCA allowing students to gain experience by planting native trees and shrubs.

Family members have regularly

assisted to plant seedlings, trimming trees, and culling by cutting firewood for family and friends.

It has been a family effort for several years removing dangerous dead White Ash trees that were victim of the Emerald Ash Borer invasion. Ongoing tree maintenance by family involves trimming the regenerated growth. Creation of trails by my Grandson has opened the property to now be enjoyed by three generations and others.

It is my hope that recent reductions made by the provincial government to the responsibilities and authority that the LSRCA once enjoyed will not negatively

Impact the future efforts of the effective LSRCA work from which we have all benefited, and that we have come to rely upon in the past.

Doug Pegg



FROM THE ARCHIVES



Walls family farmhouse, lot 23, concession 5, circa 1900; in 1946, fifty acres of this farm were sold to the government to make way for Highway 400.



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Province proposing to release lands that are no longer needed to build the transmission corridor alongside Highway 413

As part of its plan to protect Ontario and support the energy needs of growing communities, the government has reached a key milestone in the Northwest GTA Transmission Corridor Identification Study.

The province is proposing to reduce the boundaries of the transmission corridor and release lands that are no longer required for protection, reducing the lands held for the transmission and highway corridors by approximately 40 per cent. The transmission corridor will host major infrastructure projects that will support Energy for Generations, the government's long-term plan to deliver reliable, affordable and secure energy to create good-paying jobs and power Ontario's future.

"As Ontario's population and economy continue to grow in the GTHA, we are planning ahead and building for future generations," said Stephen Lecce, Minister of Energy and Mines. "This milestone reflects our government's commitment to deliver reliable, cost-effective energy infrastructure that meets growing energy demand, while keeping energy affordable for families."

Halton, Peel and York are among the fastest-growing regions in Ontario, with electricity demand far exceeding the provincial average. As communities expand further from existing transmission infrastructure, the Independent Electricity System Operator (IESO) has confirmed the need for new transmission capacity to bring electricity into and throughout Northwestern GTA.

"Our government is fighting gridlock and unlocking Ontario's full economic potential by building Highway 413, which will provide much-needed relief along one of the busiest highway corridors in North America as part of our \$30-billion plan to expand transportation infrastructure across

the province," said Prabmeet Sarkaria, Minister of Transportation. "Aligning the Northwest GTA Transmission Corridor with Highway 413 means we're keeping Ontarians moving while meeting electricity demand for generations to come."

The proposed corridor along Highway 413 is based on a study launched in 2019 to identify a viable route for future transmission infrastructure. The refined corridor reflects detailed technical analysis to identify the narrowest path capable of supporting both 230 kV and 500 kV transmission lines, while preserving flexibility for future transmission designs. The study prioritized co-location with Highway 413, minimizing impacts on natural areas, and avoiding built-up communities.

Throughout the process, municipalities, stakeholders and Indigenous communities have been engaged at key milestones to inform and shape the proposal. The proposal and updated maps are now available for public comment on the Environmental Registry of Ontario. The Ministry of Energy and Mines and the Ministry of Transportation are expected to announce their finalized land use plans and release surplus lands in December 2025.

"This milestone creates the conditions for more homes to be built by making it easier for communities to grow," said Rob Flack, Minister of Municipal Affairs and Housing. "Working across government, we are bringing the dream of homeownership within reach for more hardworking families in Halton, Peel, and York Region."

Backed by record investments in energy infrastructure, Ontario's integrated approach is giving Indigenous communities, municipalities, businesses and industry partners the confidence to invest, grow and build here in Ontario.

With a clear path forward, the plan is not only meeting the demands of today, but it is also protecting jobs, supporting workers and powering economic growth for generations to come.

Proposed revisions to the Study's NAI will have no direct environmental impacts in respect of the lands within the NAI.

Lands within the NAI remain protected under the Provincial Planning Statement, 2024, which restricts devel-

opment that could compromise future infrastructure use.

Some lands within the NAI overlap with the corridor being planned by the Ministry of Transportation (MTO) for Highway 413 and the Focused Analysis Area (FAA).

Concurrently with this consultation, MTO is preparing to finalize the route alignment and will designate lands under the Public Transportation and Highway Improvement Act.

Work to protect bats, a misunderstood mammal

By Oak Ridges Moraine Foundation

Bats have long been symbolic of spooky season alongside spiders, blackbirds, black cats, and more. But despite their reputation as being creepy, scary, and even dirty and dangerous, bats are quite social and intelligent. Some species are shy and cautious, some playful and curious, while others display reciprocal behaviours – a far cry from how they are portrayed during Halloween!

Bats are in serious trouble on the Oak Ridges Moraine and across Ontario. Of the eight species found here, seven are already officially listed as Endangered, or have recently been recommended for that status at either the provincial level, federal level, or both. This means that nearly all of our local bats are viewed as being at a very high risk of disappearing.

The biggest threat is a deadly fungus called White Nose Syndrome, which infects bats during hibernation, causing them to wake up too often and burn through the energy they need to survive the winter. On top of this, bats are also losing habitat and are often killed by collisions with wind turbines. Because they have very few young each year, their populations are struggling to recover.

While popular media, particularly at this time of year, would have you believe that bats are useless bloodsuckers, this couldn't be further from the truth. There are a number of ecological as well as economic benefits that bats provide. They are voracious feeders on insects, keeping their populations in check as well as important pollinators.



They disperse seeds, contributing to biodiversity, and because of their role as an indicator species, they also tell us a lot about the health of the ecosystems they live in.

And as far as being bloodsuckers? Only 3 of over 1,000 species of bat actually consume blood, which they don't suck but rather lap tiny amounts of largely from livestock. The risk of getting rabies from bats, another concern that is wildly overblown, is extremely low in North America. In fact, since reporting began in 1924, the Government of Canada has reported only 28 cases of rabies in humans originating from bats. You're far more likely to pick up rabies from cats and raccoons.

If you want to help protect these misunderstood animals on the Moraine, consider putting up a bat box, which provides habitat for roosting, on your property! This is particularly impactful given high development pressures on the Moraine. You can also help dispel myths and misconceptions when you hear them, spinning a new narrative for these endearing and at-risk species!

Métis beading workshop

King Township's heritage team is partnering with Métis artist Kathy Morgan to run a beading workshop in honour of Indigenous Veterans Day and Remembrance Day. Craft a beaded poppy using traditional Métis beading techniques passed down through generations at the King Heritage and Cultural Centre on Saturday, Nov. 1 from noon to 4 p.m. For more information and the link to registration, visit kingheritageandculture.ca

Advertorial

Arthritis: New Approach Delivers Remarkable Results



If you suffer from Arthritis you need to be aware of effective advancements that can eliminate years of pain, suffering, immobility and frustration.

You may have told your doctor you suffer with one or more of the following: sore, stiff knees, painful achy hips, low back pain, mid back pain, neck stiffness or pain, hand stiffness, shoulder pain or elbow pain.

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

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

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

There is a new, natural, safe and highly effective approach that has helped many sufferers improve their

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"This new, natural, safe and highly effective approach has helped many sufferers improve their lives dramatically".


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



Halloween spirit in 1916




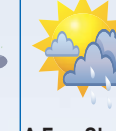


In 1916, Halloween spirit was alive and well, even in the classroom. This group of students are dressed to impress, including one standout bat ready to take flight. From handmade costumes to spooky smiles, our archives show that Halloween has always been a time for creativity, community, and just a little mischief. Shown are Anna, Adelaide, Vida, Leona, Winnifred, Mrs. Merkley, Madge, and Olive, 1916.


Courtesy of King Archives


7-Day Weather Outlook

From Thursday, October 30 to Wednesday, November 5

THURS 30TH	FRI 31ST	SAT 1ST	SUN 2ND	MON 3RD	TUES 4TH	WED 5TH
						
Rain High 9C° Low 4C° ~5mm Wind NE 17k	Light Rain High 6C° Low 3C° 1-3mm Wind NW 25k	Mainly Cloudy High 5C° Low 2C° - Wind NW 20k	Clouds/Sun High 6C° Low 2C° - Wind W 12k	A Few Showers High 9C° Low 4C° 1-3mm Wind SWc 31k	Sun/Clouds High 8C° Low 2C° - Wind W 28k	Sun/Clouds High 7C° Low 3C° - Wind NW 15k



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Sip & Savour raises over \$120,000 for King Township Food Bank

The King Township Food Bank's 12th annual Sip & Savour fundraiser brought the community together for an unforgettable evening — raising more than \$120,000 to support neighbours in need.

Known as “the cocktail party of the year in King,” Sip & Savour is the Food Bank's primary fundraiser and a crucial source of annual funding. Entirely volunteer-run for more than 20 years, the Food Bank currently supports nearly 500 residents each month with essential groceries.

“This event truly embodies the spirit of King Township,” says Geoff Simpson, president of the King Township Food Bank. “The generosity and compassion we see each year are both humbling and inspiring.”

This year's “Oh! Canada” theme celebrated everything we love about our great nation, including a culinary journey from coast to coast to coast. Hilda May Events & Catering delivered a stellar menu, featuring Montreal smoked meat, bison sausages, elk and pork meatballs, perogies and poutine, clam chowder, and sockeye salmon. Guests with a sweet tooth enjoyed Nanaimo bars from Dorio's Bakery, coffee and Timbits courtesy of Rita and Len Mizoni of King City and Nobleton Tim Hortons, butter tarts, and classic beavertails. A volunteer décor team transformed the venue to reflect the great Canadian outdoors, while Strange Potatoes energized the crowd with an all-Canadian playlist by request.

Professional auctioneer David Beasley led a lively auction featuring standout items, including an original mixed-media print of the Canadian Shield by the late Ed Bartram, donated by Mary Bromley and framed by Select Art Galleries; a signed photograph of Bobby Orr's iconic hockey moment, donated by Bobby Orr; Brent Morning, and Mary Morganelli (frame); tickets for the Toronto Maple Leafs vs. Boston Bruins from Image Four Inc.; a Blue Jays executive suite for 12 donated by Evans Supply Ltd.; and an autographed Jose Berrios baseball from the Toronto Blue Jays. The silent auction, held both online and onsite, offered more than 100 items donated by generous individuals and businesses near and far.

The Food Bank extends heartfelt thanks to lead sponsors Capital Power and York Energy, King Animal Hospital, and TACC Developments, as well as lead donors Carol Ann Trabert, a founding member and past president of the Food Bank, and Aracon Homes. Special appreciation also goes to in-kind sponsors Cardinal Golf Club, King Print Solutions, Raptorial Artistry Taxidermy, Lisa Pace Photography, Tab Creates, Strano + Pettigrew Design Associates, King Weekly Sentinel, Mural Unique, and Lisa Grealish for their invaluable support.

“This event is only possible because of the amazing volunteers, sponsors, donors, supporters, and ticket holders who come together year after year,” says Meline Beach, volunteer director of fundraising and Sip & Savour event coordinator. “Every ticket purchased, every auction bid, and every sponsorship and donation truly adds up. The energy in the room this year was incredible as the enthusiasm and generosity of our community are what make Sip & Savour so special.”

With gratitude to the entire community for its continued support, the King Township Food Bank is already planning next year's Sip & Savour as another evening of fun and fundraising in support of neighbours helping neighbours.



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FCO: Foot Clinic & Orthotics celebrates its grand opening in Nobleton

By Jim Stewart

Owner and practitioner Hasinah Shaqiq expressed her gratitude after a ribbon cutting ceremony which marked the grand opening of Foot Clinic Orthotics on Sunday afternoon in Nobleton.

“Seeing the celebration and seeing the turnout today – it’s a proud moment. It’s been hard work to move our clinic from Kleinburg to Nobleton, but it makes me proud to see our staff greeting our customers who were kind enough to come out in such big num-

bers today to celebrate with us,” he said.

The congenial Shaqiq welcomed dozens of guests to the open house, including Mayor Steve Pellegrini, Councillor David Boyd, and Chamber of Commerce Chair Darryn Wilbur who presided over both the ribbon cutting ceremony and the cake cutting moment on a radiant October afternoon. Shaqiq acknowledged the familial support she received as she moved her second clinic from Vaughan: “My family played such a big role. My husband had such a big part of the construction and my kids



had a lot of late nights. My staff of 12 is just like family and they have been so supportive too. I couldn’t have done it without them.”

Shaqiq admitted that the grand opening was a special experience: “Honestly, at this moment, when I see all the people around us, it feels both unreal and rewarding. The fact that my speech worked as well as it did and seeing my mom and kids while I was delivering it

– showed how much support I felt today.”

