



# King Weekly Sentinel

King's Community Newspaper

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## Outdoor rink at Cold Creek now open

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## Province steps in to ensure board's accountability

By Mark Pavilons  
Editor

Concerns over "infighting" has prompted Ontario's Education Minister to take action against the York Catholic District School Board (YCDSB).

Minister Paul Calandra is taking action in response to serious concerns that "risk disrupting learning and undermining student outcomes."

These actions, he said, will help the province restore sound financial management at these boards and ensure that every dollar invested is preparing students with practical skills for good-paying, stable careers.

"I'm taking immediate action to put an end to mismanagement and disruption at two school boards (York, Peel District) that are directly and negatively impacting both students and teachers," said Calandra.

"I am also putting the YCDSB on notice that the infighting, disruption and serious financial concerns that have undermined student success for years need to end immediately, with every penny of public funding directed to support students in the classroom."

The YCDSB has also been informed that the Minister intends to take action to place the board under supervision if it fails to appropriately respond to the pressing governance and financial concerns in the next 14 days. The board's years of "inadequate financial management have depleted its reserves, putting its ability to serve students and the broader community at serious risk."

High-risk financial assumptions in the board's financial recovery plan, along with an alarming revolving door in leadership and ongoing governance issues, have raised doubts about the YCDSB's ability to balance its budget and put students first.

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Heart-shaped treats boost King's Food Bank.

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Rebellion sweeps home-town tournament.

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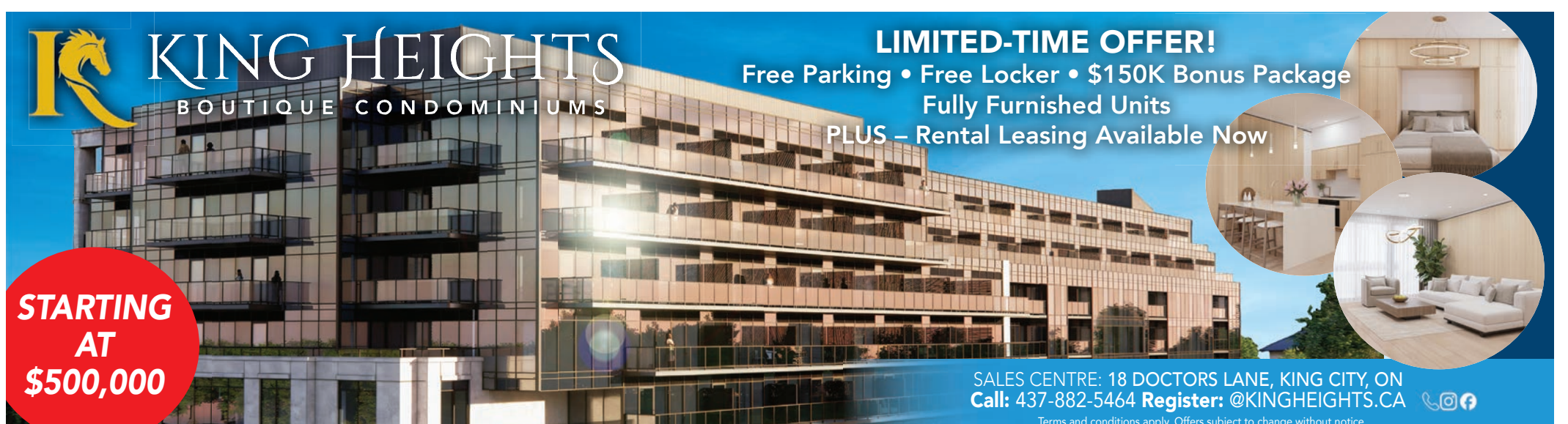
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# KING

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## Upcoming Meetings



### COUNCIL MEETINGS

**Monday, February 09**  
6 p.m. – Council

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

### COMMITTEES AND BOARDS

**Tuesday, February 10**  
11 a.m. – Accessibility Advisory Committee

**Wednesday, February 18**  
6 p.m. – Committee of Adjustment

Hybrid meeting (in-person/virtual participation, live-streamed).  
Visit: [king.ca/cofameetings](http://king.ca/cofameetings) for more information.

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

Subscribe to receive email notifications regarding Council meetings & agendas at [king.ca/subscribe](http://king.ca/subscribe)

## Recent Planning & Heritage Notices

- **Notice of Public Planning Meeting Concerning a Proposed Zoning By-law Amendment Re:** Lots 56-62, 66-69, 91-93 and 96-97, Plan 65M-4797, King City, ON (File No. Z-2025-19)
- **Notice of Complete Application Concerning a Proposed Zoning By-law Amendment Re:** Lots 56-62, 66-69, 91-93 and 96-97, Plan 65M-4797, King City, ON (File No. Z-2025-19)
- **Notice of Complete Application Concerning a Proposed Zoning By-law Amendment Re:** 2 Royal Avenue, Nobleton, ON (File No. Z-2025-20)
- **Notice of Complete Application Concerning a Proposed Zoning By-law Amendment Re:** 12739 Keele Street and 19 Patricia Drive, King City, ON (File No. Z-2025-18)

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

## Recycling cart exchange process begins for King Township residents

Now that residents have had time to try their new 360-litre recycling cart, Circular Materials has advised King Township of next steps:

Circular Materials is contacting residents who submitted a request form to confirm whether they still want to exchange their cart.

**Confirm by February 13:** If you requested a smaller cart, please reply to Circular Materials by this date. Reminder emails will be sent over the two-week period. Requests or confirmations received after February 13 will be processed later.

**Cart exchanges begin in March:** After confirmation, Circular Materials will follow up with next steps. Exchanges will roll out across all northern six municipalities in York Region starting the first week of March, with time built in to catch any missed exchanges (e.g., if carts aren't at the curb).

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



The picnic shelter at **Cold Creek Conservation Area** has been transformed into a seasonal outdoor skating rink.

**Free, unsupervised skating** (max. 25 skaters at one time) is available daily from 9 a.m. to 4 p.m.; weather permitting.

[coldcreek.ca](http://coldcreek.ca)

## 2026 Summer Camps

June 29 to September 4



view the guide online at

Registration for **summer camps** opens at 7a.m. on **February 17**

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

## Farm Succession Planning Workshop: Is your farm ready for the next generation?

York Region Administrative Centre, 17250 Yonge Street, Newmarket

Succession planning is one of the most important steps in ensuring long term farm success, yet it's often the hardest conversation to begin. If you've been wondering how to start planning for the next generation, this workshop is designed for you.

Hosted in collaboration with **York Region Federation of Agriculture (YRFA)**, the session features Maggie Van Camp, Founder and Director of Strategic Change at Loft32 and Farmers' Bridge, and a leading expert in farm succession planning.

**Registration is required and spots are limited.**

**Tuesday Feb. 17**  
10:30am-1:30pm

Register at [yorklink.ca/SuccessionPlanning](http://yorklink.ca/SuccessionPlanning)

# We're HIRING



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- Inclusion Program Coordinator
- Inclusion Facilitator
- Parks Summer Student
- Parks Seasonal Worker

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



SCAN HERE to submit a nomination

## 2026 Volunteer Appreciation Awards

**Nominations for the 2026 Volunteer Appreciation Awards are now open!**

Submitting a nomination is an opportunity to highlight and celebrate the impact of those who continually give their time and energy to make life better in KingTownship.

### Categories:

- Citizen of the Year Award
- Lifetime Achievement Award
- Senior Citizen Award of Merit
- Youth Award of Merit
- Special Recognition Award – Resident and Non-Resident

All nomination forms can be submitted online, in-person or by mail until the deadline on **Saturday, Feb. 28 at 11:59 p.m.**

To submit, visit [king.ca/awards](http://king.ca/awards).



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# KING

# Boards working on plans to satisfy ministry directives

From Front Page

In a joint statement released by Board Chair Maria Iafate and Jennifer Sarna, Interim Director of Education, they said the Board of Trustees and the Senior Team are working together to create a plan that best serves our students, staff and families. As part of the process, there will be board meetings in the coming weeks to discuss this plan.

We encourage the public to attend in person at 320 Bloomington Road West, Aurora, or watch it live on the YCDSB's YouTube channel.

"Please rest assured that the YCDSB's day-to-day operations will continue as usual. We will provide you with more information as it becomes available."

The Minister's action against the Peel District School Board (PDSB) is more direct.

"The action I am taking at the PDSB will put an immediate halt to a disruptive mid-year upheaval in staffing that would have created uncertainty for parents, students and teachers alike."

The Minister is immediately placing PDSB under provincial supervision

and has halted the board's imminent layoff plan, which would have seen 60 classroom teachers lose their jobs and caused significant learning disruption for nearly 1,400 students in the middle of the school year. The board has also run a deficit for five consecutive years, affecting its long-term financial sustainability. The board has been given 14 days to respond to the Minister's concerns, after which the Minister will determine whether to continue with supervision.

Peel Board Chair Dr. David Green said his board is fiscally responsible and they're backed by a great senior team.

"There's no mismanagement," he stressed, noting the board actually has a healthy reserve fund. However, the Ministry has told them they cannot access the reserve to offset the shortfall or deficit.

Green said they often went into the reserves to help bolster board finances and he's never seen a stance like this from the Province ever in his more than two decades serving on the board.

The decline in enrolment, he said, did leave the board short some \$12 mil-

lion.

The board and staff have met several times and are committed to balancing the budget and looking for savings and efficiencies. They did suggest that some board staff return to the schools as LTOs, to avoid layoffs. The union reached out on behalf of members, noting this wasn't a solution.

Trustees and staff were set to discuss the matter further at last week's board meeting, but the Minister's letter put that on hold, preventing any decisions from being made.

The Minister cited "public interest" as a reason for the move, but Green said trustees are elected to be the voice for parents and students, and the Ministry has effectively taken that away from them.

Green said they want to work with the Minister and remain proactive, innovative and student-focused.

The union representing teachers condemned the actions. ETFO condemns government takeovers of Ontario school boards.

"ETFO is once again raising urgent concerns about the Ford government's escalating and unjustified takeovers of democratically elected school boards across Ontario. These interventions represent egregious government overreach, a troubling centralization of power, and a direct threat to local democracy in Ontario's public education system.

"There is growing concern that these takeovers are part of a broader plan to seize control of school board finances and real estate across the province. This treats public education as a profit-making enterprise rather than a vi-

tal public service meant to serve every child. Parents and communities must join us and act now to prevent lasting damage to our high-quality public education system.

"Elected trustees are a critical link between communities and publicly funded schools. They provide local accountability, represent and elevate diverse perspectives, and make decisions that reflect the needs of the students and families they serve. Replacing them with supervisors, government insiders with little to no education sector experience, strips communities of their democratic voice and hands control over to a government that has repeatedly shown disregard for public education.

Six other school boards are under provincial supervision to address concerns related to growing deficits, depleting reserves and poor management decisions. These actions reflect the government's continued focus on upholding public trust in Ontario's publicly funded education system and are a part of the government's plan to build a strong, accountable and well-supported public education system with a back-to-basics approach that is focused on improving student outcomes.

When a school board is placed under supervision, the Minister of Education may appoint an individual, commonly referred to as a supervisor, to exercise powers and duties of the board. Supervisors have leadership and expertise in governance, finance and/or public accountability matters. They report regularly to the ministry while working to improve stability and efficiency in school boards under supervision.

## Property tax billing for 2026

Every day, your tax dollars are helping to make life better in King. From library services, fire protection, snow removal and road maintenance, recreation and curbside waste collection – you have a direct impact on improving the quality of program and service delivery for the community.

Heading into the 2026 property tax billing cycle, King Township remains committed to continued transparency and accountability, delivering quality services with a fiscally responsible approach.

King Township collects property taxes on behalf of York Region and the School Boards, with the split between the three levels of government consisting of – 40 per cent to King Township; 43 per cent to York Region, and 17 per cent to school boards.

Property tax bills are mailed twice a year, once in January (interim) and once in June (final). Each tax notice has two installment dates on it.

Interim property tax bill: Residents signed up for eBilling received an electronic copy of their tax notices on Friday, Jan. 16. Paper copies have been mailed to households. If you have an inquiry or did not receive your bill, call

ServiceKING at 905-833-5321 or email [serviceking@king.ca](mailto:serviceking@king.ca).

The installments for the interim tax bill are due on Tuesday, Feb. 17 (first installment) and Tuesday, April 21 (second installment).