FCO: Foot Clinic & Orthotics is located at 13196 Highway 27 in north Nobleton. The clinic specializes in the treatment of foot and ankle pain, sports medicine therapy, paediatric care, skin and nail conditions, custom-made orthotics and bracing, medical compression hosiery, and diabetic footcare.

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York Region is committed to building a high-quality child care and early years system that is accessible, affordable and responsive. To do this, professional development and training opportunities are offered to early learning and child care professionals across York Region. York Region offers interactive online sessions and workshops throughout the year, with a focus on themes that meet the local needs of our community.

The training and supports offered build the capacity of professionals to provide high-quality and inclusive family-centred early learning and child care programs.

Sign up to York Region Children’s Services Early Learning and Child Care Professional Development mailing list to receive information on professional development and training opportunities.



ORM Land Trust marks 25th anniversary

The Oak Ridges Moraine Land Trust celebrated their 25th year of protecting land, water, and life on the Oak Ridges Moraine at Uxbridge’s famous Trail Hub recently.

With sold-out attendance of over 165 guests across landowners, donors, volunteers, staff, and other supporters, the celebration was an opportunity to reflect on the conservation legacy of the organization with many of those who have been instrumental in its success.

Notable speakers and presenters included John McCutcheon, landowner and one of the Land Trust’s earliest supporters; Jan Oudenes and Isobel Ralston of leading sponsor MapleCross Foundation and long-time supporters of the Land Trust; Peter Love of the Muskoka Conservancy, and the long-standing CEO of the Land Trust, Susan Walmer.

The gathering served not only as an opportunity to look back on 25 successful years, but also as an opportunity to look forward and plan for another 25+ successful years of conservation across this important but sensitive ecological landform.

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Schomberg Vet welcomes new ownership and a fresh vision for local pet care

By Brittany Greci

A new chapter has begun at Schomberg Veterinary Services, one defined by advanced medical standards, heartfelt care, and a passion for innovation from two dedicated veterinarians who have already built a strong reputation across the GTA.

In April 2025, Dr. Mena Melek and Dr. Abraam Khalil took over the long-standing Schomberg clinic, located at 17365 Highway 27. The new owners kept its trusted name while bringing a modern, prevention-focused approach to the practice. Both doctors are no strangers to hands-on care – they launched GTA Mobile Veterinary Services several years ago and continue to operate the mobile practice alongside their new clinic.

“This business has helped us tap into a whole new market in the veterinary space. Many of our clients are seniors who have difficulty transporting pets to-and-from the vet, people with pets who are overweight and struggling with health conditions that make transportation difficult,” says Dr. Melek. “We provide at-home pet care, including euthanasia, which we found makes a huge difference to our clients, as many people want their pets’ last days to be spent in the comfort and familiarity of their own home. This ensures that they have privacy during a very difficult time.”

The emotional weight of that kind of service reflects their philosophy: treat

every pet like family and every client with compassion. That mind set has now transitioned into their brick-and-mortar clinic, where they prioritize prevention and long-term wellness over reactive care.

Dr. Melek brings a particularly rare perspective to King Township. He earned his veterinary license overseas, later becoming certified in Canada in 2013, then going to work at an Emergency Veterinary Clinic in California for a year and a half. That experience, he says, shaped his proactive medical approach.

Working in emergency care taught him how to avoid emergency situations, and he now applies that mind set daily in Schomberg. Education is a core component of the clinic, both for staff and pet owners. Dr. Melek and Dr. Khalil educate clients on the importance of prevention so that they can avoid immediate interference and emergency services.

Five months into reopening, the clinic is already earning a reputation for offering big-city technology with small-town care. They invested in a high-resolution digital X-ray machine, work closely with a radiology team for expert interpretation, and include dental X-rays as a standard part of every cleaning – a service many clinics charge extra to perform.

By appointment, pet owners also have access to professional ultrasounds through an on-site partnership with a certified ultrasound technician. Comprehensive lab testing is completed through one of the top veterinary labs in North America, ensuring fast and reliable results. And if a case needs a second opinion? They don’t hesitate to obtain one.

“We provide highest level in terms of quality of medicine for a reasonable price. That is why we are so excited to share our services with King Township, and its surrounding areas” says Dr. Melek.

Pet owners will also notice how easy the team makes visit management. Clients can book appointments online, select which veterinarian they want to see, and even text with staff for quick questions. The clinic also automatically reminds pet owners about upcoming vaccinations and annual checkups – another example of its emphasis on preventive care.



Their online store allows customers to order food, treats, and toys, with free delivery on orders over \$100. Many products are currently 5–10% off select brands. And February is already shaping up to be a busy month – it’s Dental Month at Schomberg Veterinary Services, with 10–20% off dental cleanings and extractions on a first-come, first-

served basis.

With integrity at their core and excellence in every detail, Schomberg Veterinary Services is redefining local pet care – bringing world-class expertise to the heart of the village. Interested in becoming a client?

Visit schombergvets.com to get in touch with the team.



Dr. Mena Melek

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Final Release

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Arts & Entertainment

Paranormal team leads tour of King buildings

By Mark Pavilons
Editor
Local Journalism
Initiative Reporter

King residents will have a chance to witness, first-hand, some things that go bump in the night.

A group of paranormal investigators are leading a tour of King's old buildings at the King Heritage and Cultural Centre Nov. 1.

The evening tour is being led by The Paranormal Seekers, a research and investigation group based in Durham Region. They specialize in historic locations and providing "afterlife awareness."

The former Kinghorn School (circa 1861) is now part of the main building at the King Heritage & Cultural Centre. Before it was renovated, visitors reported seeing a little girl in a white dress and hearing quiet murmurings in the school room. A more malevolent presence in the unfinished basement seems to have disappeared with recent updates to the building.

Rachel, the group's founder and lead researcher, says they also investigate residential and commercial properties.

"We approach each case with a high level of professionalism and discretion with every case being handled according to the wishes of the client in mind."

The Paranormal Seekers was founded in 2004 and they strive to make history interesting, bringing back tourism into the surrounding areas. The Paranormal Seekers' first major investigation was at the historical Parkwood Estate, located in Oshawa.

Using psychic abilities, technology, and research, The Paranormal Seekers have investigated cemeteries, museums, commercial buildings, theatres, and historical sites. With the findings

from each investigation, stories are written, filed and posted on the website.

Visitors can expect to be immersed in an interesting take on history.

"We will be investigating the buildings using a variety of different paranormal equipment and methods. Visitors will be given the opportunity to operate some of the equipment and jump right in as if it was their investigation. Each building is different, as well as the investigators. This means that visitors will see different ways of investigating and different ways that equipment can work/be used. We hope that there is intelligent communication, but like we say, ghosts and spirits are not performers. Sometimes they choose not to communicate," Rachel said.

While the terms "ghost" and "spirit" are used interchangeably, the group defines them as two different energies.

"A ghost is that of someone who has died rather suddenly (illness, accident, crime, etc) and they either do not know they are dead or do not accept it and refuse to move on. A spirit is someone who has died, crossed over to the other side, and now comes back to visit. Both ghost and spirit activity can fall into the same categories, so it can be hard to distinguish what the energy is sometimes."

Ghosts and spirits can communicate in many different ways. Rachel said they can show up in videos and photos. They can use their voice (known as Electronic Voice Phenomenon, aka EVP). They can give living people thoughts and/or images in their minds. They can be in a dream. They can use different types of paranormal equipment that makes noise, or speaks for them.

"There is no right or wrong way for spirit communication. It is all about how we interpret what they are trying to say (or not say)."

Rachel noted there are both good and negative energies.

"Sometimes the negative energies can cause things to happen that are not ideal. Can it potentially hurt you, yes. Sometimes people will be touched or scratched. But nothing that I would say could do real harm. Hollywood has really sensationalized the paranormal. But that is what you do when you need to make money. We call this the 'Hollywood Effect.' The silver screen has mostly portrayed ghosts and spirits as evil beings that want to do harm. This is not true."

For the team, they don't necessarily believe that there are "evil" spirits or demons.

"Are there negative entities, yes.

Just like in life, there are negative people. Sometimes a ghost/spirit is labelled 'evil' or 'demonic' because the ones experiencing the paranormal phenomenon are fearful of the unknown. Sometimes they are labelled that way because the activity is undesirable. A lot of the time these wrongly labelled ghosts and spirits are trying to get

someone to either remember them, or tell their story correctly, or help them find something or someone."

Tickets are limited and registration ends Oct. 31.

For more, visit <https://www.kingheritageandculture.ca/whats-on/events/paranormal-seekers-ghost-tour-investigation>

Halloween at the Museum rolls into King with the Phantom Express

By Brittany Greci

A mysterious train pulled into King Township on Saturday afternoon, and it brought more than just whistles and steam.

The Phantom Express arrived for Halloween fun at the Museum at the King Heritage & Cultural Centre, haunting the historic grounds with ghostly tales, crafts and candy.

Families and dressed-up visitors were welcomed aboard a unique Halloween adventure that travelled between the Heritage & Cultural Centre, Laskay Hall, and the King Railway Station. Along the route, guests encountered a handful of spirited ghosts from King Township's past – each with a story to tell and a clue to share. Participants were challenged to work together to uncover a century-old Halloween mystery hidden within the museum's history.

Inside Laskay Hall were Halloween-inspired arts and crafts, where young goblins and ghouls made spooky keepsakes and unleashed their imaginations. Meanwhile, at the Railway Station, curious visitors lined up for fortune and card readings, hoping to discover what the future – or perhaps the afterlife – might hold.

The event offered just the right mix



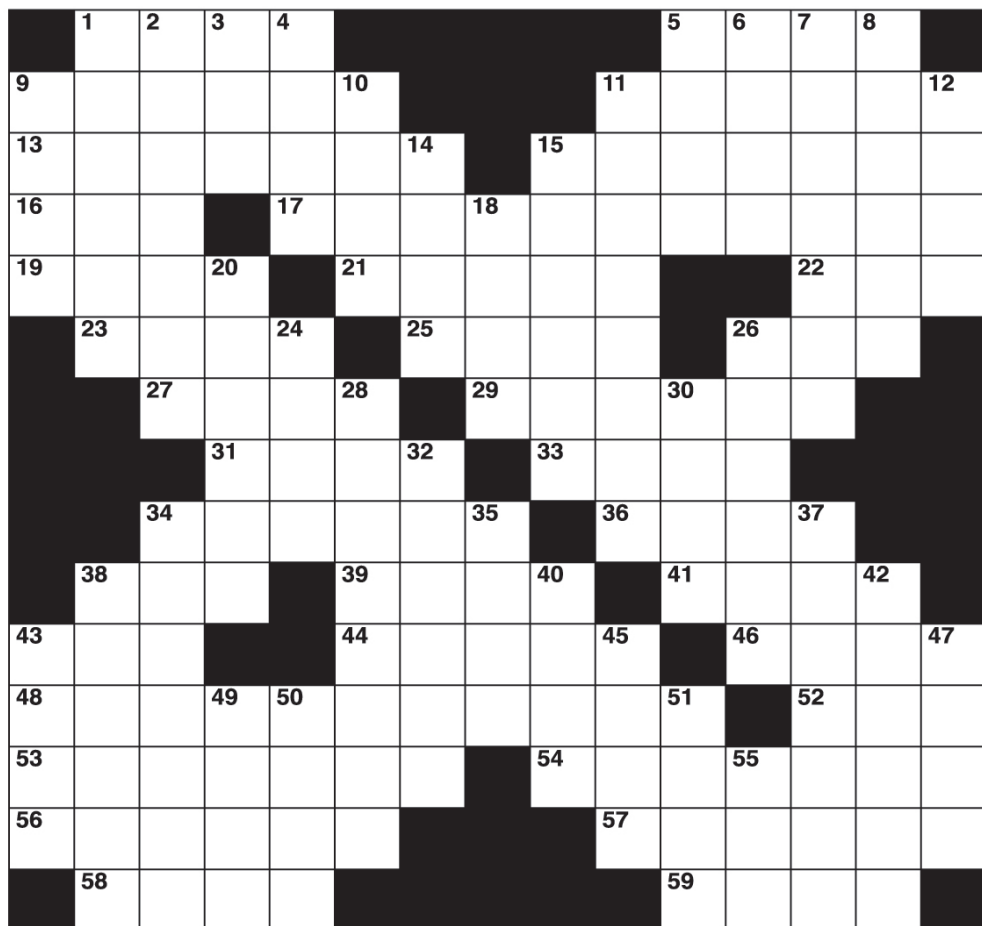
of spooky and sweet. With tasty candy being found along the trail, no trick-or-treater ventured home empty-handed. Kids, parents and even grandparents got in on the costume fun, proving that Halloween spirit is alive and well in King Township.

Halloween at the Museum: The Phantom Express was a festive success that delighted visitors of all ages. The King Heritage & Cultural Centre once again delivered a memorable community event that blended storytelling, local heritage and family-friendly Halloween fun.



CROSSWORD

Puzzle No. 25B110 • Solution in Classifieds



CLUES ACROSS

1. Difficult
5. Coarsely ground corn
9. There's one for the "world"
11. Loved Romeo
13. Sticky situation
15. Pelvic areas
16. An informal debt instrument
17. Cannot be repaired surgically
19. A device attached to a workbench
21. Related on the mother's side
22. Sound unit
23. __ Sagan, astronomer
25. Utah city
26. A disappointing effort
27. Steal goods during

a riot

29. Wakes up
31. Hair salon service
33. Serenaded
34. Looked intensely
36. U.S. Air Force expert Robert F.
38. A type of cast
39. One's duty
41. Where golfers begin
43. Make a mistake
44. Semitic sun god
46. Ancient Greek City
48. Having had the head cut off
52. A place to stay
53. Unwise
54. Most unnatural
56. Dennis is a notable one
57. Ointments
58. Students' exam
59. Leaked blood

CLUES DOWN

1. Brave
2. Act of awakening
3. Jest at
4. Sandwich store
5. Chapter of the Koran
6. Dismounted
7. Small vehicle
8. Irked
9. One who earns by disreputable dealings
10. Monetary unit of Samoa
11. Long, mournful lamentation
12. Weight unit
14. Alone, single
15. Decreases
18. Indicates beside
20. Worn by exposure to the weather
24. A body of traditions
26. College students'
28. Amino acid
30. Nasal mucus
32. US government entity
34. Swinish
35. Legislative body in Russia
37. Grant an exemption to
38. Put in advance
40. Satisfy
42. Felt
43. Mild yellow Dutch cheese made in balls
45. Witnesses
47. Picnic invaders
49. Gasteyer and de Armas are two
50. Ancient person of Scotland
51. Cheerless
55. Unwell

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

Dog Tales Halloween Trail returns with its spookiest year yet

By Brittany Grenici

If you're looking for a Halloween experience that mixes heart with haunting, look no further than Dog Tales Rescue and Sanctuary in King City. Located at 1405 19th Sideroad, the beloved animal sanctuary kicked off its annual Halloween Trail last weekend – and locals are already howling about it.

Presented by the Dog Tales Charitable Foundation, this year's event is bigger, creepier and more magical than ever, with new spooky additions that delighted families, sent chills down spines and raised funds for a great cause — all in support of rescue animals.

From the moment guests stepped foot on the sprawling 50-acre property, they were transported into a world where Halloween comes alive. Fog rolled along lantern-lit paths, eerie music echoed from the trees, and glowing pumpkins lined the walkways like flickering bread crumbs into the unknown.

Visitors begin their journey by wandering along an immersive Halloween forest trail, where every turn offered a new moment of enchantment. Families stop to take photos under twinkling

arches of jack-o'-lanterns, while braver guests dare to explore darker corners filled with mysterious witches, playful ghosts and haunted woodland surprises.

One of the most popular new additions this year is the Hay Maze, a twisting challenge where people of all ages raced to find their way out. It's just spooky enough to give you chills, but safe enough for even the youngest Halloween lovers.

The warm-hearted side of the event came through when visitors had the chance to meet residents of Dog Tales Rescue, including some of the sanctuary's furry stars – dogs who are currently up for adoption and horses who call the beautiful property home. Adding to the fun, the animals joined the festivities in Halloween style, dressed in costumes that melted hearts and turned even the toughest ghouls into puppy-loving softies.

No fall evening would be complete without snacks, and Dog Tales delivered. Guests warm up with seasonal treats and hot drinks as they wander the property. Bonfires crackle, families gather for cozy photos and friends

pause to soak in the magic of a crisp autumn night.

But don't let the fairy lights fool you, there were plenty of spine-tingling surprises lurking in the shadows. Rumour has it that the forest is haunted by more than just friendly ghosts this year.

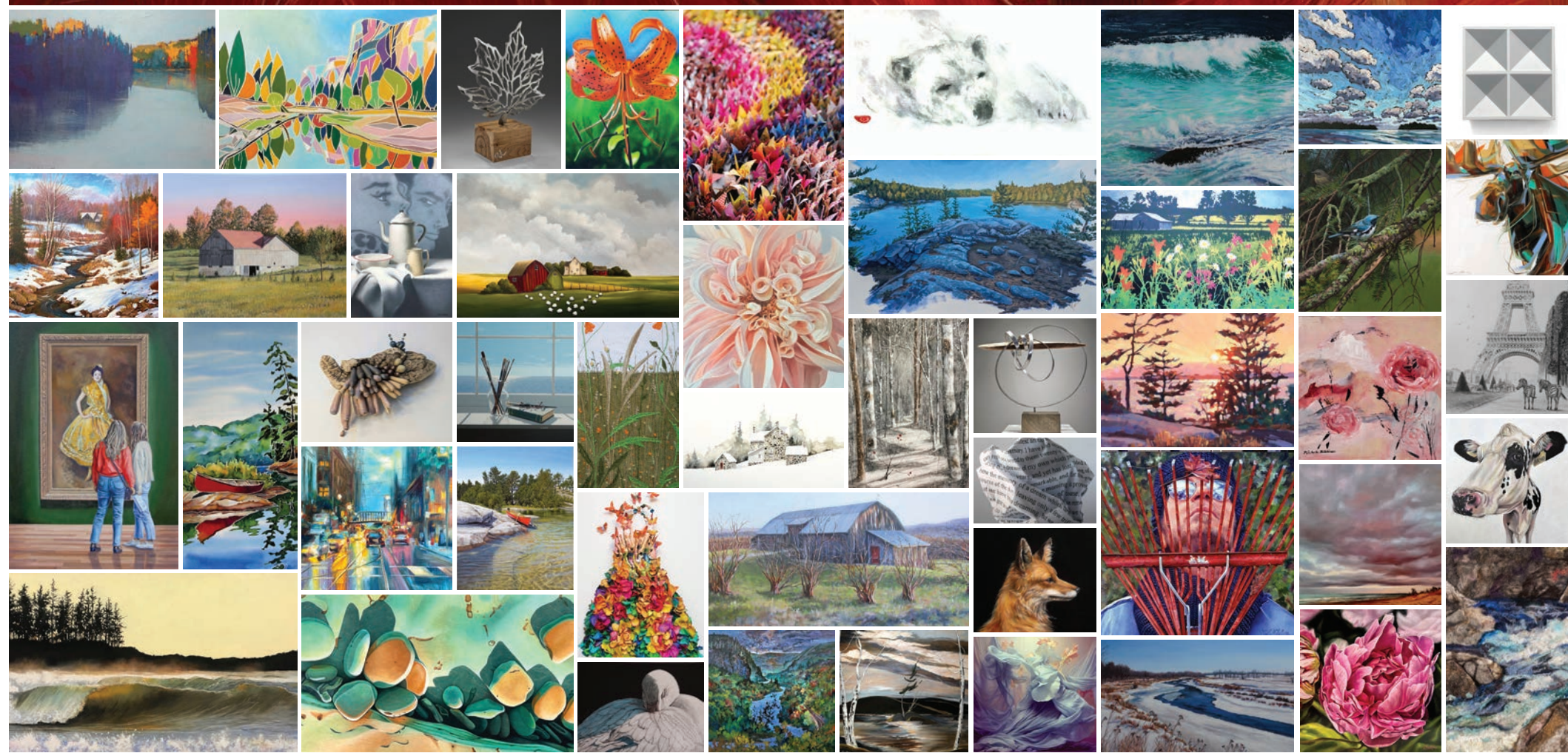
If you missed opening weekend, fear not. The Halloween adventure runs for only one more weekend, and tickets are

selling out fast. Tickets are available for October 31. The events are held every Friday, Saturday and Sunday through Nov. 2, from 6 to 9:30 p.m.

This is one Halloween tradition you don't want to miss. Beyond the thrills, every ticket purchased helps support the rescue, rehabilitation and rehoming of animals in need. It's spooky season with a purpose.



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Rebellion extend winning streak to seven with 9-2 win

By Jim Stewart

Four power play goals and a trio of four-point performances by Jared McNeil, Lachlan Larmand, and Ryan Fairbairn led the King Junior A Rebellion to an emphatic 9-2 drubbing of the Niagara Falls Canucks on Sunday afternoon at the Zancor Centre.

The Rebellion – winners of twelve of their last fourteen games – went to work early and often on home ice. Resplendent in their red jerseys and hot off a big 5-2 win over the Wellington Dukes on Friday night, the Rebellion continued their red-hot ways by pumping in five goals on 23 first period shots.

The onslaught commenced at 2:25 when Jake Mallory's snapshot from the left point was deflected in the slot by Luca Astri and over the shoulder of Canucks' goaltender Linkin Stinson-Kurz.

Two minutes later, Nikita Daryavin collected a rebound off Matthew Airhart's right wing shot and buried it in the open net to give King a 2-0 lead.

A beautiful cross-slot feed from Lachlan Larmand to a wide-open McNeil on the right door step was one-timed by King's leading scorer into a yawning cage to give the Rebellion a three-goal lead at 8:11. McNeil, who has accrued 10 goals and 13 assists, described his game-winning goal: "The puck was kept in the zone on a great play by Castle. It was a good keep. I found some open space and Larmie set me up with a wide open net. I appreciate those kinds of opportunities and you have to finish them."

At 18:03, another Airhart-induced rebound was corralled by Astri and the hard-working depth forward collected his second goal of the period by rifling a shot high glove side past Stinson-Kurz.

Thirty-eight seconds later, in a picturesque tic-tac-toe man-advantage passing play, Larmand fed McNeil who feathered a pass to Owen Bruining. The high-scoring forward fired the puck along the ice and into the back of the net behind a shell-shocked Stinson-Kurz. It was Larmand's third assist of the period and staked King to a 5-0 lead that ended Stinson-Kurz's afternoon.

McNeil noted that his club's five-goal outburst in the first period revealed the efficacy of the team's four lines: "The reason for our success in the period and all season is our depth. Our fourth line set the tone this afternoon. They had two of the goals. Our coaching staff trusts every single player on the team and they instill that trust in every practice. We've been building chemistry during our first eighteen games. We haven't changed our lines since the start of the season."

Fifty-four seconds into the middle frame, Canucks' penalty killer Jimmy Sutherland fired a laser high stick side past Owen Edwards on his second successive breakaway against the Rebellion's power play unit. However, the home side atoned for their man-advantage miscues when Larmand fired a shot through a maze of players that beat Canucks' substitute netminder Dylan Bourque at 1:13 and restored King's five-goal lead.

Five minutes later, after a series of near-misses by the relentless Rebellion attack, Kyle Baston banged in a goal mouth rebound to give his high-flying club a 7-1 margin.

A series of infractions committed by King midway through the period gifted Niagara Falls with a 5-on-3 power play. A perfect pass by Brandon Gauthier in



Adam Smeeton (15) led his team in scoring in the Rebellion's 5-2 win over the Leamington Flyers last week to complete a perfect four-win week by King.

the open ice set up Ben Theron on the right edge of the crease who one-timed the puck past Edwards to reduce the visitors' deficit to five heading into the second intermission.

It was Gauthier's 19th assist of the season, but it was also the last puck to elude Edwards who leads the OJHL with a .951 save percentage. The stellar netminder shut out the Canucks in the third period and blocked 40 of the 42 shots he faced in the wide-open contest to earn the W. McNeil complimented his goaltender's play versus the Canucks: "He was making the big saves today to bail us out. Owen's done a great job all year. Owen and Noah give us the best goaltending combination in the league."

A pair of Rebellion power play goals – by Adam Smeeton 56 seconds into the third period and McNeil's tenth of the season at 10:51 – closed the scoring. Power play quarterback Ryan Fairbairn earned his fourth assist of the game and his 20th assist of the season on McNeil's man-advantage marker.