Avoid missing a payment by signing up for eBilling and automatic withdrawals through King Township's Pre-Authorized Debit Program (PAD).

You can also pay online with your financial institution. By credit card at [king.ca/OnlineServices](http://king.ca/OnlineServices) (2.5 per cent service fee applies). Cheques sent via mail to the Township of King (must be stamped and mailed prior to due date and received on time). You can also pay in-person at the King Township Municipal Centre (cheques or cash only).

King Township operates within a service-based budget. This allows residents and business owners to see exactly how funds are allocated to specific services that directly impact their daily lives, making it easier to understand the value they receive for their tax dollars. Learn more and view the 2026 Budget Book at [king.ca/budget](http://king.ca/budget).

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



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# Editorial, Letters & Opinion

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

## Bending the truth is part of democratic politics

My son recently asked me why politicians aren't punished for lying.

That should be against the law, he argued.

I puzzled and puzzled until my puzzler was sore.

“Well, you see, er, well, there are different kinds of lying ... Um, white lies, bold-faced lies, bendies, stretchies ...” I uttered.

With public floggings no longer in vogue, and medieval stocks or pillories quite scarce, I was perplexed and had no valid solution to offer. I do so love public humiliation and would support a referendum on bringing them back to a town square near you!

But lying in public – actually saying something that is totally wrong – should be discouraged, right? And lying in our upper chambers should come with some form of punishment, even a couple of whacks by the Sergeant-at-Arms and his Mace.

Call it artful evasion, misspeaking, exaggeration or storytelling.

“O, what a tangled web we weave when first we practise to deceive,” said Walter Scott.

And Robert Gates said that most governments lie to each other: “That’s the way business gets done.”

Perhaps there was some of that when our PM visited China recently. And, we witness – almost daily – the most voracious liar on the planet: Donald Trump.

Politicians are the most maligned group of people on the planet. As Mart Gross shared: “Politicians are masters of the art of deception.”

How do we curb this ingrained activity in our democratic society?

Well, Wales plans tough rules making politicians lose jobs for deliberately lying. Their politicians are discussing a law that would punish politicians who deliberately lie to the public. The plan focuses on Members of the Senedd and aims to bring real consequences when trust is broken. Supporters believe honesty should be a basic duty in public life, not a choice.



**Mark Pavilons**

A Senedd committee suggested stronger standards and clearer definitions around “deliberate deception.” One idea includes a recall style process where serious breaches could lead to removal from office. The proposals also look closely at election time lies, with plans to tighten rules around false statements used to win votes from the public.

The debate continues but already members, including those in Labour, have said it could fail to get enough support without significant changes like defining what a “false or misleading” statement would be.

Making it a criminal offence to make false or misleading statements of fact to help an election candidate, this legislation “sets out to build stronger foundations for Welsh democracy.”

One would think there would be wide-spread support for this. Not so, my friends.

Cross-party Senedd committees warned it would “seriously hinder full and proper democratic discourse during an election campaign.” It criticized the fact that it does not define exactly what

a “false or misleading” statement is, to who it would apply or how.

I’m not sure how banning out-and-out lies hinders an election campaign. If anything, it would make it much more pleasant and the public wouldn’t be subjected to those ridiculous TV ads.

One Welsh politician said: “Strengthening the ways we hold members to account is essential for public trust and the Senedd should get this right.”

I think our friends over there are on to something.

Glancing at our own situation, this intrepid journalist (a member of another highly maligned group) could find very little in the way of direct reference to lying by politicians.

In fact, free speech and debate is fundamental to the process at both Parliament Hill and Queen’s Park.

According to former Speaker Peter Milliken: “As members of Parliament, we all deal regularly with differing interpretations of various events or situations and differing views of documents laid before the House. Members can, and often do, disagree about the actual facts of the same situation. Disagreements of this kind form the basis of our debates. Our rules are designed to permit and indeed to encourage members to present differing views on the given issue. This tolerance of different points of view is an essential feature of the freedom of speech and of the decision making process that lie at the heart of our parliamentary system.”

Our Charter of Rights and Freedoms expressly guarantees free speech and expression, but it does not guarantee access to information, and access to all documents in government hands.

According to the Supreme Court, “...

free expression is valued above all as being instrumental to democratic governance.”

I understand different views and opinions. But lies are neither. Either something is true and accurate or it’s not. There is no in between. You shouldn’t have differing opinions on the facts!

I get that politicians have to tread carefully. But often, officials tend to talk a lot but say nothing. They’re well versed in double-speak and not answering direct questions from journalists. Is it any wonder my brothers and sisters in arms have a hard time uncovering the truth?

I have witnessed this first-hand during my journalism career. When people asked me “what’s the truth?” I respond: “It depends who you ask.”

Politicians and civil servants are experts at “artful evasion.” It must be taught to them before they take office.

It seems passing a law to ban lying by politicians would be difficult, narrow and specific, and wouldn’t properly handcuff our politicians from bending the truth.

I suppose with freedom not only comes responsibility, but the given right to side-step the truth.

“The truth is incontrovertible,” Winston Churchill once said. “Malice may attack it, ignorance may deride it, but in the end, there it is.”

Perhaps the ball is in our court, as intelligent taxpayers and voters.

William Faulkner urged us to never be afraid to “raise your voice for honesty and compassion against injustice and lying and greed. If people all over the world ... would do this, it would change the earth.”

Hear, hear!

### Federal gun program

## YRP won't enforce gun buy-back campaign

By Mark Pavilons  
Editor

York Regional Police have joined the litany of police forces who state they will not carry out the Liberal government’s gun buy-back program.

“As vice-chair of the York Regional Police Service Board, I am extremely pleased that the Police Service Board ... formally supported the position to not participate in the Government of Canada’s Assault-Style Firearms Compensation Program. Let the police focus on getting crime guns out of the hands of scumbag criminals instead of law abiding registered gun owners,” said Linda Jackson.

Chief Jim MacSween said YRP remains committed to working collaboratively on initiatives that measurably reduce violence and improve community safety.

The decision not to participate in the firearms compensation program reflects YRP’s “dedication to ensuring organizational resources are strategically aligned with priorities and initiatives that enhance public safety.

“This includes addressing the sources of firearm violence in York Region – particularly the illegal importation, distribution and use of illicit firearms – along with enforcement and prosecution strategies focussed on repeat violent offenders and violent crime.”



### Quote of the Week

*“There are three types of lies – lies, damn lies, and statistics.”*

– Benjamin Disraeli

### Trivia Tidbits

*The largest provincial legislative building in Canada is located in Regina.*

KingWeeklySentinel **WEBPOLL**  
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Results from last week's poll:

**Do you have faith in Prime Minister Carney's leadership?**

a) Yes  **33%**

b) No  **67%**

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

**THIS WEEK'S QUESTION**

Do you believe Pierre Poilievre is the best choice to lead the Conservatives?

a) Yes  
b) No

Go to our website and cast a vote!

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# German scientists issue stark climate warning

By David Suzuki

## The Environment

German scientists are warning that global warming is accelerating, that the planet could heat by as much as 3 C over pre-industrial levels by 2050 — just 24 years from now — and that we could exceed 5 C of warming by the century's end.

This should be top headline news. It should alarm us all. It should spur politicians to urgent action.

The consequences would be catastrophic. A 3 C rise doesn't mean a temperature increase of that amount over the whole world. Some areas could see temperatures up to 10 degrees higher than normal, reaching more than 50 C.

It would mean more long-lasting droughts, widespread water shortages, intense wildfires and desert zones spreading from the Sahara to Spain. Weather would become increasing-

ly unpredictable, with more extreme events, including heavy rains and flooding in some areas. Prolonged heat waves would cause more illness and death and drive more migration as people flee inhospitable areas.

In some tropical areas, extreme heat and humidity would make it impossible to survive outdoors for the first time in recorded history. Agricultural failures and drought would cause food shortages. More plants and animals would go extinct. High ocean temperatures, decreasing oxygen content and increased carbonic acid concentration — already becoming more common — would put aquatic life at even greater risk. Sea level rise would increase further, endangering coastal communities.

The German Physics Society and the

German Meteorological Society's joint statement says global average temperature has already exceeded 1.5 C several times over the past two years, and that the threshold — the aspirational level the world's nations agreed to stay below with the 2015 Paris Agreement — may have been permanently breached.

The statement notes these scenarios don't represent an inescapable fate. But keeping below the agreed-upon hard target of 2 C, the scientists warn, will require the international community to significantly step up efforts.

That means quickly shifting from fossil fuels to renewable energy, conserving and using energy more efficiently and protecting and restoring carbon sinks such as forests, peatlands and wetlands. It will also require expanding technologies to remove carbon dioxide from the atmosphere, as we've already pumped enough to ensure the world will continue to heat for years.

We'll also have to implement more measures to adapt to the irreversible changes we've already set in motion with our profligate use of coal, oil and gas, and our insane destruction of natural systems that store carbon.

"The purpose of climate conferences was to slow the rise of CO2 and ideally reverse it," German Meteorological Society chair Frank Böttcher told the weekly Die Zeit. "Yet despite all the pledges, carbon dioxide in the atmosphere is still climbing. Looking at the political response, I would sum it up like this: too little, too slow, too late."

The scientists note that we face an uphill battle, especially given the actions of the current United States administration, which is stepping away from international agreements, overturning climate policies and attempting

to ramp up fossil fuel production — not to mention trying to seize Venezuela's vast heavy crude oil reserves.

"Our colleagues in the United States, in particular, are under heavy pressure, especially in climate science," Klaus Richter, president of the German Physical Society, told Die Zeit. "But limiting global warming requires the input of nearly every scientific discipline in dialogue with society, far beyond the natural sciences."

These scientists offer a range of solutions, most of which we already know. They include raising awareness of the real and pressing danger of human-caused global heating, rapidly reducing greenhouse gas emissions, adhering to the Paris Agreement, using economic measures to avoid greenhouse gas emissions and incentivize low-emission products, promoting ways to store CO2 through afforestation, protection and restoration of peatlands and using wood as a building material, developing methods to adapt to global warming consequences in ways that also protect the climate, planning to withdraw from some coastal areas and ensuring that society receives credible, science-based information.

Most people alive today will suffer the fury of a hothouse planet. We've created an emergency that threatens all of humankind.

Politics and the economy can no longer block us from adopting these actions immediately. If scientists and their findings aren't held up to guide us, what will?

*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.*

## Ontario civil servants receive 7.9% higher wages, on average, than private-sector workers

Government workers on average enjoy a higher wage premium and more generous benefits in Ontario than their private-sector counterparts, finds a new study published by the Fraser Institute, an independent, non-partisan Canadian public policy think-tank.

"With the Ontario government projecting a deficit of over \$13-billion this year, bringing government sector compensation in line with the private sector would help reduce costs without necessarily disrupting services," said Jake Fuss, director of fiscal studies at the Fraser Institute.

The study, Comparing Government and Private Sector Compensation in Ontario, finds that government employees across Ontario — including federal, provincial and municipal workers — were paid 7.9 per cent higher wages, on average, than workers in the private sector in 2024, the most recent year of available comparable data from Statistics Canada's Labour Force Survey.

Even after adjusting for unionization status, government employees are still paid 6.5 per cent higher wages.

But wages are only part of overall compensation. Government workers across Canada enjoy much more generous non-wage benefits, too, such as:

Pensions: In 2024, 82.7 per cent of

public-sector workers were covered by a registered pension plan compared to only 23.6 per cent in the private sector. Of those covered, almost all government workers (94.8 per cent) enjoyed defined-benefit pensions, which offer a guaranteed level of income and benefits in retirement, compared to 37.8 per cent among private sector workers.

Early retirement: Public-sector workers retired 2.2 years earlier, on average, than the province's private-sector workers.

Personal leave: Government workers were absent from their jobs for personal reasons more often than private sector workers — 14.4 days compared to 8.2 days.

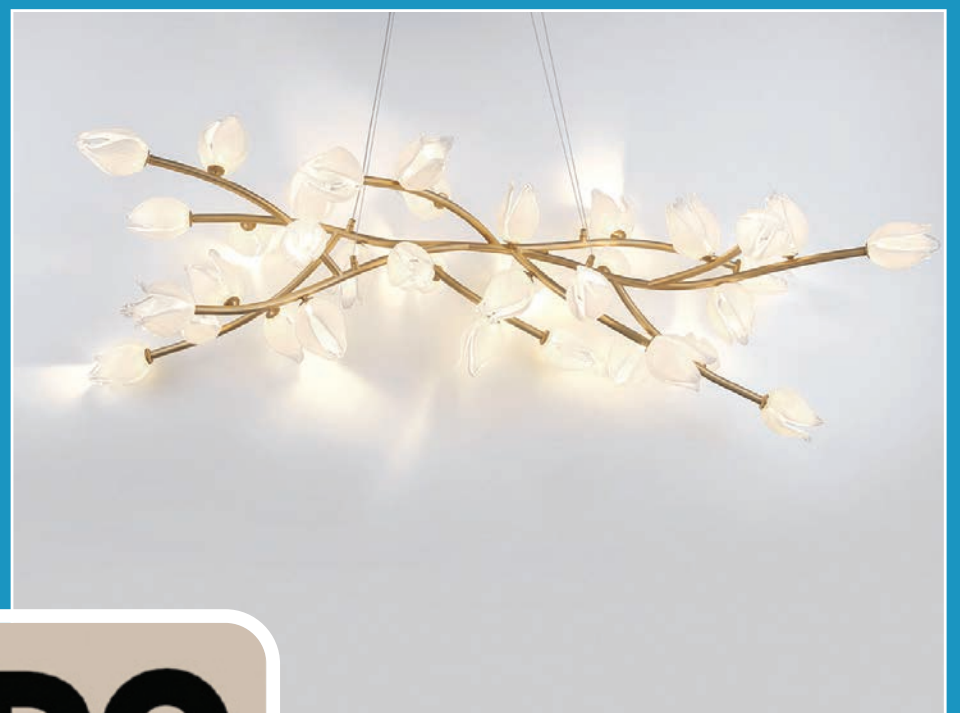
Job security: In 2024, public-sector employees were nearly six times less likely to experience job loss than private-sector workers — 0.6 per cent compared to 3.5 per cent.

"All levels of government in Ontario — municipal, provincial and federal — must find ways to reduce costs as spending and borrowing have continued to ramp up," Fuss said.

"Closing the compensation gap between the government and private sectors would reduce costs and help governments move towards balancing their budgets."



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# Ontario farmers navigate trade uncertainty; pushing for progress

By Drew Spoelstra  
President, Ontario  
Federation of Agriculture

## Agriculture

Trade and tariffs continue to be one of the biggest sources of uncertainty facing farmers today. That reality was front and centre again this year as the Ontario Federation of Agriculture, alongside the Canadian Federation of Agriculture, attended the American Farm Bureau convention for the second year in a row.

I farm with my family near Binbrook in the city of Hamilton, growing crops, raising horses and producing high quality milk and beef. I'm also the president of the OFA and I always welcome the opportunity to meet with fellow farmers, whether here in Ontario, across Canada or internationally.

What stood out most in those conversations with U.S. farmers and farm leaders was how similar the challenges are on both sides of the border. Farmers in Canada and the United States are both dealing with shifting trade policies, geopolitical tensions, and market volatility that make it difficult to plan and invest with confidence. That's on top of weather, pests and diseases and rising production costs.

When tariffs and other policy changes are imposed, delayed, or changed

with little warning, the impacts ripple quickly through farm businesses, suppliers, processors, and rural communities. That's why recent developments on the Canada – China front are welcome news for Canadian agriculture.

The federal government recently announced that China will lower tariffs on Canadian canola seed to a combined rate of 15 per cent from the current level of 84 per cent by March 1, 2026. In addition, tariffs on Canadian canola meal and peas will be removed from March until at least the end of 2026.

Canada is the world's largest exporter of canola, and China is our second largest market, so these changes represent meaningful progress for farmers who have been under intense pressure. The agreement does not yet address Chinese tariffs on other important agricultural products such as canola oil or pork, but it is an important step forward. We are also encouraged by signals that beef and pet food exports are expected to resume, which would bring further relief to affected sectors.

This deal is welcome progress for farmers who have been dealing with trade challenges on a number of fronts, and we encourage the federal govern-

ment to continue its work to resolve outstanding agricultural trade issues. The OFA will continue to actively engage with all levels of government, our members and county federations, other industry stakeholders, and our national partners at the CFA on issues related to tariffs and trade that affect all farmers here in Ontario and across the country.

We're also calling on the federal government to keep expanding and diversifying our trade relationships. Agreements like the Canada-Indonesia Comprehensive Economic Partnership Agreement, which eliminates or reduces tariffs on beef, pork, soybeans, and canola while locking in duty-free access for wheat, are an important part of that strategy.

Ongoing work with markets such as the Mercosur countries (Argentina, Brazil, Paraguay and Uruguay), India, and others will be critical to reducing our reliance on any single trading partner and strengthening long-term resilience.

Despite growing diversification, however, the fact remains that approximately 60 per cent of Canada's agriculture and agri-food exports go to the United States and that they remain our largest, most significant trading partner. That's why it's critical that we find a way to push ahead with the Canada-U.S.-Mexico Agreement (CUSMA) joint review this year that will satisfy and benefit all three countries.

Extending CUSMA without interruption supports our North American goals to supply consumers with an affordable, stable food supply and increased food security – the ability to produce as much of our own food and farm products as possible. These are critical elements of national security and farmers need ongoing support to help weather the storm created by global uncertainty.

As farmers continue to see inflationary pressures from tariffs and cost of production increases caused by this uncertainty, OFA and others have been urging the federal government to permanently increase the interest-free

portion of the Advance Payments Program to \$350,000 from its current level of \$100,000. This increase supports the purchasing power for a farm business and cash flow when its critical and supports an extended marketing window for farm produce.

OFA also continues to work with partners pressing for meaningful improvements to business risk management programming. We've recently asked the provincial government to accelerate the phased-in implementation of the \$100 million funding increase for the Risk Management Program and Self-Directed Risk Management Program they announced last year to support challenging situations through the market uncertainty we're facing.

The agriculture sector is not just about farming and primary production, however, and support is necessary beyond the farm gate. In Ontario, food processing is the second largest manufacturing industry, and we need investment and policy support that will let us expand and strengthen this capacity here at home. This will create jobs, diversify our economy, and let us export finished goods and not just raw ingredients to the world.

Removing or reducing interprovincial trade barriers remains a key focus, and we appreciate the meaningful progress that has been made here over the past year. OFA has been providing input to the Free Trade and Labour Mobility in Canada Act as regulations under this new legislation are being developed. The Act allows expanded alcohol sales across Canada and makes it easier for skilled tradespeople and health professionals certified in one province to work in another.

Agriculture is a diverse sector, with more than 200 different products grown, raised, and produced in Ontario alone. As decision-makers across the country continue to tackle these issues, the team at OFA will keep advocating for policies that protect farm businesses, open new market opportunities, and strengthen the infrastructure behind our food system.

## Fishing for Impaired 2026

York Regional Police is pleased to mark the launch of the Fishing for Impaired initiative, partnering with Mothers Against Drunk Driving (MADD) York Region, Arrive Alive, Ontario Parks, Ontario Provincial Police and Georgina Island Police to remind ice fishers, snowmobilers and anyone planning winter activities on the ice, that impaired driving, whether on the road or on a frozen lake is a criminal offence.

York Regional Police's Marine Unit and Road Safety Bureau are focusing their attention on ensuring that the individuals engaged in the sport of ice fishing, and other winter activities on Lake Simcoe are doing so responsibly and safely.

Officers will be out on the ice of Lake Simcoe focusing their enforcement efforts on snowmobilers and ATV operators who feel it's acceptable to consume alcohol and/or drugs while operating their vehicles. Similarly, sobriety checks will be conducted on ice fishers who are heading back to their personal vehicles. When it comes to drinking and driving and drug consumption and driving, the same rules apply when out on the ice as when you're operating a vehicle on the road. The penalties for impaired snowmobiling or impaired operation of an ATV are also the same.

For more information on marine safety, please contact the York Regional Police Marine Unit at 1-866-8765423, ext. 7321.

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|--|--|---|--|--|--|--|
|  |  |   |  |  |  |  |
| Sun/Clouds<br>High -8C°<br>Low -9C°<br>-<br>Wind S 12k | Scattered Flurries<br>High -3C°<br>Low -23C°<br>~1cm<br>Wind W 17k | Sun/Clouds<br>High -17C°<br>Low -24C°<br>-<br>Wind NW 23k | Sun/Clouds<br>High -17C°<br>Low -22C°<br>-<br>Wind W 23k | Clouds/Sun<br>High -12C°<br>Low -12C°<br>1-3cm<br>Wind SW 9k | Sun/Clouds<br>High -4C°<br>Low -12C°<br>-<br>Wind NW 14k | Light Snow<br>High -4C°<br>Low -4C°<br>-<br>Wind S 23k |



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# LSRCA addresses floodplain policy and goals ahead

By Mark Pavilons  
Editor

The local conservation area works to mitigate major floods.

Kenneth Cheney, director of flood management for the Lake Simcoe Region Conservation Authority (LSRCA), pointed out to King council recently that floods are the most frequent natural hazard in Canada.

Governed by the Conservation Authorities Act, under the Ministry of the

Environment, Conservation and Parks, the core mandate of LSRCA is to protect people and property from flooding. Spawned by Hurricane Hazel in 1954, Conservation Authorities arose in Ontario to forecast floods, warn residents and map floodplains.

The flood management program maps, forecasts and mitigates flooding from rivers and shorelines, entering urban areas. LSRCA helps prevent major events through development and infrastructure review. Prevention is their

## Township staffers recognized for employment 'milestones'

By Mark Pavilons  
Editor

Two Township staff members were singled out and praised for reaching employment "milestones" with the municipality as the last council meeting.

Samantha Fraser (five years) and Gaspere Ritacca (25 years) were lauded by senior department heads.

Gaspere Ritacca, Manager of Planning and Development, reached a quarter century serving King.

Throughout his time with King, Gaspere has demonstrated a strong commitment to providing council with his best professional planning advice on all planning applications. He has continually demonstrated his professionalism and commitment to making King better for all who live, work and play in the Township.

He has also been a leader and mentor for a number of planners over his tenure with King. Most recently, Gaspere has not only provided his expertise and creativity in moving approvals ahead for housing in King City East, and employment opportunities arising from the 172,000-square-metre Blackwood development, but he has also been instrumental in bringing about a number of process improvements enhancing customers' experience through such initiatives as the AskPlanning app and Heritage Inventory GIS Story map.

"A huge thank you to Gaspere for his dedication and valuable contributions which have positively impacted the team and the organization as a whole, and we wish him every success in the years ahead," said Stephen Naylor,

Director of Growth Management Services.

"Twenty-five years in municipal planning is a remarkable achievement. I have come to lean on him heavily in the course of my tenure."

Samantha Fraser, Director of Public Works, has marked five years of service.

Throughout her tenure, Samantha has exemplified our core values of collaboration, commitment, and creativity. Her dedication has led to numerous achievements, including being a key member of the SLT, guiding decisions during the Covid-19 pandemic response and recovery transition. Samantha has also been instrumental in developing Master Plans for King's major infrastructure, establishing the township's first Stormwater Management Plan and User Rate, and creating a comprehensive Asset Management Plan.

Additionally, she played a critical role in updating the Background Study used to inform King's DC Bylaw, enhancing Public Works Health and Safety compliance, and delivering major capital projects, such as gravel road conversion and road resurfacing programs.

Most notably, Samantha's positive attitude and strong leadership have positively influenced our workplace culture across the SLT, ELT, Public Works, and the organization as a whole.

"We look forward to Samantha's ongoing success and impact, and we thank her for her unwavering commitment and exemplary service," noted King CAO Daniel Kostopoulos.



main role, Cheney pointed out.

Their flood management program involves engineering, monitoring, warning, regulation and development.

He explained that riverine flood mapping documents flows associated with rivers, streams and natural watercourses that crest their banks. Lake-based (shoreline) flooding is typically due to higher than usual water levels, waves, wind or a combination of factors that create flooding along the shorelines.

The LSRCA delineates and maintains the floodplain, through provincial regulations and technical guidelines. Mapping was updated in 2025 for Sophia Creek, Kidds, Creek, Bunkers Creek, Dyments, Creek, Hotchkiss Creek and Whiskey Creek.

The most recent mapping for Lake Simcoe's shoreline was done in 2024 and including updating flooding and erosion hazards.

LSRCA plans a flood audit in 2026, identifying resources needed to support a plan for flood management and floodplain mapping updates through-

out the watershed.

Updated mapping, Cheney noted, comes with a financial commitment from municipal partners, so it's important that LSRCA works with King Township to strategically update the floodplain.