King's seventh consecutive win

vaulted the club into third place in the OJHL West standings with a 14-4-0-0 record, just one point behind second-place Collingwood with one game in hand. The Junior A Rebellion's heater has moved the club into 15th place in Canada in this week's CJHL Power Rankings.

On Friday night at the Zancor Centre, the Rebellion opened the scoring with Finn Dineen's unassisted short-handed goal 7:37 into the first period. Smeeton, Baston, and Daryavin fired shots past Dukes' goalie Royden Smith to stake the home side to a 4-0 lead after forty minutes of play.

Wellington got on the board at 7:10 of the third period when Evan Erwin beat OJHL First Star of the Week Noah Mavin, but Mallory restored King's four-goal lead at 16:08 of the final frame.

King travels to Collingwood (13-3-1-2) on Halloween evening to battle the Blues for second place in the OJHL West. On Sunday, Nov. 2, the Rebellion will host the ninth-place Caledon Admirals (7-6-1-2). Puck drop will be 3 p.m. at the Zancor Centre.

Measure for the win is inconclusive

By Shellee Morning
King Curling Club

A game cannot get more dramatic when, after 16 rocks have been thrown by all 8 players who've delivered guards, take-outs and iconic draws to the button, comes down to measure for the win.

The Sunday afternoon Social league focuses on having fun rather than the scoreboard. But still, every game must determine a winner for that all desirable league champion.

This past Sunday, a full rink of chatter waved across the ice as did the hurry hard sounds and the echoing impacts of the rocks as members embraced their afternoon games.

End after end, the scoreboards showcased their earned points and the game between Teams Groves and Alganabi grabbed the onlookers attention during the 2nd end. Skip Jeff Groves, John Turner, Pamela Wood, Tracey Tavares recruited spare Shonnagh Campbell-Berry orchestrated 5 points for a commanding lead. Yasir Alganabi who was on a 15-year sabbatical from curling joined the King Curling Club this year and is holding the reins as Skip for Darrell Connor, Keith Wamsley and Nina Posa. Starring down the massive spread on the board, Team Alganabi quietly chipped away at the game collecting points and bringing the game within reach of a win.

During their final end of the game Alganabi was ahead by 2 with a sore of 7-5 but Groves with 1 rock well guarded and in the counting position needed 1 more for the tie.

After Skip rocks were thrown, the counting stone for Groves was in the bank and as both teams cleared the remainder rocks that were not in contention, 2 stones were left on the outer edge of the rings that required a measurement. A measurement that would determine either a tie game for Groves or the win for Alganabi. After 4 attempts and using 2 different measuring sticks, the results were inconclusive – meaning the rocks were at equal distances, 23.5 from the centre ring pin. Although a rare occurrence,



Nina Posa who plays Lead for Team Alganabi was a key player in her team's game during the Sunday afternoon Social League. Posa executed timely guards and superior sweeping in a game that required a measure for the win.

Photo by Shellee Morning

it can happen where the measured distance is exactly the same between the two stones in question.

In the big leagues, a laser measure is used which can break down the measures to the smallest degree. The stones in question are removed from play as there was no winning or closer rock to define the point.

Groves collected 1 point only allowing Team Alganabi the 7-6 win. So the dramatics and the competitive edge can also be apparent in the fun leagues but after the handshakes are given and players are sitting down for the social part of the game, the smiles and laughter between the teams are the real winners of the day.

Other winners included Teams Brooksbank, Orin Del Vecchio and Fisher.

The final standings for the group display a close parity between the 8 teams that will surely generate a very exciting first half of curling.

After Team Del Vecchio's win, they sit at the top of the leader board with a 3-0 record, while 2nd place is held between 4 teams; Brooksbank, Alganabi, Fisher and Brethet at 2 wins and 1 loss. There's a lot of curling left to go yet in the first half so any team is viable to be the leader of the pack.

Royal Horse Show to host world's best

The top equestrian athletes in the world are heading to The Royal Horse Show, held as part of the iconic Royal Agricultural Winter Fair, from Nov. 7 to 16, at Exhibition Place in downtown Toronto.

International show jumping is the highlight of The Royal Horse Show, featuring the \$280,000 Longines FEI Jumping World Cup™ Toronto, presented by Ecclestone Horse Transport, on closing night, Saturday, November 15. The world's best will be in attendance, including Daniel Coyle (IRL) and McLain Ward (USA), both currently in the top 10 on the Longines World Rider Rankings.

Alex Matz (USA) will be back to defend his Longines FEI Jumping World Cup™ Toronto title and faces stiff competition from 2023 winner, Daniel Bluman (ISR), as well as Irish stalwarts Conor Swail and Shane Sweetnam.

The action kicks off on opening weekend of The Royal Horse Show. Held over two nights, the \$125,000 Henry Equestrian Canadian Show Jumping Championships showcases homegrown talent with two-time Olympian Amy Millar of Perth, returning to defend her title. She will be joined by her 2024 Paris Olympic teammates Erynn Ballard, Mario Deslauriers, and Tiffany Foster in chasing national glory. Spectators are encouraged to show their national pride on "Red and White Night" by wearing red and white as they cheer on their favourites.

The Mad Barn Indoor Eventing Challenge also takes place on Friday and Saturday evenings of opening weekend. Harry Meade, the number one ranked eventing rider in the world,

will make his Royal Horse Show debut in the hopes of taking the crown back to Great Britain. Competitors from this side of the Atlantic won't make it easy for the Brit, however, and the heart-pounding action over traditional cross-country obstacles and classic show jumping fences will have the crowd cheering as riders race for home in a dash for the cash.

Once a regular stop on the North American tour, The Royal Horse Show has brought back the FEI Dressage World Cup™ Toronto CDI-W thanks to dedicated support from the Canadian dressage community.

The international show jumping division officially opens on Wednesday, Nov. 12, featuring the McKee International Jumper Challenge. Then it's into the final weekend with the Mad Barn Big Ben International Challenge on Thursday evening, The Royal Winning Round on Friday evening, and the grand finale, the Longines FEI Jumping World Cup™ Toronto, on Saturday night.

The Royal Horse Show also hosts a CSI2* division featuring a \$25,000 Welcome Speed class on Thursday afternoon, November 13, and culminating in the \$50,000 CSI2* Grand Prix on Saturday afternoon, November 15.

Breed classes are a long-standing tradition at The Royal, with the Lieutenant Governor's Cup and the Governor General's Cup each showcasing promising three-year-old Canadian-bred sport horses under saddle and on the line.

For more information and to purchase tickets for the 2025 Royal Horse Show, visit www.royalfair.org/horse-show/.

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Mackenzie Health, Southlake Health partner to expand advanced cardiac treatments

Mackenzie Health and Southlake Health announced a new partnership to expand access to advanced cardiac care in York Region and beyond. This multi-year, phased collaboration will begin by establishing a pacemaker device clinic at Mackenzie Health, offering patients timely, high-quality care even closer to home.

"This collaboration is an important milestone for the patients we serve in this fast-growing region," said Mary-Agnes Wilson, Interim President and CEO, Mackenzie Health. "By partnering with Southlake's cardiac experts, we can expand advanced heart services, ease the travel burden for patients and families and ensure timely, specialized care in our own community."

When patients think of advanced cardiac care, they often consider large academic hospitals in Toronto. However, as a Level 7 Regional Cardiac Program, Southlake is nationally and internationally recognized for its innovation in patient care and clinical research – delivering leading edge cardiac care expected downtown, closer to home. This new partnership will extend expertise, making it even more convenient for

patients to access a specialized pacemaker clinic, and in future stages, implantable device clinics in their own communities.

"As a leading provider of cardiac care, Southlake is committed to expanding access to lifesaving services through strategic partnerships," said Dr. Paul Woods, President and CEO, Southlake Health. "By working together with Mackenzie Health, we can ensure more patients receive timely, high-quality cardiac care while supporting the growth of specialized services in the region."

By teaming up, Southlake and Mackenzie Health will strengthen cardiac services in York Region, increase capacity and lay the groundwork for a Level 4 cardiac centre of excellence at Mackenzie Health.

A memorandum of understanding was signed, outlining key principles for collaboration, including:

Supporting each other's efforts to provide world-class cardiac care.

Enhancing capacity at both organizations.

Setting joint performance targets to measure care quality and efficiency.

Exploring joint ventures to strengthen cardiac services.

In addition to the new pacemaker clinic, the partnership will gradually add more advanced heart services at Mackenzie Health over the coming years. These services are already available at Southlake and expanding them locally will make it easier for patients and families to access the care they need.

Future phases are expected to include pacemaker and defibrillator insertion procedures, as well as a catheterization laboratory with state-of-the-art tools to allow for angiograms to detect blockages or narrowing and interventions such as angioplasty and stent placements to open blocked arteries.

All of this will follow Ontario Health's established framework and approval process, ensuring services grow in a way that is safe, co-ordinated, and aligned with provincial standards.

As part of this collaboration, Southlake Health will provide education and training for Mackenzie Health staff and physicians at every leg of the journey.

"This partnership is an exciting step forward in cardiac care for our region," said Dr. Christopher Overgaard, Chief of Cardiac Health, Southlake Health. "By working together, we can ensure patients have access to leading-edge

treatments and technology, improving outcomes and enhancing quality of life for patients."

At its core, this collaboration is about finding new ways to meet the needs of patients in this fast-growing region.

"Together, we can ensure patients receive the right care, at the right time, in the right place," said Dr. Alexander Crystal, Chief of Cardiology, Mackenzie Health. "We are excited to see how this collaboration will strengthen our capacity, support physician and staff development and ultimately improve outcomes for patients across our communities."

MPP Lecce Celebrates New Partnership Between Mackenzie Health and Southlake Health

"Another step forward as we deliver the next generation of cardiac care to our community," said King-Vaughan MPP Stephen Lecce. "Expanded cardiovascular services and a dedicated pacemaker clinic will help serve families and seniors with more timely and quality care when they need it most. We will continue transforming Cortellucci Vaughan Hospital into a centre of healthcare excellence, along with the new York University School of Medicine and long-term care home beside it – delivering better healthcare, closer to home."

More money coming to York for emergency care

By Brock Weir

More money is coming into York Region to help connect more residents with emergency care.

On Friday, Newmarket-Aurora MPP Dawn Gallagher Murphy announced an increase in Provincial bringing a total of \$63-million in the Region of York to address service gaps.

"In York Region, Ontario is increasing land ambulance funding by seven per cent, bringing the Province's total investment in the Region to \$61,181,585 this year," said MPP Gallagher Murphy in a statement. "This increase in base funding helps ensure municipalities address increased costs so they can continue to deliver high-quality emergency care. This investment is part of the almost \$1 billion in land ambulance funding Ontario is providing municipalities across the Province this year, representing an increase of 8.7 per cent from 2024.

"To further reduce delays paramedics encounter when dropping patients off at a hospital, Ontario is investing \$2,779,840 in York Region through the Dedicated Offload Nurses Program to hire more nurses and other eligible health professionals dedicated to off-loading ambulance patients in hospital emergency departments."

In addition, a further \$41,952 was announced for York Region Newmarket Healthcare for 2024-2025.

The program, says the Province, allows paramedics to quickly get back to responding to the next 9-11 call.

The significant funding announcement took place at the Region of York's Newmarket headquarters on Friday morning and was warmly greeted by York Region Chair Eric Jolliffe, who,

in his former life as the Region's Police Chief, knows the importance of a fast community response.

"The Regional Municipality of York is grateful to the Government of Ontario for their continued partnership and investment in the health and wellbeing of our residents," he said in a statement. "These investments directly support the critical work of our Paramedic and Senior Services teams, ensuring residents receive the right care, in the right place, at the right time. By working together, we are strengthening emergency response, improving patient outcomes, and building a more connected and resilient health system for our growing communities."

The investment was also supported by Health Minister Sylvia Jones and Natalia Kusendova-Bashta, Ontario's Minister of Long-Term Care.

"Our government is making record investments to protect Ontario's health care system and connect people to the care they need, when they need it," said Jones. "Through these additional investments, we are providing paramedics and emergency departments with the tools they need to connect more people across the Province to high-quality emergency care, faster, and closer to home."

Added Kusendova-Bashta: "Our government is protecting our long-term care system by investing in the tools and training to ensure residents can get the right care in the right place. This funding will expand the specialized equipment and innovative services available at long-term care homes across our province, so those with complex needs get the support they deserve."



Locals honoured with Ontario Service Awards

Stephen Lecce, MPP for King—Vaughan, recognized community volunteers from King and Vaughan by awarding them ceremonial pins for their years of service.

Three King residents were among those recognized.

"We gave thanks to a group of extraordinary citizens and everyday heroes for their many years of service to the community," said MPP Lecce. "I recall a conversation I recently had in Nobleton, where the person I spoke to fondly recited how my grandmother helped her when she first moved to Canada over 50 years ago in the 1970s — a legacy that has literally been carried on to the next generation.

"It's stories like these that remind us of why we must rise to the challenge in helping those around us. I congratulate all those awarded for answering the call to service — where for some of whom it's been over several decades — and for leading by example in our community."

Local residents who were honoured with the award were Charlene Connolly – Oak Ridges Girl Guides (20 years of service).

Sandra Hynds – Victim Services of York Region (5 years of service).

Anne Peat – Hope House Community Hospice (15 years of service).

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Serve the community with duty, trust and honour: apply to be a paid on-call firefighter with King Fire & Emergency Services

Are you ready to answer the call? King Fire and Emergency Services (KFES) is recruiting paid on call firefighters to serve communities across King City, Schomberg, and Nobleton. Join a crew of 150 firefighters who play a vital role in emergency response across King's three fire stations, covering 333 square kilometres and serving approximately 29,800 residents. Learn new skills, work within a close-knit team, and contribute directly to community safety and resilience.

Emergency response work is both rewarding and demanding. It requires physical and mental fitness, with readiness to respond 24/7 any day of the year in all weather conditions, day or night. Interested applicants must possess the following minimum qualifications:

Ontario Secondary School Diploma (Grade 12) or academic equivalent.

Be criminal record free with Vulnerable Sector Screening.

Be available to respond in a timely fashion, including weekends and holidays.

Possess a valid class G licence.

Be able to understand and communicate clearly in English, both oral and written.

Satisfactory medical screening by a licensed physician.

Current immunization record.

Have proof of residence within 6 km. of a KFES fire station:

Fire Station 3-4 in King City, 2045 King Road; Fire Station 3-6 in Schomberg, 91 Proctor Road; Fire Station 3-8 in Nobleton, 5926 King Road.

Firefighters are paid an hourly rate for attendance at training, emergency responses, scheduled public events and other duties. They are expected to attend a minimum of 80% of maintenance training sessions and respond to a minimum of 30% of emergency and non-emergency incidents.

Applications can be submitted online by November 14 at king.ca/Firefighter-Recruitment.

Selected candidates will be invited



to attend skills tests and fitness assessments conducted by KFES. Candidates who successfully complete the skills and fitness assessments will be invited to an interview to determine their suitability for the position.

Successful Recruit Firefighters will enter a one-year probationary period. During this period, they must complete the Fire Department's in-house Recruit Training and become certified in NFPA 1072 Hazardous Materials Awareness, NFPA 1072 Hazardous Materials Operations, NFPA 1001 Firefighter Level 1 and NFPA 1001 Firefighter Level 2 and Emergency First Responder.

Experienced municipal firefighters may be considered for a condensed training program and probationary period.

Upon successful completion of the recruit training program, paid on call firefighters will respond to a variety of emergency and non-emergency responses including structure fires, vehicle fires, wildland fires, motor vehicle collisions, medical emergencies, public hazard incidents and technical rescues.

Under the leadership of Fire Chief Courtney Allen, two Deputy Fire Chiefs and six Senior Command Officers,

KFES provides a range of services, including fire and life safety education, fire prevention and fire investigations, fire suppression, medical aid response, and specialized rescue services.

KFES is dedicated to delivering the

highest level of service and emergency response while ensuring the safety of firefighters, residents, and the public at large.

For more information, visit king.ca/fire.

Local hospitals launch upgraded electronic medical record system

Oak Valley Health, Southlake Health, and Stevenson Memorial Hospital have gone live with an upgraded electronic medical record system.

Community members are asked to please be patient as teams adjust to the upgraded system that integrates new digital care processes, significantly reducing paper-based protocols. All three health care organizations will continue to deliver safe, high-quality care throughout this important transition.

The three health care organizations are partners in the Shared Health Information Network Exchange (SHINE) which helps connect care across York Region, Durham Region, and Simcoe County. Over the past year and a half, they have worked closely with their technology vendor MEDITECH to strengthen their shared electronic medical record system. The upgraded system will transition from mostly paper-based processes to a more electronic system for clinicians and staff,

supporting more streamlined, coordinated care. Patients will benefit from improved communication between care teams and enhanced safeguards designed to support patient safety at every step.

While the upgraded system will deliver long-term benefits, its implementation will involve important workflow changes that will require teams to adjust.

All emergency departments (EDs) will remain open during the transition. However, patients, families, and visitors may experience longer wait times as hospital teams adapt to the changes.

In Ontario, patients can also receive care in several other settings. Patients who are not experiencing life-threatening or serious conditions can visit an urgent care centre, a walk-in clinic, or their primary care provider depending on their symptoms. Some communities may also have access to virtual care options and community health clinics.

Residents engaged at King's first energy expo

By Brittany Grecni

The future of energy took centre stage in King Township on Saturday, as the first-ever Powering King: Community Energy Expo welcomed residents to the Zancor Centre.

Hosted by the King Environmental Action Team (KEAT) in partnership with the Township of King, the event opened the door to learning, inspiration and practical steps toward a greener future.

The expo highlighted community-driven energy solutions and environmental sustainability, bringing together innovators, experts and families for a day focused on smarter living. With rising interest in sustainable homes and clean energy, the event offered valuable insight into how residents can reduce energy costs, lower emissions and improve overall efficiency in their daily lives.

Attendees explored interactive booths featuring solar, geothermal and



heat pump technologies, as well as local organizations promoting environmental education and sustainability programs. A hands-on coding station offered fun learning opportunities for kids, proving that energy education can start early.

A key feature of the expo was its speaker series, featuring five well-known voices in sustainability:

TRCA Climate Ready Homes Program – insight on building energy-efficient homes.

Jay Willmott, President of Kinghaven Farms.

Windfall Ecology Centre – advancing local environmental solutions.

Chris Ballard, former President & CEO of Passive House Canada.

Enbridge – commercial energy innovation.

The Powering King Expo marked a meaningful step forward for the community, giving residents access to real information and real solutions. With strong turnout and enthusiasm, it's clear the conversation around sustainable energy in King is just getting started.




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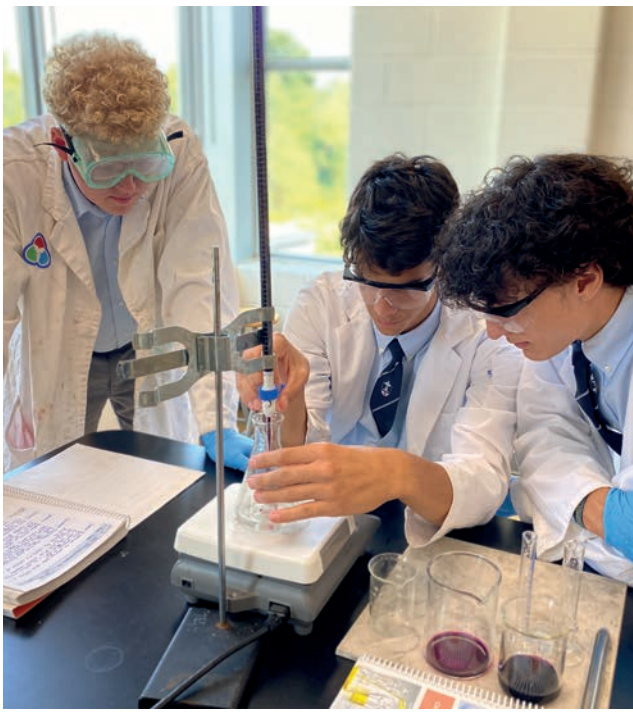
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Reclaim your morning with a smarter routine

(NO) Many of us overlook our mornings, usually because we don't feel that they're truly our own. Starting the day stressed and trying to get everything together while still waking up can lead to a lack of grounding that spills into the rest of the day. Take back the morning for yourself with these upgrades to your daily routine:

LAY THE GROUNDWORK THE NIGHT BEFORE

Carve out some time before bed to check in on and maintain your mental well-being. A great mindfulness exercise to try is thinking through the day you just had and what's coming up tomorrow. Let each thought come up and acknowledge it without judgement, then let it go. You'll get to bed with a clearer mind and wake up more rested the next day.

LET YOUR HOME GET TO KNOW YOUR ROUTINE

Instead of starting your morning by setting up your home space, enjoy a space that responds to you. Smart home products, like Samsung's Bespoke AI appliances, can connect smart appliances and other devices to make your routine effortless. Set your system to register when you're up so it can adjust the light and temperature accordingly, and even preheat your oven.

MAKE TIME FOR YOURSELF

Taking time back in the morning is only half the battle—the real difference comes in how you use it. Set aside at least 20 minutes for an activity you find relaxing or fulfilling. This could be reading time, a morning walk or even a short session with your favourite video game. The important thing is to do something just for yourself that makes you feel good. You'll be set to take on your day more refreshed and confident.

Remember: your morning should work for you, not the other way around. By setting up your mental and physical space to better accommodate yourself, you can cut down your stress and take back precious time. By choosing to use that time for your well-being, you can start every day more in control.

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King City Optometry has been at the forefront of comprehensive eye health in the heart of King City for nearly two decades. Since opening our doors in 2006, we've remained committed to providing personalized, state-of-the-art eyecare for individuals and families alike. From routine eye exams to specialized treatments, our focus has always been on helping our patients see – and live – better.

Our eyes are not only used to see the world but are also a key indicator of our **overall health**. That's why we take the time to provide **thorough eye examinations** that go beyond just checking your prescription. Whether you're a child getting your first eye exam, an adult managing screen time fatigue, or a senior looking to preserve long-term vision health, our optometrists use advanced diagnostic tools to tailor your individual needs. Our eye exams assess visual acuity, binocular vision, and internal eye health, while screening for early signs of conditions such as glaucoma, cataracts, macular degeneration, and diabetic retinopathy.

One commonly overlooked issue we treat is **dry eye disease**. This increasingly prevalent condition can cause discomfort, blurred vision, and long-term damage if left untreated. At King City Optometry, we offer modern diagnostic methods and personalized dry eye treatment plans that bring lasting relief and improve quality of life.

Beyond medical eyecare, our optical boutique carries a curated selection of high-quality eyeglasses and sunglasses to suit every style, budget, and prescription. Our knowledgeable staff is always happy to get you seeing clearly and looking great in comfortable, well-fitted eyeglasses!

Children's eye health is another priority at King City Optometry. We recommend a child's first eye exam to take place at six months, then at three years, then annually thereafter. Increased screen time both at home and in classrooms, along with other day-to-day visual demands, leads to more children experiencing vision issues. We have a wide

range of children's frames and eyeglass solutions, such as **Myopia Control Lenses**, that slow the progression of myopia as your child grows.

We believe that great eyecare includes accessibility and convenience. That's why we are **currently accepting new patients**, with flexible appointment scheduling and direct billing to most insurance providers. Whether you're a long-time resident or new to the King City area, we welcome you to join our family of patients.

At the heart of King City Optometry is a simple philosophy: **Treat every patient with the same level of care and attention we'd offer our own family**. Our team strives to create a warm, welcoming environment where questions are encouraged, concerns are heard, and care is never rushed and always personal.

Your vision is vital to your health and well-being. Don't wait to make it a priority.

Visit us today and experience what exceptional eyecare feels like – right here in King City.

To book an appointment or learn more about our services, visit

www.kingcityoptometry.com
or call **(905) 833-9808**.

We look forward to seeing you soon!



5 ways to get the work-life balance you need



(NC) In this connected world, it's all too easy to let work obligations cut into your personal time. While greater flexibility is crucial for many, it's important not to let the idea of 'working from anywhere' lead to 'always on the clock'. If you're looking to bring more balance back into your life, start with these five tips.

Track your time.

The first step to reclaiming balance is to find out where the imbalance lies. Put some effort into tracking your time for a week or two and see where and how it is being used. Many companies have online time-tracking tools that you can trial for free. Do some research to find the one that works best for you. Take this information and see if you can lessen distractions throughout the workday so that it doesn't start crossing over into your evenings or weekends.

Set boundaries

Prioritize your schedule and communicate your availability with colleagues and clients. Being clear on your work hours and response times will help reduce the need to check on work after hours or on your time off. If there is a need to check in after-hours, set a specific hour to do so and a time limit for your responses.