Schomberg gets special attention this year as the floodplain impacts a substantial area in and around the village.

Schomberg was designated a Special Policy Area in 1998. This area applies to properties east and west of Main Street, north of Church and south to Western.

Certain new uses are generally prohibited in the SPA. Development needs to be assessed for building strength, elevation, location of utilities and flood protection.

Cheney noted that floodplain updates may result in changes to elevations. Land use in the floodplain is also impacted by new provincial regulations.

Updated data that includes rainfalls, terrain changes and municipal official plan rules, all impact land use planning in floodplains.

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## Council okays amendment, setting parameters for 'block plan'

By Mark Pavilonis  
Editor

A development in King City is moving ahead, and King council gave its stamp of approval on a wider, block plan approach to planning.

Councillors, after a lengthy discussion, approved staff recommendations. Many were concerned that the seldom used block approach would tie the municipality into future development.

But staff pointed out it's taking a big-picture view, a larger scope, to plan for the future.

Staff were looking for approval from council for both the zoning bylaw amendment for a specific application, and the surrounding comprehensive development plan.

The subject lands located in King City, at the northwest corner of King Road and King Boulevard and comprise a parcel with a lot area of approximately 0.18 hectares and approximate lot frontage of 26 metres along King Road.

Existing land uses on the property include a detached dwelling (2022 King Road), while the lands located at 2018 King Road are vacant. The existing dwelling is proposed to be demolished as part of the overall redevelopment plans. Adjacent and surrounding land uses include existing low-density residential land uses to the north and west and institutional and public land uses to the east. Additional land uses include an approved townhouse development on the northeast corner of King Road and King Boulevard and institutional, public and residential land uses on the south side of King Road.

The application proposes a six-storey commercial building, with a veterinary clinic proposed for the ground floor with offices (levels 2 to 6) contemplated for the upper floors of the proposed building. A total gross floor area of 2,570 square metres is proposed for the building. A total of 41 parking spaces, including 4 accessible parking spaces, and 14 bicycle parking spaces are proposed on site in a combination of surface parking (14) and one level of underground parking (27). Access to these parking areas is proposed by an internal driveway and ramp at the rear (north) of the building.

Permanent access to this lot is contemplated by a future mid-block connection ('private

laneway') between William Street (west) and King Boulevard (east), which has been proposed as an element of a broader Comprehensive Development Plan (CDP) planning exercise for the surrounding area.

The zoning change was necessary to facilitate the project.

Consultant Rosemarie Humphries, representing the applicants, noted municipalities use "block planning" as a guide to future planning, setting general guidelines such as building heights, etc.

Councillor Mary Asselstine said her issue was this block plan approach doesn't give the Township any statutory authority to change things down the road.

But Mayor Steve Pellegrini pointed out that without it, the Township ends up with development by individual application and this concept provides a concrete way to provide a transition and lays out the entire surrounding area.

Planning staff said it's a comprehensive development plan and there are policies in the OP that mandate the rules. So yes, the Township has total control over the planning area. This particular area is a "micro example of a block plan."

CAO Dan Kostopoulos noted King hasn't used this block plan approach very much in the last seven years. It's more of a holistic conceptual approach to planning the area.

Councillors expressed concern about parking, sidewalks and other details of the plan, including future uses. Any changes or proposals will be dealt with by council as they arise; this is simply giving approval to the bylaw changes.

A statutory Public Meeting was held last September for the zoning bylaw amendment and the applicant subsequently submitted a revised building design in response to comments concerning architectural/urban design (i.e. building height) and parking that were raised at the Public Meeting.

The Village Core policies of the Official Plan state that the minimum height for new buildings shall be two functional storeys and the maximum height for new buildings is generally three storeys. However, these policies also state that development up to six storeys may be permitted provided:

(The building is located or tiered in height to minimize visual and shadowing impact on streets and public areas, and provides for appropriate transition with adjacent buildings.

The compatibility of the building with respect to adjacent low-rise residential areas and sensitive uses is addressed through the use of setbacks, buffers, angular plane requirements as well as the sensitive location of windows and balconies to minimize privacy impacts, as detailed in the implementing zoning bylaw, detailed design guidelines and through Site Plan Control.

The proposed building is pegged at 6 storeys and has been designed in a manner so as to limit visual and land use impacts by providing for a lower degree of building massing at the lot frontage and exterior side lot lines (four-storeys) where setbacks are at their minimum, and by incorporating 'step backs' on the upper floors where adjacent to the public realm and street line.

Lands located immediately adjacent to the subject lands (west and north) are comprised of low-density residential land uses.

A comprehensive development plan and the site-specific zoning bylaw amendment application have been prepared and submitted for review by Planning Division staff and the Township's architectural and urban design peer review consultant.

Architectural and Urban Design The Township's architectural and urban design peer review consultant has provided comments in response to the applicant's submission of an Urban Design Brief. In general, the comments address site design and public realm interfaces, building massing and transitions (and visual impact), common amenity space and landscaped open space, site access and circulation, and building façade design and materials.

Staff said that overall, the proposed development has been found to generally conform with the applicable de-

sign policies of the Township of King Official Plan and Village Urban Design Guidelines, as confirmed by the Township's architectural and urban design peer reviewer.

The Township of King Official Plan provides guidance on the preparation and execution of a Comprehensive Development Plan (CDP) or block plan. The purpose of a CDP is to establish a more detailed level plan, with the aim of ensuring the coordinated and integrated review of site-specific applications and development within a designated area. This planning process is intended to establish the guiding vision for a specific area and to address common issues affecting a wider planning area (i.e. block level). These may include, but not be limited to, land use, density, servicing, urban design, transportation and natural heritage.

Initial consultations were held with the public in order to prepare options illustrating the range of development opportunities and limits within the project area.

The formal adoption and endorsement of the Comprehensive Development Plan by Council comprises the final stage of the work program. While the endorsement of the CDP is a non-statutory process, the CDP will provide direction and guidance for the future submission and expectations of development applications for lands located within the CDP area. These future applications will be expected to demonstrate consistency with the concepts and principles recommended by the CDP as well as consistency with, and conformity to, applicable Provincial, Region and Township policies.

It is understood that the Plan may require refinements, with the possibility for flexibility and changes over time, pending the receipt of site-specific development applications, which will be required for each of the proposed development blocks within the Plan.

## LSRCA names its chair, vice

At its 75th Annual General Meeting, the Lake Simcoe Region Conservation Authority Board of Directors concluded its 2025 business and launched 2026 with the election of a new chair and vice chair.

A highlight of the meeting was the debut of the Conservation Authority's 2025 Year-In-Review video, showcasing the significant conservation, restoration, and community-based work delivered by staff throughout the watershed. The video is available at: <https://lsrca.on.ca/index.php/home/annual-reports/>

After two years of service, Chair and City of Barrie Councillor Clare Riepma, and Vice Chair and Oro-Medonte Mayor Randy Greenlaw, concluded their terms, making way for incoming leadership.

Bradford West Gwillimbury Councillor Peter Ferragine was elected Chair, and City of Barrie Councillor Clare Riepma was elected Vice Chair. Both expressed their appreciation for the Board's confidence as they step into their new roles.

Incoming Chair Peter Ferragine shared: "I'm very pleased and honoured to have the support of the Board. As a long-serving member and strong advocate for the Conservation Authority's mission, I look forward to leading us through the challenges and opportunities ahead in 2026 and beyond."

Newly elected Vice Chair Clare Riepma noted: "I'm grateful for the support of the Board and for the exceptional work of staff. Together, we accomplished a great deal across the watershed in 2025. I look forward to continuing to support this important work as we navigate the changes ahead."

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# Hospice, community celebrate opening of Wellness, Grief, and Caregiving Hub

By Brock Weir

Hope House Hospice, formerly Hospice King-Aurora, marked the start of a brand-new chapter in its storied history of community service with the opening of their new Wellness, Grief, and Caregiving Hub recently.

Aurora-Oak Ridges-Richmond Hill MPP Michael Parsa, Aurora Mayor Tom Mrakas, and Richmond Hill Mayor David West were on hand for the celebration, which also included an opportunity for Hope House to share the success of a recent two-year Provincial grant.

“Over my 18 years here at Hope House, I have seen this organization grow and thrive because of the dedication and valuable contributions of our staff and our amazing volunteers, and, of course, because of the support of our community – local, regional, provincial and federal,” said Hope House Executive Director Heidi Bonner.

“We are gathering here today to celebrate the opening of our Wellness, Grief and Caregiving Hub. It’s a special place where we invite our community to visit – a place that is welcoming, a safe place to land during a very difficult time. We want all to know that you don’t have to journey alone through illness and grief, and that Hope House is always here to support.”

One such programming area that will activate the new Wellness, Grief, and Caregiving Hub is Hope House’s HUUG (Help Us Understand Grief) program, which was developed through a two-year grant from the Ontario Trillium Foundation.

First awarded to Hope House in 2024, the grant funding was used to develop a program to help children, youth and families who are experiencing a serious illness, anticipating a death, or grieving a death.

Bonner says the resulting program saw a 192 per cent increase in referrals in the first year and, as the two-year grant wrapped, referrals received during the period “is more than the combined referrals we’ve received for the previous six years.”

“The program continues to grow because the need for this type of support continues to grow,” said Bonner. “The impact of our HUUG program will be felt for generations to come. We support young people now when they need it the

most. Then, as they grow, they remember the support and the strategies that they’ve been given to survive what they have gone through.”

The value of the HUUG program was further highlighted by Julia Zinn, Hope House’s Counsellor for Children, Youth, and Families.

“It’s an honour to be at the forefront of this work and to help establish this program, which is the only one of its kind in all of York Region,” she said. “At Hope House, our vision is that nobody journeys alone through serious illness, end-of-life, or grief and that includes children. However, one in 14 children will experience the death of a parent or sibling before their 18th birthday and 93 per cent of children will experience a death that’s significant to them before their 18th birthday as well. That’s 93 per cent of children who are going through these hard things and often they’re going through them alone.”

Grief experienced by children is often under-recognized and under-supported, she said, with a prevailing school of thought being that they’re young and will bounce back.

“But we all know that’s not true, and that’s why programs like HUUG are so important ... and we are endlessly grateful for the funding from (Trillium) that has allowed us to establish this program and demonstrate its importance here in the community so that we can continue it for years and years to come,” she continued. “(The program) will continue to support children, youth, and families who are experiencing serious illness, end of life, or grief. Our goal is really to normalize these experiences. We know that this isn’t a statistic of very few children. It’s a statistical norm that folks are going through this. We want to normalize the thoughts, the feelings, all those experiences that play into that for these families, and also do so in a way that is familiar and more comfortable for kids.”

Among the activities included in the HUUG program include arts and crafts, games, such as “Question Jenga” that help kids get to know each other and feel comfortable. One-on-one counselling is also offered, while parents can also be involved in the program, where counsellors can impart the tools they need to support kids who are also going through challenging times.

“I’m the local MPP here, but I’m also

Minister of Children, Community, and Social Services ... when you think of the impact of this program on young people, whether they’re dealing with a serious illness or a death in the family, and the support that you and your staff through the HUUG program provide, it goes a long way,” said MPP Parsa.

Added Mayor Mrakas: “This is a phenomenal place to be opening here in the Town of Aurora. This hub is going to provide a place for people to have supports, connection, and to be able

to learn through the grieving process and also through illnesses. I’m hearing about the stories about children that are grieving and losing a parent, and whenever you lose a parent, whether you’re a child or you’re an adult – I lost my dad last year, a very difficult time, but being able to get through it was being able to talk to people about it, so I can only imagine what it’s like for a child to lose a parent and what they have to deal with, so I thank each and every one of you for all the work that you guys do.”



## Heart-shaped eats support King Township Food Bank

The King Township Food Bank’s annual Hearts for Hunger campaign returns this February, inviting residents to “Share the Love, Feed the Community.”

Now in its third year, the initiative continues to grow, with seven local establishments offering heart-shaped menu items and donating a portion of their proceeds to the King Township Food Bank.

Returning participants Leonardo’s Smokehouse & Pizzeria, Schomberg Village Pizzeria and Si Lo So Pizza & Pasta are once again serving heart-shaped pizzas, with Si Lo So also offering heart-shaped ravioli.

New this year are Hollywood Pizza with heart-shaped pizzas, Grackle Coffee with heart-shaped cookies, Pine Farms Orchard with heart-shaped frittatas and brownies, and Molly’s Market with heart-shaped cookies, brookies and cupcakes.

Hearts for Hunger runs throughout February, with Schomberg Village Pizzeria and Molly’s Market offering specials until Valentine’s Day.

Every purchase strengthens the Food Bank’s ability to serve neighbours in need, a mission sustained for more than 20 years through the generosity of the King community and the dedication of volunteers.

Show your love in a delicious and meaningful way this February by supporting the King Township Food Bank through participating local businesses.



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# Arts & Entertainment

## Ontario invests \$7 million to boost tourism, climate readiness

The Ontario government is investing \$7 million in the Evergreen Brick Works Recovery and Climate Resilience project to protect one of Canada's first large-scale community environmental hubs and top destination for residents

and tourists in the heart of Toronto. The project showcases how climate-resilient infrastructure can help protect communities and keep residents safe from floods and other weather events. "Evergreen Brick Works is a shin-

ing example of how we can protect Ontario's natural spaces, infrastructure and economic opportunities, all in one place," said Todd McCarthy, Minister of the Environment, Conservation and Parks. "Not only will this investment preserve this beautiful space for future generations, it will also serve as a model for truly sustainable urban design – supporting the development of stronger, more resilient infrastructure to protect our communities for years to come."

The funds are being used to upgrade the Children's Garden—an outdoor learning space that hosts more than 10,000 youth annually—along with three restored heritage buildings offering welcome space, Indigenous and ravine programming space, plus improved outdoor commons for safety and public use.

Improvements to these spaces include:

Innovative stormwater systems including rain gardens and permeable pavement to safely redirect water during heavy rainfall.

Elevated electrical and data infrastructure to prevent flood damages.

Installing solar panels to generate power on-site for community events and reduce pollution.

Accessible seating, new lighting and improved safety features for the garden and amphitheatre.

Leveraging its national and provincial networks of innovators, Evergreen will provide best practices and practical lessons to municipalities, city planners, property managers and similar not-for-profit organizations, helping advance innovative, climate-resilient solutions across Ontario.

This project supports the government's plan to protect Ontario by working with municipal and other partners to build resilient, sustainable housing and infrastructure while strengthening local economies through homegrown

tourism.

"This investment will help ensure Evergreen Brick Works remains a resilient, welcoming place where communities can gather, explore, learn, and celebrate, no matter what climate challenges lie ahead. We will strengthen critical infrastructure, enhancing nature-based solutions alongside climate technology for cooling, biodiversity, stormwater management and net-zero operations. By doing so, we're not only safeguarding vital community programming for hundreds of thousands of visitors each year, but we're also supporting hundreds of Ontario small businesses, artists, and community organizations. We're grateful for the Province of Ontario's partnership in making Evergreen Brick Works a living blueprint for sustainable, climate-ready infrastructure for resilient communities," said Jen Angel, CEO, Evergreen.

For nearly a century, the Don Valley Brick Works was one of Canada's leading brickyards, producing over 43 million bricks every year. In 2010, Evergreen, in partnership with the City of Toronto and Toronto and Region Conservation Authority, transformed the abandoned site into an environmental education centre focused on nature, culture and community.

Evergreen Brick Works is a model for sustainable design and green practices – featuring rain gardens, permeable pavements, rainwater harvesting systems and energy-efficient buildings. It supports over 100 small businesses and farmers, hosts major community events, and attracts hundreds of thousands of visitors each year.

In summer 2024, Toronto experienced a record-breaking storm that dropped 100 millimetres of rain in just two hours, flooding the Brick Works under five feet of water, and causing extensive damage to both the facility and surrounding parkland.



## CHATS celebrates La Dolce Vita in support of local seniors

CHATS – Community & Home Assistance to Seniors is pleased to announce Bubbles & Smiles – La Dolce Vita: A Taste of Italy, a signature fundraising event taking place for the fourth year on Thursday, April 23, at 6 p.m., at The Event Market in Newmarket.

This elegant evening features a sommelier-tutored wine tasting led by Advanced Sommelier Jeff Roel, and an Italian-inspired menu created by Event Market's Chef Michael La Porta, along with a warm, celebratory atmosphere inspired by Italy's joyful spirit. Guests will sip, savour, and connect – all in support of programs that make a meaningful difference for local seniors.

While the evening offers a refined culinary experience, its purpose is deeply rooted in community impact. Proceeds from Bubbles & Smiles support CHATS's social and wellness programs, which help thousands of older adults across York Region and South Simcoe, live safely, independently, and with dignity. These programs play a vital role in reducing isolation and fostering connection among seniors.

"CHATS is a vital resource in Aurora and the surrounding area for combating the isolation that so many older adults face," said Michael Khalil, Sparkle Pharmacy. "We are incredibly proud to partner with them on 'Bubbles & Smiles' to help ensure these essential, high-quality programs continue to thrive."

He noted that Bubbles & Smiles is one of those events that brings friends and neighbours together to embrace each other as a community.

CHATS is currently welcoming local business participation through raffle donations and sponsorship opportunities. Contributions such as gift certificates, products, services, or sponsorship support help make our events a success while providing valuable visibility and demonstrating meaningful community leadership.

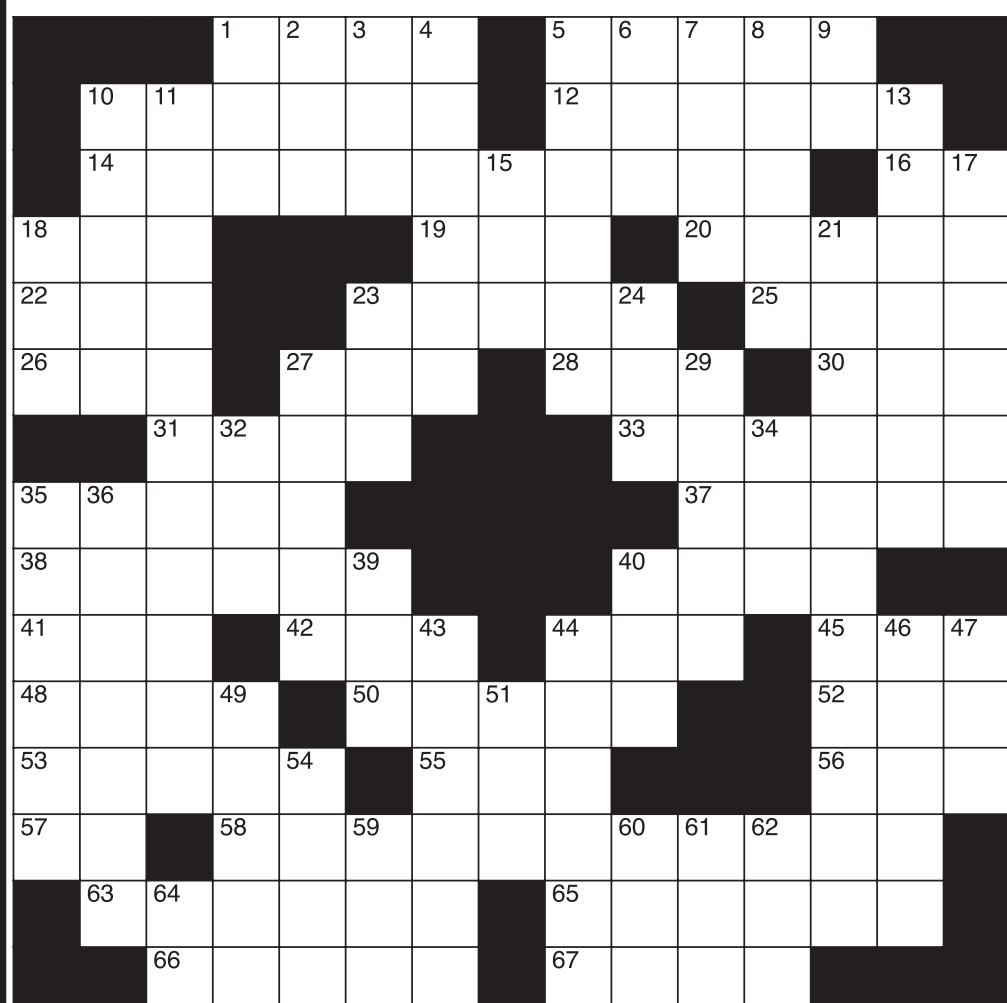
"Seniors thrive when communities come together," said CHATS CEO Christina Bisanz, "Bubbles & Smiles is both a celebration and a positive way to ensure older adults feel connected, supported, and valued."

For more information about the event, sponsorship opportunities, or raffle donations, please contact: mshaher@chats.on.ca

**THINK LOCAL**  
This Valentine's Day  
For great RESTAURANTS,  
SHOPPING and ENTERTAINMENT!

## CROSSWORD

Puzzle No. 262110 • Solution in the CLASSIFIEDS



### CLUES ACROSS

- Native American group of N. California
- Geological times (Brit. sp.)
- Tool to remove
- Rods
- One who renews
- They precede C
- Chatter incessantly
- \_\_\_ King Cole, musician
- Insect parts
- One from Utah
- The world of the dead
- Singer Redding
- NBA legend Nelson
- Indicates wrongly
- Unhappy
- Anger
- Dark brown
- Some are in kitchens
- Made a mistake
- Damp

- Type of fuel
- Actor Damon
- What thespians do
- One's mother
- Disallow
- Swiss river
- A banana has one
- Philippines lake and volcano are two
- Relative biological effectiveness (abbr.)
- Agave
- Journalist Tarbell
- One-time tech giant
- Indicates upon
- Intestinal bacteria
- Loose sheaths around the spinal cord
- It goes with nook
- A fashion
- Very eager to hear or see
- Witch
- Utilize
- Writing utensil

- Where rockers go to work
- Subsides
- Consume
- Greek mythological figures
- California mountain town
- Tin
- Muse of lyric and love poetry
- Animates anew
- Humorous
- Cool!
- Worst
- Wet dirt
- Designed to be useful
- Hebrew unit of liquid capacity
- High schoolers' test
- Computer device
- Indian territory \_\_\_ and Diu
- A place to sleep

- AI tool
- Pass or go by
- Indicates a purchase
- A digital tape recording of sound
- More (Spanish)
- Disfigured
- White (Spanish)
- Church building
- Georgia rockers
- Type of surgery
- Much \_\_\_ about nothing
- Make by braiding
- Local area network
- Unit of work or energy
- Member of indigenous people of Thailand
- Liquefied natural gas
- Distance to top

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

# Nuclear energy is powering new jobs

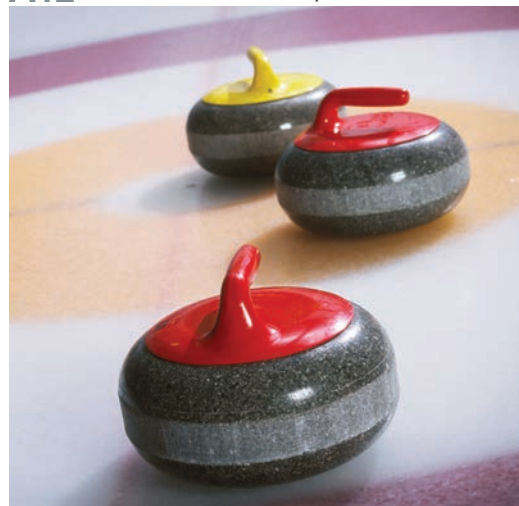
We're creating over 150,000 new jobs during the construction and operation of our new nuclear facilities, delivering new opportunities for workers.

**That's how we protect Ontario.**



[Ontario.ca/PoweringOntario](https://Ontario.ca/PoweringOntario)  
Paid for by the Government of Ontario





# King Weekly Sentinel

Sports • News • Community Events  
Classifieds • At Your Service

## King's U10AA Rebellion crowned tournament champs

Congratulations to King Township Minor Hockey Association, who organized the largest tournament of its storied history this past weekend Jan. 30, 31 & Feb. 1.

The tournament spanned over 9 ice pads throughout King Township and the GTA, it included 78 teams throughout Ontario in the U10AA-U18AA age groups and over 500 hours of game time.

The King Rebellion U10AA completed a tournament sweep, going undefeated in their five games, and winning the ultimate prize of Tournament Champions on Sunday at a sold out Zancor Centre.

Unbelievable performances by their tandem goaltending of Jadon Smith and Veer Dhaliwal, the King Rebellion started the tournament with 4 decisive wins that included two 3 goal comebacks, one in game double team hat trick by Adrian Bianca and William Rossetto, a last minute GWG by Zayden Paolercio and heads up playing by Zavier Spears.