Schedule breaks

Add breaks to your daily calendar so that not only is your time blocked off, but you'll also get reminders that a break is needed. Whether it's a 15-minute stand-up and stretch or an hour-long lunch with a walk and some fresh air, taking time away from your desk will increase your overall productivity, help with creativity and reduce levels of stress.

Automate tasks

With today's technology, automating tasks is a safe and reliable time-saver. For those who run their own business, cloud-based accounting software, such as FreshBooks, can save you time by automating processes to create invoices, track expenses and calculate taxes, leaving more time to focus on the rest of the business.

Set priorities

Plan your day the night before and prioritize your tasks by their importance and urgency (high, medium and low) along with how much effort will be involved to complete them. Once the priorities are set, block out time on your calendar for the high and medium ones and the lower priorities can be worked on in between.

Find time-tracking tools and learn more about how cloud-based accounting can help your work-life balance at freshbooks.com.

www.newscanada.com

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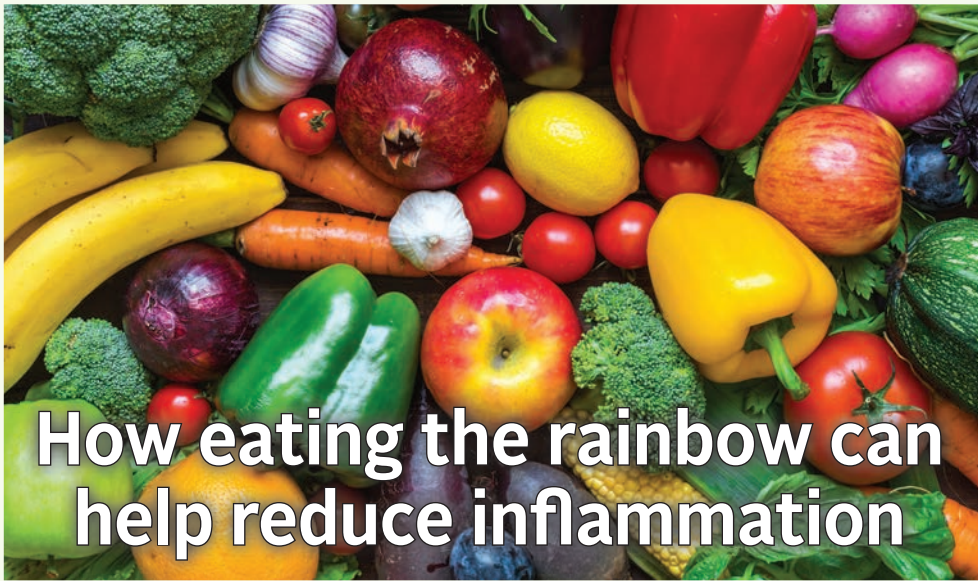
King City Optometry: proudly serving King City and the surrounding areas since 2006.
Book your complete ocular health assessment today.

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How eating the rainbow can help reduce inflammation

(NC) One of the simplest and most powerful ways to reduce inflammation and support joint health, especially if you're living with arthritis, is to "eat the rainbow". This means adding a variety of colourful fruits and vegetables to your plate every day. Each vibrant colour signals the presence of specific nutrients and natural compounds that can help calm inflammation, protect cells and nourish your body in different ways.

Here's how each hue in your produce aisle can help your body:

Red Red fruits and vegetables are rich in lycopene, a powerful antioxidant that may help protect cells from damage. Lycopene has been linked to a reduced risk of prostate cancer and stroke. Found in: tomatoes, watermelon, strawberries, cherries, red peppers

Orange and yellow These foods are high in carotenoids, including alpha-carotene and beta-carotene. Your body converts these into vitamin A, which supports vision, cell growth and hormonal balance. Found in: carrots, sweet potatoes, mangoes, peaches, yellow peppers

Green Green vegetables get their colour from chlorophyll. While chlorophyll may not have proven direct health benefits, green vegetables are packed with key nutrients that support heart health, including vitamin K, folate, magnesium and potassium. Found in: spinach, kale, broccoli, Brussels sprouts, asparagus

Blue and purple While no foods in nature are truly blue, these foods' different hues of purple are caused by anthocyanins, a group of antioxidants that may help lower the risk of cardiovascular disease by protecting cells from damage. Research suggests potential benefits for brain health and cognitive function in older adults, although more study is needed. Found in: blueberries, blackberries, purple cabbage, eggplant, plums

White and brown Neutral-coloured produce often contains flavones, which have antioxidant and anti-inflammatory properties. Some, like garlic, also contain unique compounds such as allicin, known for its anti-inflammatory and antimicrobial effects. Found in: garlic, onions, cauliflower, potatoes, bananas, mushrooms

A note on nightshades: Tomatoes, peppers, potatoes and eggplants belong to a group of plants called nightshades, which contain naturally occurring compounds like solanine. Some believe these compounds may worsen inflammation or arthritis symptoms. But they are commonly found in the leaves and stems, and not the parts we eat. Research has not found any evidence that nightshades have a negative effect on joints nor can they make arthritis worse. In fact, many nightshade vegetables are rich in nutrients and antioxidants that may help reduce inflammation.

As always, listen to your body. If you think a specific food may be triggering symptoms, speak with a healthcare provider or registered dietitian.

Find more wellness tips from Arthritis Society Canada at arthritis.ca.

Treating Pain Without Words: What Veterinary Medicine Teaches Us About Compassionate Care

In human medicine, pain is often assessed with a simple question: "Where does it hurt?" But what happens when the patient can't speak?

For veterinarians, this is the daily challenge—and it's one that has driven major advances in the field of animal pain management. At **King Animal Hospital**, a specialty and emergency referral center **right here in King Township**, pain management is more than a clinical service—it's a cornerstone of compassionate care.

Recognizing the signs of pain in animals takes careful observation, species-specific knowledge, and sophisticated diagnostics. But once pain is identified, the treatment options available at King are strikingly similar to what you'd expect in a modern human hospital—and in some cases, even more advanced.

Led by board-certified veterinary anesthesiologist Dr. Flavio Freitag, King's Pain Management service offers a **multimodal, personalized approach to chronic and acute pain** in dogs, cats, and horses. From pharmacological therapies and targeted nerve blocks to **ultrasound-guided infusions** and neuraxial techniques, the team applies the latest science to help animals live more comfortably.

Earlier this year, Dr. Freitag was named one of only eight veterinarians in the world to earn the distinction of **Founding Fellow in Pain**

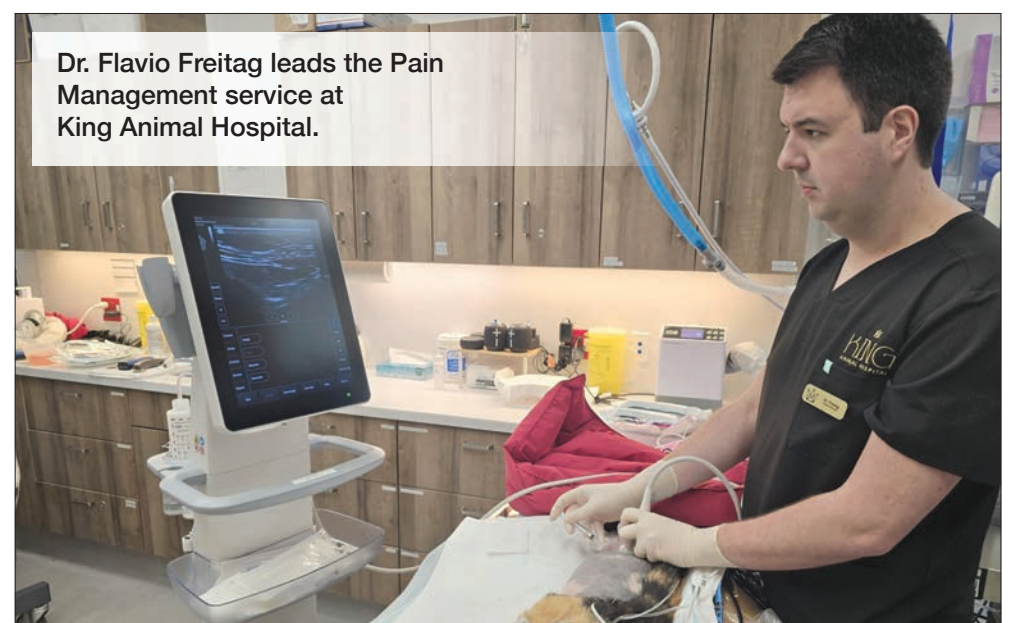
Management from the American College of Veterinary Anesthesia and Analgesia—a testament to both his expertise and the hospital's dedication to **advancing the quality of care for animals**.

"In many ways, treating pain in animals has to be more proactive and precise," explains Dr. Freitag. "They can't tell us what they're feeling, so we rely on a combination of behavioural cues, clinical signs, and advanced tools. The responsibility is enormous—but so is the reward when we see them comfortable again."

The parallels to human healthcare are clear. But just like with imaging, surgery, or rehabilitation, veterinary pain management demands custom innovation. What works for a human patient must be reimagined for a Labrador retriever or a Thoroughbred mare—different anatomies, different metabolisms, and very different communication styles.

That's why King Animal Hospital has invested in dedicated pain services that include **ongoing monitoring, client education, and collaboration with referring veterinarians**. The goal is to make sure every patient—regardless of species—receives thoughtful, comprehensive care that prioritizes comfort, mobility, and quality of life.

For pet owners and human healthcare professionals alike, it's a reminder that pain is universal—and relieving it is a mission that unites all of medicine.



Dr. Flavio Freitag leads the Pain Management service at King Animal Hospital.



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3 things you didn't know about menopause



For any woman that lives long enough, menopause will become part of their story. It's a natural part of life, but surprisingly, many women don't fully understand how it affects them. In fact, a recent global survey conducted by Astellas Pharma found that even among women who have personal experience with menopause, only 26 per cent are aware of the symptoms that come with this stage of life.

The first step to navigating this natural but complex stage of life is learning more about it. Did you know:

☒ Menopause affects the vasomotor system. Hot flashes and night sweats—the symptoms most commonly associated with menopause—are more than just uncomfortable moments. They're called vasomotor symptoms (VMS). These symptoms happen when hormonal changes disrupt the body's vaso-

motor system—the network that controls the body's temperature and circulation. On average, women report experiencing four to five hot flashes per day, while others have reported experiencing as many as 20 per day.

☒ Menopause has a real economic impact. Beyond the physical discomfort, it can disrupt women's productivity at work, creating a ripple effect across Canada's workforce. According to the Menopause Foundation of Canada, unmanaged symptoms of menopause cost the Canadian economy up to \$3.5 billion annually. Many working women bear the brunt of this cost through lost income and reduced productivity, with approximately 10 per cent leaving the workforce entirely due to unmanaged symptoms.

☒ Effective treatment options are available. Despite the burdensome nature of symptoms for many women, many don't seek medical advice. Often this is due to stigma and a lack of familiarity with available treatments. The good news is that effective options for symptom management exist, and innovation in women's health has led to even more treatment options, including non-hormonal therapies. Today, women have a variety of ways to manage their menopause journey with greater ease and confidence.

☒ If you're experiencing hot flashes or night sweats, you don't have to suffer in silence. Speak with your healthcare provider to learn more about your options or visit overheating.ca. www.newscanada.com



BALANCE
HEALTH STUDIO

Cooler weather = aches & pains

Inevitably at this time of year when the cool weather rushes in so do the aches and pains. The combination of the change of seasons and the added stress of the coming holidays takes its toll on our bodies. Registered Massage Therapy is a very effective modality to treat various musculoskeletal complaints that surface this time of year including tired, achy muscles, tension headaches, chronic back pain, tendinitis and over-use syndromes from yard work, sprains and strains from slips or falls, and general stress and tension from everyday life. By booking in at Balance Health Studio with one of our Registered Massage Therapists, you're entrusting your health to a caring, knowledgeable health professional who will be empathetic to your concern and treat your complaint with your goals in focus. We use varying techniques and pressures that best suit you- effectively reducing pain, improving mobility, decreasing tension, enhancing circulation, and reducing stress.

Keep in mind we offer massage for clients of all ages including children! We also have therapists that enjoy and have years of experience working with prenatal and postpartum mamas.

This is the perfect time of year to set aside time for you or your family members. Take advantage of our convenient online booking services, direct billing to various insurance companies, and recently expanded availability/hours. Our team of RMTs has grown to 4 therapists now offering you more evening and weekend availability. Our Balance massage team is ready to help you prioritize your health this fall/winter season!