The Championship Finals were against the TNT Tornadoes, which was a rematch of the Round Robin where the King Rebellion won 4-3, at the Honey and Barry Memorial Arena just the day before.

The King Rebellion played a full team first mentality game, where every player took an intricate role to ensure their victory. Forwards Francesco Mallocci (fiercely playing through a DTD injury), Tommy Han and Dylan Korn-



King Rebellion U10AAs were crowned Tournament Champions of the King Playoff Challenge Cup Tournament this past weekend going 5-0.

haber defensive positioning stifled any offensive chances from TNT. Defensively, the pairings of Edison Nunes & Matthew Zappula, Elliot Cinelli & Julian Montagnese playing some of their

best hockey this season throughout this tournament held TNT to only 1 goal in the finals.

After the King Rebellion controlled much of the 1st and 2nd periods in a scoreless game, TNT struck first on the power play early in the 3rd period making it 1-0. Responding quickly, Elliot Cinelli on the PP got free and let a laser beam go from the point, that the TNT netminder had no chance of stopping, tying up the game 1-1. After two beautifully placed goals (PP & GWG) by the tournaments point leader Henry Gunnell and an empty net to "seal the deal" from Marco Cannavo, the King Rebellion checked off the box of one

of their season goals, of a Tournament Championship.

A big thank you to the fan and community support over the weekend that helped propel the U10AA's to this Championship.

Next up for the King Rebellion is the chance on Saturday to clinch 1st overall for the 2025/2026 York Simcoe Minor Hockey League Season. The King Rebellion has held the first place position (out of 12 teams in YS) the entire season with a record of 17-3-2 with 107 Goals For & 58 Goals Against, and looks to check off another box on their season goals.

Let's Go Rebels!

## Takeout for takeout in tight standings

By Shellee Morning  
King Curling Club

Friday evening Social League has 9 teams on their roster this year, and with a points spread of a mere 6 points between first and 9th place means that any team can win.

The challenge is who will bring their A-game and deliver accurate weight and on the target of the broom. This past week Team Glen Allen was up against Team Fiore Gagliardi; one of the league's leaders. Allen, who is backed up by Heather Thompson, Pat Harrison and Karl Span, had the edge over Gagliardi and his squad of Michelle O'Brien, Ingrid Dick and Rebecca Lascota.

Points were exchanged during the close match-up but Allen grabbed the reins for the win. The win not only moved Allen within 2 points of the leaders and 1 point back of 2nd, but it created a 3-way tie for first overall.

Teams Pizziacarola, Mellow-Gagliardi share top spot with Fiore Gagliardi after his loss with Allen. The second place team for now which belongs to Team Tom Allen (Glen's father), but with the father/son match-up that is scheduled for this week, this game is anticipated to be a tight end for end game. Of course the winner will have earned the bragging rights that might just make the ride home rather interesting.

### Women in action

In today's sport, women are not only stepping into the limelight in more ways than one, but they are earning a lot of respect from their peers within their various roles of the game.

The women at King Curling are also making a difference and receiving notable recognition.

The Thursday day league is home to 6 ladies teams that include many veterans and well-respected women in curling. The leader board has a slim point spread of 3 points between first and last place.

The tight standings indicate the parity of calibre that these legendary curlers show case each week. This past week Team Ruksa tied Team Bones while Teams Hampton and Lawrence found the winners circle. Hampton, Ruksa and Sinclair share top spot with 10 total points while Bones sits alone with 9.



Cameron Wells of the Wednesday Evening Social League called and made a double angle take-out to score while facing multiple opponent stones to earn the club's highlight reel of the week.

Photo by Shellee Morning

Lawrence has earned 8 and Dickson has 7 total points to round out the field. Down at ice level, the environment is competitive but once off the ice, the laughter and fellowship between the group is extraordinary.

### Highlight reel

This week's club highlight reel belongs to Cameron Wells.

A Wednesday evening curler who has played in some big game situations back in his day, showed a lot of grit and patience during his regular season game this past week. Wells, who has played at a high school provincial level, Skips his team with a quiet calm demeanor who also provides a strong positive side to his leadership role.

He is backed up by the Pelligrini family of Steve, Barb, and Emma as his front end. With only a 3-person team this week, Wells led his team in the early frames to a 2-2 tie.

The game turned in favour for the opposition so when in the 6th end and facing multiple rocks Wells called for a tough double angle take-out. Acting Vice, Barb Pelligrini called the line as Wells delivered while (spare) Ross Tripp got on the sweeping right away. Wells then jumped in to help with sweeping and the hit was perfect! The stone eliminated the 2 opposition rocks and came to rest perfectly behind a group of guards.

It was a shot that collected high-fives, fist bumps and left smiles all around.

## Rebellion rolls out 1-2 record on road trip

By Jim Stewart

It was a so-so 1-2 road trip for the Rebellion as King's Junior A squad wound through Burlington, Georgetown, and Leamington last week.

The eighth-place OJHL West squad opened their three-game road trip with a narrow 2-1 loss to the Cougars in Burlington on Tuesday night.

Burlington forward Daniel Vasic opened the scoring at 15:49 of the first period. However, Owen Kahl pulled the visitors even with six seconds left in the opening frame with helpers from Justin Pavese and Lincoln Edwards. Andrew Bowness fired the game-winning goal for the Cougars 12:30 into the second period and earned Burlington Captain Reid Forster his 31st assist of the season.

In this goaltending battle between two OJHL Westrivals, Carter Vicente turned aside 28 of the 29 shots he faced to earn the win for the sixth-place Cougars. Rebellion netminder Logan Kennedy stopped 30 of the 32 shots in King's tough loss at Central Arena in front of 105 fans.

Rebellion forward Deacon King (who just committed to an NCAA D3 hockey and golf scholarship in Connecticut starting in September) was concerned about his team's lack of offensive firepower in Burlington against a team they are chasing in the standings: "We had a hard time finding the back of the net in Burlington. It was a tough loss - really a four-point game with our teams in a battle for a better playoff spot."

In his post-road trip reflection on Monday afternoon, King expressed his relief that the Rebellion took care of business on Saturday night in Georgetown in a 3-0 win: "Noah (Mavin) did his usual great job in net to get the shutout. We kept them to the outside to minimize good scoring opportunities. I thought we dominated through the game and came out strong in the first period with three goals. We kept our attack all night."

Pavese's power play goal 3:38 in the opening frame, set up by Lucas Manikis and Reggie Taylor, gave the Rebellion a 1-0 lead over the Raiders. Luca Astri's fifth of the season, with helpers from Nathan Avrams and Adam Smeeton, gave King a two-goal lead at 17:48.

Fifty seconds later, Pavese struck again to provide the Rebellion with the fast start needed in a road game. Kahl and Edwards earned assists on Pavese's 8th of the season.

Noah Mavin turned aside all 21 shots he faced to earn his first shutout of the season and raise his SV% to .936 - sixth-best in the OJHL.

The Rebellion opened strongly in Leamington and battled the fourth-place Flyers to a scoreless draw after 20 minutes of play, much to the delight of 452 fans assembled at the Nature Fresh Farms Recreation Centre.

At 3:53 into the second period, Ethan Walker's power play goal gave the Flyers a 1-0 lead.

The Rebellion responded five minutes later when Kahl finished Astri's set up to tie it 1-1.

Mid-way through the second period, it looked like King might pull off its second consecutive upset in Leamington in nine days to follow up their 3-2 victory over the Flyers on Jan. 22.

However, four goals in five minutes by the Flyers before the end of the period and four more unanswered goals in the third sealed the deal in the Rebellion's 9-1 loss.

Despite the thumping to close the road trip, King felt his club was ready to play on Sunday night: "We felt good in the first period. We were coming off a win on Saturday night and we beat Leamington last week in their barn. When they scored their first goal in the second, we responded right away, and we were playing well. Then they got four quick ones and their fans got going. We didn't create enough noise as a team. We just have to move on from it with so many big games this coming week against Oakville, Niagara Falls, and Milton. It's a six-point week."

## King's Corners

### King City United By Sheryl Sinka

New worship time! Sunday, Feb. 8 King City-York Pines United Church worships at 10:30 a.m. with Rev. Bill Fritz leading our worship hour at 50 Elizabeth Grove. Everyone is welcome to join in our journey as we explore faith and what it means to us.

Last week, we were given three words to consider: accommodation, cooperation and dedication. These concepts when looked at in the context of our lives and our faith, and when they exist in our interactions with others, support our ministry as we move in the world spreading the light of Christ and love to all. God is with us. May it be so in your lives this week and always.

The Book Club meeting has been rescheduled to Monday, Feb. 23 at King City United Church at 10 a.m. the club will be discussing the book "Serviceberry" by Robin Wall Kimmerer at that time. This book is a lovely treatise on gratitude and you don't need to have read the book to join in. For more information contact the office at 905-833-5181 or [kcuc@bellnet.ca](mailto:kcuc@bellnet.ca) or to participate remotely on Zoom.

Fellowship Luncheon: Welcome to this York Pines United Church tradition and now King City's too! Friends from the community are invited to this fellowship lunch when we will be trying a new adventure for our group at Orchid Thai 15474 Yonge St. on the West side of Yonge, north of Wellington (just N. of Aurora Hts. Dr.).

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. Support through the food bank 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.

### King Bible Church

Join us on Sundays at 10:30 a.m. for our Sunday Worship service. Pastor Mark will be speaking on our sermon series; "The Unstuck Life." We will also be streaming the service online at 10:30 a.m. on Facebook and You Tube.

Please visit our website for links and further information: [www.kingbiblechurch.com](http://www.kingbiblechurch.com) If you have any questions please email: Lisa Lethangue ([lisa@kingbiblechurch.com](mailto:lisa@kingbiblechurch.com)) Administrative Assistant, King Bible Church, 1555 King Rd., King City, 905-833-5104.

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

Upcoming events at KCSC:

Friday, February 6 – 10 a.m. – Presentation – Mark Shimor of RBC will discuss fraud and seniors. Registration requested.

## Nobleton & Schomberg United Churches

### By Nancy Hopkinson

Sunday (Feb. 8) is the annual SOUPER Bowl Fundraiser to support the King Township Foodbank. Please bring soups, crackers and/or money. This fundraiser began in the 1990s with a Presbyterian minister in South Carolina who was concerned about those who could barely afford to feed their families while those watching the Superbowl game had plenty.

Since then over \$220 million in food & funds have been raised around the world to support local food banks & food programs. Preferred soups are: Chunky soups, beef stew, mild chili, Habitant soups, Campbell's condensed soups and Knorr dehydrated soups. Cans of salmon or tuna are also welcome.

We welcome Rev. Richard Gardner back this week from his work with the wider church. We want to thank worship leader Doug Reid for organizing a nice service last week. We wish Doug well in his recovery after a recent fall.

Our regular services are 9:30 a.m. at Schomberg and 11:15 a.m. at Nobleton. We warmly welcome everyone, even if you just want to drop in for a short prayer. If you do stay for the service, we invite you to have coffee or tea and some snacks afterwards.

Our next Schomberg Senior's Luncheon is Tuesday, Feb. 10 at 11:15 a.m. at St. Mary Magdalene Church in Schomberg. The meal will be Ruthie's chicken casserole served with a green salad with maple syrup dressing. Dessert will be apple cranberry crisp with ice cream. The entertainment will be

Friday, February 13 – 10 a.m. – Workshop – Angela will provide a hands-on workshop in which valentine décor will be created. Cost \$10/pp due by January 30.

Friday, February 20 – from 11:30am – Potluck Lunch – Come out and enjoy a delicious buffet. Each attendee is asked to bring either a main course item or a dessert.

Friday, February 27 – Presentation – Kathy from Vaughan Community Health will discuss Type 2 Diabetes.

The following activities are 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. Tuesday mornings: 11:15 a.m. to 12:15 p.m. – Bone Fitness (must be registered with the Township).

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

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

Wednesday afternoons: 1 p.m. – Bridge.

Thursday mornings: 9:30 a.m. – Gentle Motion (similar to Tai Chi). Thursday mornings, 11 a.m. – Qigong (must be registered with the Township).

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

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

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

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

### King City-York Pines

The merged United Churches of York Pines and King City invite you, friends and neighbours to join us for our monthly fellowship luncheon, a well loved tradition of York Pines.

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. Support through the food bank 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.