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Starting Nov 18, 2025 we will be practicing out of a new location on the second story at **203 Main St, Unit 2A, Schomberg, ON**. This is part of an exciting transition into a future space next spring.

Our team of Registered Massage Therapists has grown and we have expanded our hours to better serve you:

- | | |
|---------------|---------------------|
| Mon: 10am-5pm | Tues: 9am- 7pm |
| Wed: 9am-7pm | Thurs: 9am-3pm |
| Fri: 9am-3pm | Sat: by appointment |

Our Bond Head office location and hours remain the same. Both locations offer convenient online booking and direct billing to various insurance companies.

Visit our website or call to book your appointment before the year end to maximize any extended health care benefits!



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King's Corners

King City United By Sheryl Sinka

Last Sunday, the message for the child in all of us branched out of the story of the calling of Jeremiah by God when he was but a teenager.

Rev. Andrew reminded us that God's call can come at any point in our lives young or middle aged or in our senior years. We are only asked to listen and respond and be open to inviting and acting out His ministry here in our lives today. Sunday, Nov. 2 Rev Bill Fritz is presiding and we welcome all to 10 worship.

It is with great sadness that we acknowledge the passing of a wonderful friend and long-time devoted member at King City United, David Jeanneret on Oct 13. The funeral will be on Saturday, Nov. 15 at 11 a.m. at King City United Church. For details please contact the office.

We would like everyone to know that the church does have an accessible entrance and lift to the auditorium floor for anyone needing this assistance.

If there are any pastoral emergencies please leave a message at the office at 905 833 5181.

Please remember the King Township Food bank in your givings. Year round, for those who use the food bank, support is an expression of kindness and generosity for which so many are grateful. We encourage you to continue to help with donations of food or financial donations for the many needing assistance.

King Bible Church

Join us on Sundays at 10:30 a.m. for our Sunday Worship service. Pastor Mark will be speaking on our series in Hebrews "Greater." We will also be streaming the service online at 10:30 a.m. on Facework and You Tube.

Please visit our website for links and further information: www.kincardineshire.coma

If you have any questions please email: Lisa Lethargus (lisa@kincardineshire.coma), Administrative Assistant, King Bible Church, 1555 King Rd, King City, 905-833-5104.

King City Seniors (55+) By Carolyn Kanitz

Upcoming events at KCSC:
Friday, November 7 – 10pm – Presentation – Heather Watson from King Fire Services will discuss fire prevention and safety in our homes. Registration requested.

Monday, November 10 – Grand Opening of Backyard – 12 to 1 p.m. – Ribbon cutting at 12:30 p.m. The afternoon can be spent using many of the outdoor games (weather permitting).

Friday, November 14 – 10 a.m. – Presentation – "Children of War" – A special presentation featuring Christa Von Malzahn and Gordon Van Dyke. Through memories of fear, hope and resilience they share what it meant to grow up on opposite sides of WWII. Arrive in time to get your coffee and refreshments prior to the start of the presentation. Registration is requested. Sponsored by Chartwell Oak Ridges.

Friday, November 21 – 10 a.m. – Workshop – Artist, Angela Dell Borrello, will provide a hand-on creative workshop. The theme is winter bird painting. Cost \$10pp due by November 14.

Wednesday, November 26 – 2 to 4 p.m. – Annual General Meeting of the King City Seniors Board of Management. Details to follow.

The next session of Qigong will begin on Thursday, Nov. 6 from 11 a.m. to 12 p.m. Register using course code 00031388 at 905-833-6565.

The following activities will be offered at the King City Senior Centre.

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

Monday afternoons: 1 p.m. – Music and Movement/ Cribbage. Monday afternoons: 2 p.m. – Crochet class.

Tuesday mornings: 9:30 a.m. – Line Dancing. Bone Fitness, 11:10 a.m. to 12:10 p.m. (until Dec. 9).

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

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

Wednesday afternoons: 1 p.m. – Standard American Bridge.

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

Thursday afternoons; 1 p.m. – Carpet Bowling

Friday mornings: 9:30 a.m. – Art Class (2nd & 4th Friday of the month at Lasky Hall).

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

You may contact KCSC at 905-833-6565 or kingcity.seniors@gmail.com

York Pines United Church

Happy Halloween! This Sunday is All Saints. Attendees can bring a picture of a loved one in honour of their memory. Rev. Laura Kay Ntongwe returns next again Sunday for our Remembrance service. Feel free to join us for coffee at noon after the service.

A congregational meeting is scheduled for November 2nd after the service. It's BYOL (bring your own lunch).

Schomberg AA meetings

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

Sacred Heart Church

Cardinal Leo this has sent a letter of appreciation to the Knights of Columbus thanking them for their assistance in A Day with Mary in the early fall at Marylake, available in the bulletin or at <https://sacredheartki.archtoronto.org/en/bulletin/>

Our Mother of Perpetual Help Devotions: Join us in praying the Novena every Wednesday evening, beginning at 6:30 p.m. followed by Holy Mass at 7 p.m. Exposition of the Blessed Sacrament and Silent Adoration Friday, Oct. 24, begins at 3:30 p.m., Celebration of Mass at 7 p.m.

St. Andrew's By Kathy Patterson

All are welcome to St. Andrew's, Presbyterian Church, King City! Last Sunday Pastor Alison spoke about God as our Good Shepherd based on many scriptures, but especially Psalm 23. Our Morning Worship Service is at 10:30 a.m. in the newly renovated sanctuary and join us afterwards for coffee time.

We were able to record the service, so have a look. Our website is standrews-kingcity.ca and click on our previous service which will take you to the YouTube page.

Christine Samuel from Newmarket will be with us again, November 9. For pastoral care, please call the office to speak with the Rev. Alison Agnew, or your Elder. (905-833-2325).

All Saints Anglican Church By Kit Woods

This Sunday, Nov. 2, All Saints Anglican Church will gather for one of the most important days in the life of our parish – our annual Vestry Meeting. The meeting will take place immediately following the 10:30 a.m. service, and all those who have attended worship at All Saints three or more times in the past year are invited to attend and take part.

For those who may be unfamiliar with the term, "vestry" refers to both the elected leadership of the parish and the annual meeting where the entire congregation comes together to review the year that has passed and plan for the year ahead. It's a time to give thanks for all that God has done among us, to celebrate our shared ministries, and to prayerfully discern where the Spirit is leading us next.

The Vestry Meeting is also a place where we make practical decisions about the life of our parish, things like approving budgets, electing new wardens and council members, and hearing reports from our various ministries and committees. But more than that, vestry is an opportunity to dream together, to listen for God's call, and to strengthen the bonds that make All Saints the welcoming, joyful, and caring community that it is.

Everyone who is part of our church family has a voice and a role to play in shaping our future. Whether you've been attending All Saints for many years or have only recently begun to worship with us, your presence matters. This is your church home, and vestry is your chance to help guide the direction of our shared ministry.

We encourage everyone who is eligible to stay after the service, enjoy some refreshments, and take part in this important gathering. Your voice, your perspective, and your prayerful participation make a difference.

At All Saints, we believe that the church is strongest when we make decisions together, rooted in faith, guided by love, and focused on serving our community in Christ's name.

Come and be part of this vital moment in our parish life. Together, we can celebrate what has been and look with hope toward what is yet to come.

Please see our website, allsaintskingcity.ca, for information about our services and upcoming events.



Local couple transforms home into a haunted Halloween tradition all for a good cause

By Brittany Grecni

For most people, Halloween is a night of candy and costumes, but for Paul and Tracey Tomlinson, it's a year-round passion. Every October, they turn their home into a full walk-through haunted house that draws visitors from all over the area.

This isn't just a few decorations on the porch. The Tomlinsons transform every part of their property – the garage, bathrooms, kitchen and even the pool house – into a spooky adventure. Each room has its own theme, like witches stirring bubbling cauldrons, creepy clowns lurking in the dark, or haunted nurseries filled with eerie dolls that blink and whisper.

Their huge collection of Halloween props has been growing for years, and includes life-sized monsters, moving animatronics and glowing special effects that surprise guests at every turn.

"We just love doing this every year and love to see the looks on people's faces as they walk through," said Paul. He and Tracey spend weeks setting everything up and planning new ideas to keep the experience exciting for returning visitors.

What started as a fun Halloween hobby has become a community favourite that mixes spooky fun with kindness and generosity.

This year, they received food and cash donations for the Newmarket Police Food Drive.

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<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p style="font-weight: bold; color: red;">WE CARRY</p> <p style="font-weight: bold; color: red;">ROYAL CANIN®</p> <p style="font-weight: bold; color: blue;">DOG & CAT FOOD</p> </div> </div>	
<div style="background-color: white; padding: 5px; border-radius: 10px;"> <p style="font-weight: bold; color: blue;">MANE 'N TAIL SHAMPOO OR CONDITIONER</p> <p>1L Reg. \$14.99 SALE \$12.99</p> </div>	<div style="background-color: white; padding: 5px; border-radius: 10px;"> <p style="font-weight: bold; color: red;">AGRI-CAT CAT FOOD</p> <p>18 kg Reg. \$37.95 SALE \$35.95</p> </div>

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HOURS: Monday-Friday 8:00am - 5:30pm;
Saturday 8:30am - 5:00pm; Sunday 10:00am - 4:00pm

Nobleton Notes

By Angie Maccarone

St. Paul's Church
By Linda Blydorp

We invite you to join us in person this Sunday at 10 a.m. Our Pastor, Jeff Loach will lead us in worship with a message, entitled, "The Shade of Entitlement" from Jonah 4.

We offer children's ministry and nursery during the Sunday service. After worship, you are welcome to join us for a time of fellowship over coffee and goodies. If you cannot 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 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 Youth LifeConnect Group meets every second Friday, with the next meeting being Friday, Oct. 17 at 7 p.m.

This is a fun time with a range of activities open for all ages from Grades 7 to 12. Our midweek LifeConnect small groups are a great opportunity to connect with others and grow in faith. Groups meet for discussion, study, and prayer throughout the week.

This Sunday, Oct. 19, we're going to have a special intergenerational lunch called "All Together Now," which will have special pumpkin-carving activities for kids and adults alike, with a special application from God's Word to encourage us all. We hope you'll come!

Our next Drive-Thru Prayer opportunity will be held Wednesday, Oct. 22 from 4:30 to 6 p.m. Come by the church parking lot at 5750 King Road and let our team of prayer warriors pray for whatever need you have.

St. Mary's Mission
St. Patrick's Parish

Mass Time Changes: St. Pat's Church - 7:45 a.m. and 9 a.m. Sunday. St. Mary's Church - 5 p.m. Saturdays; 10:15 a.m. and 11:30 a.m. Sundays.

We also welcome you to join us to celebrate our 15th anniversary at our St. Mary's Champagne Gala hosted on Saturday Nov. 15, at Universal Event Space.

Phone: 905-859-5522 or email: stpatandstmarysc@archtoronto.org.

The Gala Committee are asking if anyone would like to donate a prize, silent auction item or make a monetary donation. St. Mary's mortgage fund reduction.

The Gospel this week speaks about humility, C.S. Lewis put it in his own words: "humility is not thinking less of yourself - it is thinking of yourself less." The person who thinks of themselves less is free to pay attention to whoever's in front of them. That's like a superpower. How often is my interaction with others ruined because I couldn't pay attention to the person in front of me, because I was too distracted by the person inside of me or the situation I am in right now. Or, I'm too preoccupied with me. But the humble person is not thinking less of themselves - they're thinking of themselves less. Paying attention is truly being interested in them.

"Let us be extremely patient with each other's faults and failures" - St. Teresa of Calcutta.

God Bless - Fr. Bob Glynn.

Nobleton Seniors (55+)
By Joanne Bailey
Program Coordinator

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

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

Mobility Matters will be on Monday and Friday from 1 p.m. to 1:45 p.m.

October 30 - Surprise Halloween theme so come in costume and enjoy a breakfast talk sponsored by "Flourish Family Chiropractic," who will provide snacks and refreshments. Register by October 27.

November 6 - Acrylic on Canvas - Artist Angela Del Borrello will give instructions on painting a Birch Tree scene. Cost is \$10 and registration is required by November 3.

November 13 - "So You Think You Can Write," presented by Dorita Peer (Author, Poet, Journalist, Editor, Publisher & Illustrator). She will lead you on an adventure, with your muse. Please bring a photo on any subject.