### Sacred Heart Church

Exposition of the Blessed Sacrament, February 6: Silent Adoration begins at 3:30 p.m., Benediction at 6:30 p.m., Celebration of Mass at 7 p.m. First Friday Adoration following the 7 p.m. mass. The Sacrament of Reconciliation is available before Exposition. The evening consists of Adoration of the Blessed Sacrament, personal quiet contemplation, hymns of praise and worship, and the Rosary of the Father. Those who are fasting are encouraged to bring some light refreshments to be shared at midnight in the parish hall.

The First Saturday Mass begins at 8:30 a.m. You may join at any time and

provided by Joe Crone from Aurora, singing '50s and '60s music. Joe has entertained us before and is recently back in Canada after travelling around the world with his family. Please RSVP with Sheila Kelly (905-939-2315 or 905-751-5190) if you plan to attend as space is limited. Although the meal is free, donations are appreciated to defray costs.

The Schomberg United Church Women will meet on Thursday, Feb. 12 at 1 p.m. at St. Mary Magdalene Church. Everyone is welcome to attend. The theme of hearing and discussing stories of Women in the Bible continues. Please bring scissors and glue to make Valentine cards!

Our next Messy Church is Monday, Feb. 23 at 5 p.m. at Nobleton United. The activities and crafts (5-6 p.m.) are based on different Bible stories. "The Lost Sheep" is February's theme, emphasizing Jesus's love for every one of us. At 6 p.m. we have story time until 6:15 p.m. when we eat. Children must be accompanied by a responsible adult. One activity is always decorating a cookie in the theme of the day. Please let Nancy Hopkinson know (text 416-316-5064 or email [nancykhopkinson@gmail.com](mailto:nancykhopkinson@gmail.com)) if you would like to attend, as we need to have enough food for everyone.

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

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

can stay as long as you want. Access is through the doors between the Church and Parish Hall.

Rectory: 905-833-1161. Email: [sacredheartki@archtoronto.org](mailto:sacredheartki@archtoronto.org) Website: [sacredheartki.archtoronto.org](http://sacredheartki.archtoronto.org)

Facebook & Instagram: Sacred Heart Parish King

### Kingcrafts Studio Spring Artisan Sale

Join us for our annual Spring Studio Sale featuring 40+ local artists.

Shop unique handcrafted items and gifts: card making, decorative arts, enamelling, fibre art, fine art, fused glass, jewellery, leather art, needlework, pottery, stained glass, rug hooking, wire sculpture, weaving.

The sale runs Friday, and Saturday, April 24 and 25, 10 a.m. to 8 p.m. and Sunday, April 26, 10 a.m. to 4 p.m.

### St. Andrew's By Kathy Patterson

Welcome to St. Andrew's, King City! Our Morning Worship is at 10:30 a.m. Join us afterwards for coffee time. For last Sunday, Feb. 1, we were on letter "E" for Pastor Alison Agnew's sermon series. "E" was for Example, taken from 1 Timothy 4:12, where Paul is writing to Timothy, who is much younger and is encouraging him how to live as a Christian. This idea for the sermon series came from Alistair Begg's book called "C is for Christian: An A-Z Treasury of Who We Are in Christ." Check us out on our website: [standrews-kingcity.ca](http://standrews-kingcity.ca)

We've planned for many events and we hope you can come!

First of all on Sunday, Feb. 15 at 10:30 a.m. we're having a joint service with our space-sharing partners, The King City Well Church. All are welcome!

We're bringing back a "Life Connect Group," leading up to Easter. It's "Thursdays at Three," at the church. It will be a great time of casually getting together over coffee and bringing our prayers for peace, unity, healing, compassion and guidance for our lives, community, and the world. They will be on Feb. 19, 26 and March 19 and 26.

The Annual Congregational Meeting is Feb. 22, following our Morning Worship Service and pizza lunch!

Don't forget the "Souper Bowl." We're collecting tins of soup, stews, chilis, ravioli and crackers for all of February for KTFB.

Also, Mark your calendars for Fri-

day, March 6. St. Andrew's is hosting the World Day of Prayer in the morning and there will be a Light Lunch following. The Theme country is Nigeria. All are invited.

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 past Sunday, our church celebrated something joyful and hopeful: the confirmation of three young people and the reception of a new member into the Anglican Church. Over the past months, they have walked together with other candidates from across our deanery, learning, praying, and growing in faith under the guidance of Canon Erin and other clergy.

Confirmation is not simply a ritual or a church milestone. It is a public commitment and a promise to continue walking with God, with the Church, and with one another. It is a moment that says, "I choose this path of faith, even when it is not easy."

In her sermon, Canon Erin reflected on the prophet Micah's powerful question: What does God want from us? The answer, Micah reminds us, is beautifully simple and deeply challenging: Do justice. Love kindness. Walk humbly with your God.

These three invitations shape what it means to live as people of faith, not only in joyful moments like confirmation, but in every season of life.

This becomes especially clear as our community also prepares to gather this Saturday, Feb. 7 at 1 p.m., for the Celebration of Life for Michael Springford, which will be live-streamed on our website for those who cannot attend in person. In moments of loss, we discover how deeply we need one another, and how much we rely on God's presence as we walk through grief.

In both celebration and sorrow, our faith calls us to walk together with humility, compassion, and hope. We walk with those taking their first public steps in faith, and we walk with those who mourn. We walk with God, trusting that we are never alone.

In this way, our church becomes not just a place of worship, but a community that lives Micah's words in real time – seeking justice, practicing kindness, and learning, day by day, what it means to walk humbly with God.

We invite you to walk with us.



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**SCHOMBERG**  
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1 acre private treed lot!



**SCHOMBERG**  
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downtown core!

with God  
all things  
are possible  
Matthew 19:26



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# BE Well

YOUR BEAUTY, HEALTH & WELLNESS GUIDE

## SLEEP SMARTER IN 2026: Resolutions for more restful nights

(NC) A new year is the perfect time to reset your sleep routine and reclaim truly restorative rest. Good sleep strengthens immunity, sharpens focus and lifts your mood, but it can fall by the wayside when schedules fill up. A few mindful tweaks to your bedtime routine can help you recharge and wake up ready for the day ahead.

### How to start:

#### CREATE A GENTLE WIND-DOWN RITUAL.

A consistent, mindful routine tells your body it's safe to slow down your senses and drift off. Here are some elements you can incorporate into your wind-down routine:

- Dim the lights an hour before bed to let your body ease into evening mode
- Stretch slowly and gently to encourage your muscles to relax

• Try a mindfulness exercise such as focusing on the sensation of breathing, and acknowledging thoughts that come up, then returning focus to your breath

• Enjoy a soothing cup of herbal tea to signal to your body it's time to rest. The warm liquid will help relax your body and can make you sleepier, while the herbal ingredients can have a calming effect on your body and mind.

• You can also consider gentle herbal supplements, such as ValeriCalm from Canadian producer St. Francis Herb Farm, which can help ease tension and promote a calm transition to rest.

#### UNPLUG FOR THE NIGHT.

Your body is wired to interpret bright lights as meaning that it's daytime. Phones, TV and computer screens can trick your body into staying awake. Swap bright screens for a book, and make sure you have enough light to read by. If you'd rather wind down in the dark, consider a calming playlist to help quiet your mind.

#### BETTER SLEEP MEANS BRIGHTER DAYS WITH MORE ENERGY.

Improving your sleep just takes some self-kindness and a few intentional nighttime moments.

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Tucked into the heart of Nobleton in King Township, Nobleton Family Dental is more than just a place for checkups and cleanings—it's a welcoming space where families feel cared for, understood, and genuinely valued. With a strong focus on overall oral health and long-term wellness, the practice has become a trusted part of the community it serves.

Owned and led by Dr. Contino, Nobleton Family Dental reflects a philosophy rooted in balance, compassion, and connection. Practicing dentistry since 2011, Dr. Contino brings not only clinical expertise but also lived experience to her role. As a mother and business owner, she understands the realities of busy family life and the importance of making healthcare approachable, respectful, and stress-free. Her passion for wellness extends beyond dentistry—she enjoys yoga and fitness activities, and that holistic mindset is woven into the culture of the office.

The team at Nobleton Family Dental is a close-knit group of 13, including three

front desk staff, six hygienists, two doctors, and one dental assistant. Together, they create an environment that feels friendly and personal from the moment patients walk through the door. Every visit is guided by kindness, patience, and respect, with an emphasis on education and prevention so patients of all ages can feel confident about their oral health.

Families are at the centre of everything the practice does. From children coming in for their first dental visit to parents and grandparents maintaining lifelong oral health, Nobleton Family Dental is committed to supporting patients at every stage of life. That dedication has not gone unnoticed—the office has proudly received the Readers' Choice Award for Best Dental Office for eight consecutive years, a reflection of the trust and appreciation of the community.

At Nobleton Family Dental, caring for smiles goes hand in hand with caring for people. It's a place where health, family, and community come together—one smile at a time.



## SIMPLE WAYS TO START 2026 STRONG

(NC) A new year brings fresh opportunities to make positive changes for yourself, your loved ones and even your home.

From improving sleep and caring for pets to saving energy and tackling habits you want to leave behind, these practical ideas can help you start 2026 feeling focused and supported.

### INCREASE YOUR CHANCES OF QUITTING SMOKING

Thinking about quitting smoking in the new year? You don't have to do it alone. Free quit line services across Canada provide confidential, non-judgmental support from trained experts, available by phone or online. They can help you build a personalized quit plan and share strategies for managing cravings. With the right tools and guidance, your chances of quitting successfully can double—or even triple. [gosmokefree.gc.ca/quit](https://gosmokefree.gc.ca/quit)

### SLEEP SMARTER IN 2026

Better sleep means brighter days. Start the new year by creating a calming bedtime routine: dim the lights, stretch gently, sip herbal tea and unplug from screens. Consider natural supports that promote rest, such as those from St. Francis Herb Farm, alongside habits that help signal bedtime to your body. A few mindful tweaks can help you recharge and wake up ready for the day ahead. [stfrancisherbfarm.com/sleep-support/](https://stfrancisherbfarm.com/sleep-support/)

### GIVE YOUR PETS A HEALTHY START

Pets thrive when their mental and physical needs are met. Try indoor foraging games to keep their minds active, and outdoor walks or agility play for regular exercise. At mealtime, look for foods rich in high-quality protein. Many leading pet foods include ingredients like canola meal, a Canadian crop that provides essential amino acids to support overall health. Healthy choices benefit every family member, including pets. [hellocanola.ca](https://hellocanola.ca)

### SMART ENERGY-SAVING TIPS FOR YOUR HOME

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# How to tell if it's a cold, the flu, COVID-19 or RSV

There's much to look forward to at the start of winter. The holiday season starts winter off with a bang, while outdoor enthusiasts know their chances to hit the slopes and ski and snowboard are just beginning. Sports fans know January marks the return of the National Football League playoffs, while travelers who need a little winter warmth often designate February as a month to soak up some sun in a faraway locale.

With so much to do each winter, it's especially problematic when you come down with a cold. However, winter tends to be cold and flu season in many areas, as viruses tend to spread more easily when people spend more time indoors. This winter, people may wonder if their sniffles indicate they have a cold, the flu or a sign of something more serious, such as COVID-19 or respiratory syncytial virus (RSV). Anyone unsure of what's behind a cold-like illness is urged to speak with their physician. In addition, the National Foundation for Infectious Diseases notes that the common cold, the flu, COVID-19, and RSV present some similar symptoms, but also some unique ones. Though each illness is complex, the frequency with which some symptoms present may indicate which issue a person is dealing with. Knowledge of those symptoms and their

frequency can help people determine if the culprit behind their winter illness is a cold, the flu, COVID-19, or RSV.