November 20 - Vital Sign Awareness. Joanne Bailey RN & Nursing student Dasha will discuss the importance of knowing your heart rate and blood pressure.

More on Page B7

Classifieds

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or email admin@caledoncitizen.com

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406 VEHICLES WANTED

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Call David
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- Sell advertising in our local community newspapers across numerous regions for maximum growth
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EXPECTATIONS:

- Have a positive attitude
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EMAIL RESUME FOR CONSIDERATION:

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416-803-9940
zach@lpcmedia.ca



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ALLISTON MID TOWN: Bright and clean. 1 bedroom apartment available November 1st. Close to Honda. Separate entrance with parking. Utilities included. \$1500/mth. First and last month's rent required. Month to month lease. For more information call 705-440-8151

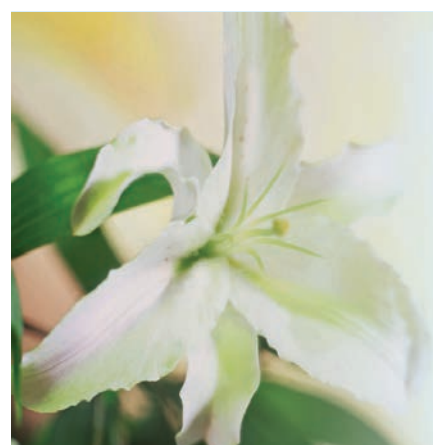
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\$40 + HST



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More Classifieds
next page



Remember your loved ones in a special way...

IN MEMORIAM

\$40 + HST

Nobleton Notes

From Page B6

Have your blood pressure and heart rate taken and know what the reading means.

November 27 – Joint Pain. The importance of physical activity and why it is so important. Come to a presentation by the Arthritic Society, Tara Stier OT.

Fall registration for Nobleton Girl Guides

It's time to jump back into Guiding! We're ready to welcome back and offer the amazing experience girls love with all the safety you've come to expect from us! You can be confident that girls will have a meaningful year trying new things, building skills and friendships.

Nobleton Girl Guides meet locally on Tuesday nights from mid-September to June, for girls ages 5 to 14.

Register at: girlguides.ca If you have any questions, please email 1stnobletonmembers@gmail.com

Kingcrafts Studio Sale

Mark your calendars for our upcoming sale. Invite your friends and come shop our seasonal collection of unique, hand-crafted pieces made in the heart of King City by your local community of artisans and crafters!

It runs November 14, 15 & 16 & November 21, 22 & 23, 2025, from 10 a.m. to 4 p.m. Visit kingcrafts.ca or call 905-833-1897.

Nobleton Lions

The winning tickets in the Annual Community Fundraising Draw were drawn at the Library Gazebo on Saturday, October 25. Lucky winners of the 1st prize of \$4,000, 2nd of \$750, 3rd of \$250 will be announced on the club's website once they have been contacted. A heartfelt thank you is extended to all supporters who purchased tickets.

Please mark your calendars now for the upcoming Christmas season. The Lions will have a table at the Nobleton Tree Lighting on Sunday, Dec. 7 where chili will be served and candies for the kids will be handed out.

Regular meetings of the Nobleton

Lions Club are held on the second and fourth Tuesday of each month from September to mid-June. The Lions continue to welcome new members with a heart to serve, both men and women. You may join us as a guest by contacting Lion Jerry MacBain at nobletonlionjerry@outlook.com.

To learn more about how the Nobleton Lions engage with both the local community and the wider Lions International worldwide community, please visit our website which can be accessed by googling "nobletonlions.com" At the website on the Upcoming Events page you will also see announcements for events offered by non-profit organizations in King. If you have an activity that qualifies, please contact Lion Jerry MacBain. You may also follow us on Instagram at [nobleton.lions.club](https://www.instagram.com/nobleton.lions.club)

St. Alban's By John Arnott

It's still early in the spring of 1889 and construction at St. Alban's continues. With the brick walls up the next project is raising the roof. The workers' experience with barn raising would prove invaluable here.

Heavy roof beams or trusses of

pine are laid horizontally on top of the brick walls. These beams called wall plates strengthen the walls by preventing them from pushing outward and by spreading the roof's weight creating a secure base for attaching the roof. These plates are anchored into the brickwork with iron straps or bolts forced into the mortar joints. Wooden anchors could be built into the brick wall as it went up to make sure plates wouldn't move under the weight of the roof being placed.

Now heavy wooden trusses or rafters that would hold the slant of gable (A frame) styled roof would be notched or bolted into place. To counter the roof's tendency to exert outward thrust on the walls tie beams are used to connect opposing rafters with iron rods or wooden ties spanning the building to stop spreading. With the frame in place wide pine sheathing (cover) boards topped by cedar shakes are added.

The next step would be flashing or covering the place where walls and roof met with a thin layer of copper to prevent moisture from seeping in. Copper was used in the 1800s for flashing because it was readily available, easy to shape, resistant to corrosion and long lasting.

Classifieds

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Come preview this catalog on auction day from 10am-4pm or call for an appointment on another day by appointment. Our Home Office Base is located at 438280 4th Line, Melancthon L9V 1S9 (North of Shelburne).

Bid now and you'll be ready for the lots begin closing at 5pm on Nov 7th.
PLACE YOUR BIDS ONLINE NOW.

Features: J. & J. Taylor Safe alongside an assortment of Antique Wood Furniture including 9pc Dining Set; Hoosier Cabinet; Entryway Tables & Benches; Pantry Units; Step-Top Chest of Drawers; Antique Work Bench; Hanging Display Cabinets; Blanket Boxes; Samuel Frith of Halstead Chinoiserie Grandfather Clock; Birks Sterling Silverware Set w/ Case; 1930's Topaz Hocking Glassware – Ballerina Pattern; Blue Crown Open Top Crocks; Ginger Bottles & German Steins; Stoneware Lamps; Royal Doulton Mugs & Figures; Garden Statues; Folk Art Pieces; Primitive Tools; Type Setting Accessories; Cotton Quilts & Woven Rugs; Tobacco Tins; Wooden Crates & General Store Goodies; a selection of Vintage Publications including Hardcover, 30's & 40's Catalogues & Magazines; and so much more.

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Scoop from Schomberg

By Susan Heslop

It's Halloween this Friday, so please make sure you watch out for all the ghosts and goblins walking around town and that you have lots of candy (extra for snacking between treaters). As the old saying goes, you know you're Canadian when your Halloween costume is designed to fit over a snow-suit.

As fall ends and makes way for old man winter, the Schomberg Scarecrow contest is still ongoing, and the voting has been extended to Nov. 2, and the winners will be announced on Nov. 3. If you want to register your scarecrow, please visit schombergscarecrows.com. You can also vote for your favourite on the website

Remembrance

The community is invited to commemorate the fallen soldiers who fought for our freedom at one of four upcoming Remembrance Day services in King Township as follows:

Kettleby Service, Kettleby Cemetery 631 Kettleby Road. Sunday, November 9th at 10:45 a.m.

Schomberg Service, Schomberg Cenotaph, Trisan Centre 25 Dillane Dr. Tuesday, November 11th at 10:45 a.m.

Artisan Market

Discover the magic of the season at Arts Society King's Artisan Holiday Market. Wander through the beautifully restored buildings of the King Heritage & Cultural Centre, where festive carolers, seasonal treats, and the work of 16 talented artisans await. Find unique, one-of-a-kind holiday gifts while supporting local makers, and celebrate the spirit of art and community with us.

Enjoy a seamless shopping experience. Park once at either the King Township Municipal Centre, 2585 King Rd, King City to explore the vendors at the One of a King Homemade Holiday Market or the King Heritage & Cultural Centre, 2920 King Rd, King City for the King Artisan Holiday Market and shop both locations by boarding our frequently running Shuttle Bus. Dozens of artisans await your arrival!

Simcoe Currency Club

Interested in coin/currency collecting? Wondering how to connect with other collectors? Come out and share your interest and learn from other collectors. The Simcoe Currency Club meets on the third Tuesday of each month at the Cookstown Curling Club (18 Church St, Cookstown) at 7 p.m. Membership is \$25 for the year.

They have exciting draws, auctions, news, and a featured speaker every month. For more information visit their website simcoecurrencyclub.com or call 647-200-7007.

Schomberg Euchre Club

Euchre is every Friday night at Trisan in Room A/B from 7 to 9 p.m. The cost is \$10 for the evening or pay monthly for \$20. All you need to know is how to play (no beginners please), how to laugh, enjoy an excellent group of people and not take the game or yourself too seriously.

We had lots of fun this past Friday, awarding our winners for most lone hands, most wins and highest scores.

We celebrated with the winners but also gave a few extra chances to those who didn't win one of the main prizes to win some cash in a draw. Thanks, everyone who supports this fun and amazing group of locals who enjoy lots of laughs and comradery once a week!

Congratulations to all the winners - well done!

Schomberg 55+

Our next bus trip is Thursday, Dec. 11, where you will enjoy a five-hour visit to Niagara Fallsview Casino and receive \$35 in slot play. Performance of Christmas on Ice at 3 p.m. Then enjoy a drive through the Winter Festival of Lights before heading back to King. Cost is \$90 per person. You can register for one or both through xplor or in person at Trisan, Zancor or Nobleton Arena.

Thursday, October 23 - Outing - Fall colour tour and lunch at the British Tea Shop, 11 Young Street, Alliston. For more information, call Lynn klbird@hotmail.com

Monday, November 3 - Speaker - Car-

ol Hindley - Life story presentation of Jose Mastronaco, plus a \$2 puzzle and book sale. For more information contact Lynn at klbird@hotmail.com

Monday, November 10 - Workshop (to 1 p.m.) - Wendy Emery will instruct on making a glass creation - a 6x6 butter dish. Cost is \$115/pp. Register before Nov. 1 at 905-833-6565.

Sunday, November 16 - Outing - Blackhorse Village Players, "Willow Quartet." A 2 p.m. curtain time. A romantic drama. Self-drive. Tickets \$17 senior. Contact Maggie at maggie.crowe@hotmail.com.

Monday November 17 - 10 a.m. - noon - Speaker - Marianne Sheldrake, Feng Shui consultant. See poster.

Monday, November 24 - 10:30 a.m. - Speaker - Lianne Harris, "Bella Italia." Let us explore, discover and delight in all things about Italy - its place in history and its ever-reaching influence on us today. Pizza will be available compliments of Del Manor Aurora. Register at 905-833-6565.

Annual Fee: Until the end of the year, we will be offering \$10 per person memberships for residents, and \$20 per person for Non-residents. The fees for 2026 will increase as we eliminate the \$1 per session fee, so stay tuned

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.

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\$150,000 CUSTOM MILLWORK UPGRADES
FOR NEW PURCHASERS



- Executive 1, 2 & 3 Bedroom Suites
- Luxury Interiors with Refined Finishes

TAKE ADVANTAGE OF TODAY'S LOWEST INTEREST RATE

**LIMITED
TIME
INCENTIVE**

King Heights Boutique Condominiums invites you to experience boutique luxury in King City.

Now available from **\$599,000** (parking & locker included).
For a limited time, the first 50 buyers will receive an **EXCLUSIVE \$150,000 SUITE** upgrade package, featuring fully paneled walls and custom millwork throughout.
Don't miss this opportunity – suites are limited and this incentive will not last long.

BUILDING FEATURES AND FINISHES

- LUXURIOUS ROOF TOP TERRACES WITH BBQ STATIONS
- HIGH SMOOTH CEILINGS
- HARDWOOD FLOORING
- FLOOR TO CEILING WINDOWS
- PREMIUM 6-PIECE APPLIANCES
- SMART HOME SYSTEM
- 15 COMMERCIAL UNITS
- PREMIUM GOLF COURSES
- 5 STAR 2-STOREY RESTAURANT WITH 1,000 SF OUTDOOR PATIO
- WALKING DISTANCE TO GO STATION
- MINS TO HWY 400/404/407
- PARKING & LOCKERS

LEASING OPPORTUNITIES

Discover boutique living with a selection of 1, 2 & 3 Bedroom Executive Suites.

Move in with First to Last Month's Rent + 1 Month Damage Deposit.

Each suite is fully paneled with custom millwork finishes.
Limited executive rentals available - reserve yours today.

LUXURY, LOCATION, LIFESTYLE

SALES CENTRE 18 Doctors Lane, King City • Call 437-882-5464

SITE ADDRESS 12765 Keele Street, King City

*Terms & Conditions apply