### COLD

- Aches: Sometimes
- Difficulty breathing: Rarely
- Fatigue: Sometimes
- Fever: Rarely
- Loss of taste or smell: Rarely
- Sore throat: Often
- Wheezing: Rarely

### FLU

- Aches: Often
- Difficulty breathing: Rarely
- Fatigue: Often
- Fever: Often
- Loss of taste or smell: Rarely



- Sore throat: Sometimes
- Wheezing: Rarely

### COVID-19

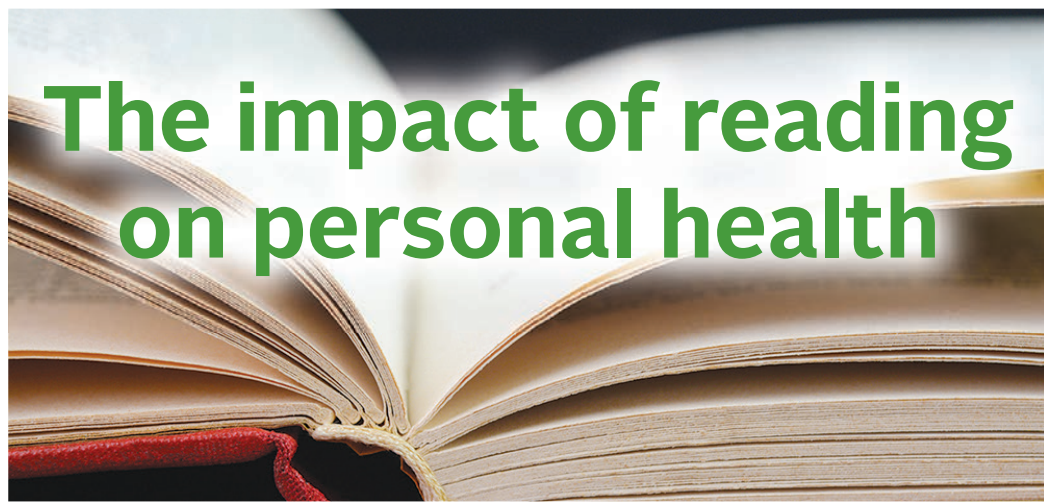
- Aches: Sometimes
- Difficulty breathing: Often
- Fatigue: Often
- Fever: Sometimes
- Loss of taste or smell: Sometimes
- Sore throat: Often
- Wheezing: Rarely

### RSV

- Aches: Rarely

- Difficulty breathing: Sometimes
- Fatigue: Rarely
- Fever: Sometimes
- Loss of taste or smell: Rarely
- Sore throat: Rarely
- Wheezing: Often

Individuals who are concerned by the presence of cold- or flu-like symptoms are urged to speak with their physicians. Though many instances of cold, flu, COVID-19, and RSV will go away without medical intervention, each condition can pose a significant health risk in certain situations.



Books transport people to different times, provide a sense of escapism and introduce readers to different schools of thought. Individuals may read for pleasure and/or to expand their intellectual horizons.

It's important to note that reading also may help improve mental and physical health. With so much to gain from reading, now is a great time to embrace those book clubs, resolve to read more and explore how picking up a good book may be just what the doctor ordered.

### REDUCES STRESS

Immersing yourself in a story requires focus and concentration. According to researchers at the University of Sussex, it took just six minutes of reading for study participants to experience slower heart rates and reduced muscle tension.

Stress is one of the biggest threats to overall health, as the stress hormone cortisol can lead to inflammation in the body that may impede the immune system, according to Piedmont Health. Finding ways to reduce stress, including through activities like reading, is a win for anyone who wants to improve his or her health.

### IMPACTS LONGEVITY

According to the 2016 study, "A chapter a day: Association of book reading with longevity," by Bavishi A, Slade M.D., reading exerts its influence on longevity by strengthening the mind. Reading positively impacts the way the brain creates synapses, optimizing neurological function. It also expands vocabulary, and helps with memory.

### CHANGES THE BRAIN

A 2014 study published in Neuroreport determined reading involves a complex system of signaling and networking in the brain. As one's ability to read matures, these networks become stronger and more sophisticated. MRI scans found that brain connectivity increased throughout studied reading periods and for days afterward.

### INCREASES EMPATHY

Through literary fiction, readers are exposed to the situations, feelings and beliefs of others. This can help a person develop a greater ability to empathize with others, according to Healthline.

### HELPS IMPROVE SLEEP

Reading is an effective way to wind down and relax before going to bed. It can be a positive nighttime ritual, provided one reads a paper book or utilizes an e-reader that is not backlit, as bright lights from digital devices may hinder sleep quality. In fact, doctors at the Mayo Clinic often suggest reading as part of a regular sleep routine.

### REDUCES DEPRESSIVE FEELINGS

Individuals diagnosed with depression may feel isolated and estranged from other people. Books may reduce those feelings by helping a person temporarily escape his or her world into another. Also, books can serve as a common ground through which conversations over shared interests can begin with others.

Reading has many positive health benefits, which is why resolving to read more can be beneficial.



In an increasingly busy and often stressful world, many people are searching for ways to feel more grounded, connected, and purposeful. For many households in our community, that sense of purpose begins at home with a pet.

Caring for an animal introduces structure into daily life. Feeding schedules, walks, medications, and routine veterinary visits all create gentle rhythms that anchor our days. This consistency can be especially meaningful during periods of stress, grief, or uncertainty, offering a steady focus beyond ourselves. Research in human wellness continues to show that routine and responsibility support emotional resilience, and pet care naturally reinforces both.

Pets also offer something uniquely powerful: presence. Animals live very much in the moment. Whether it's a dog greeting you at the door or a cat resting nearby, these quiet interactions encourage us to slow down, breathe, and engage more fully with the present. Many pet owners describe their animals as a source of comfort during difficult times, offering companionship without judgment.

Caring for a pet through illness, injury, or recovery can deepen that bond even further. While these moments can be emotionally challenging, they often strengthen empathy, patience, and communication within families. Access to specialized and emergency veterinary care, such as that provided locally at King Animal Hospital, allows pet owners to focus not only on treatment, but on comfort, dignity, and quality of life during vulnerable moments.

For those who choose to rescue, adopt, or foster, the sense of purpose can be especially profound. Opening your home to an animal in need, even temporarily, creates a meaningful connection rooted in compassion. Local organizations such as Dog Tales Rescue & Sanctuary play an important role in this journey, supporting adoption and fostering while giving animals the time and care they need to thrive. Many people describe fostering or adopting as a mutually healing experience, where both the animal and the caregiver benefit.

The human-animal bond supports wellbeing across all stages of life. Children learn empathy and responsibility. Adults find balance and stress relief. Older adults gain companionship and routine. In every case, caring for animals strengthens our connection to others and to our community.

Caring for a pet is not always easy, but it is deeply rewarding. In giving our time, attention, and compassion to animals, we often discover a greater sense of purpose and wellbeing in our own lives. Sometimes right at home, and sometimes through the opportunity to help an animal in need.

To adopt and learn more about Dog Tales Rescue and Sanctuary, visit our Open Houses every Sunday from 12-4. Presented by Dog Tales Charitable Foundation.

<https://www.dogtales.ca/open-house>

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# 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 the service this morning with a message entitled, "Through the Roof Friendship" from Mark 2.1-20.

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](http://stpaulsnobleton.ca) or on our YouTube channel each Sunday at 10 a.m., or on demand at [youtube.com/stpaulschurchnobleton](http://youtube.com/stpaulschurchnobleton).

Our Junction Ministries serve our children 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, Feb. 13 at 7 p.m. This is a fun time with a range of activities open for all ages from Grades 7 to 12.

St. Paul's monthly men's group meet on the first Saturday of every month. Our next meeting will be Saturday, Feb. 7 at 9 a.m. Our mid-week 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.

**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.

St. Patrick's Parish will celebrate its 150th Anniversary with Cardinal Francis Leo on Sunday, March 8, at 1:30 pm. A 150th Anniversary Gala, March 7, with Irish entertainment at Copper Creek Golf Course in Kleinburg. Tickets are \$150 and go on sale next week.

We are also creating a historical photo directory. We will also be celebrating 171 year anniversary of St. Mary's in Nobleton during 2026.

**Nobleton Seniors (55+)**  
By Joanne Bailey  
Program Chair

Please register for each program you plan to attend. Material and food are purchased according to the number of people registered. Register online at [townshipofking.ca](http://townshipofking.ca) or in person at the Trisan Centre, King City Seniors Centre or Zancor.

Schedule change notice:

Mobility Matters - Tuesdays 12:15 to 1 p.m. and 1 to 1:45 p.m. Fridays 2:15 to 3 p.m. and 3 to 3:45 p.m. Participants are welcome to bring their own weights, balls and resistance bands.

The following planned activities start at 10 a.m. at the Nobleton Arena in the Senior Program Room.

February 12 - Ministry Transportation of Ontario. Joy Schwartz Regional Strategic Outreach Coordinator will discuss testing requirements and licensing for seniors over 80, trends & statistics for older drivers.

February 19 - Heart to Home - Traditionally Balanced Meals. Heart to Home will discuss their menu, how it caters to various dietary needs and the delivery of the food. Sample foods will be available to try.

February 26 - Frauds, Scams and Financial Abuse. Mary Shkoury, Prevention Consultant with Elder Abuse will talk about recognizing frauds, scams and financial abuse to seniors.

For more information on 55+ programming, memberships and services visit [king.ca/seniors](http://king.ca/seniors) or call 905-833-6565.

**Kingcrafts Studio**  
**Spring Artisan Sale**

Join us for our annual Spring Studio Sale featuring 40+ local artists.

Shop unique handcrafted items and gifts: card making, decorative arts, enamelling, fibre art, fine art, fused glass, jewellery, leather art, needlework, pottery, stained glass, rug hooking, wire sculpture, weaving.

The sale runs Friday, and Saturday, April 24 and 25, 10 a.m. to 8 p.m. and Sunday, April 26, 10 a.m. to 4 p.m.

Kingcrafts Studio is located at 12936 Keele Street.

**Nobleton Lions**

Want something to brighten up the dark days of winter?

*More on Page B5*

# Classifieds

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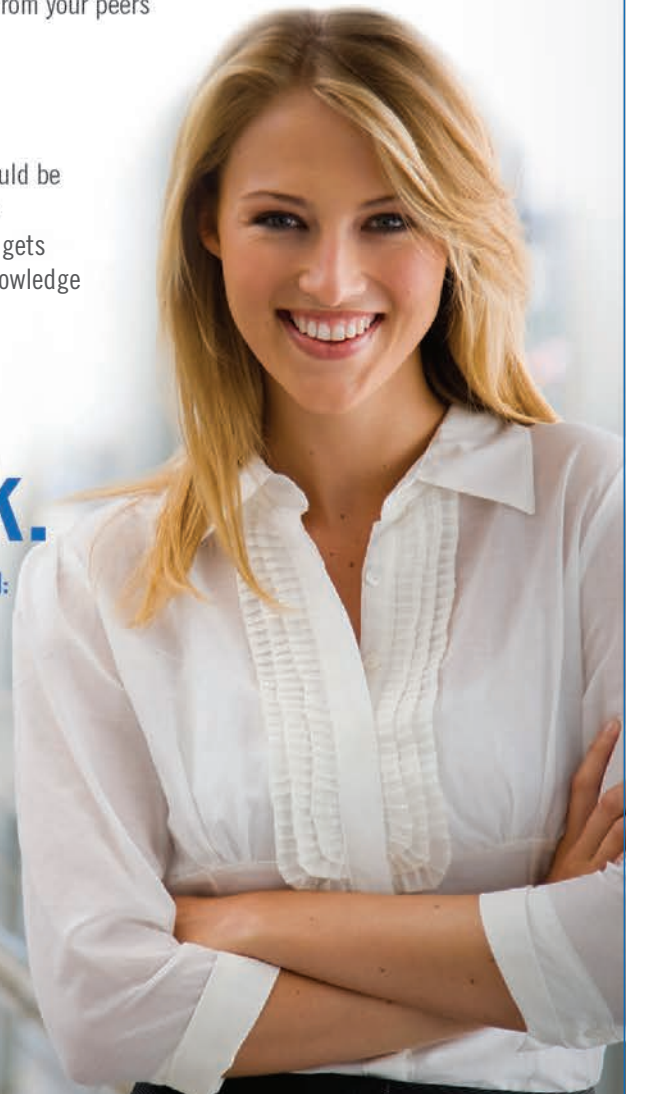
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# Scoop from Schomberg

By Susan Heslop

Warton Willy predicted early spring this past Groundhog Day, but to be honest I'm a bit skeptical myself, but still hopeful. I'm sick of winter, but I'm sure there are many who just love the cold temperatures and mountains of snow, so if that's you enjoy.

King Township is looking for nominations for the Volunteer awards, so if you know someone who gives back to the community and is always ready to help, then submit their name before Saturday, Feb. 28, at [King.ca/awards](http://King.ca/awards).

Looking for a place to skate outdoors? Well Good news, the picnic shelter at Cold Creek Conservation Area has been transformed (surprise!) into a seasonal outdoor skating rink.

Lace up your skates and embrace the chill this weekend on the "backyard" rink built by Township staff.

Free, unsupervised skating (max 25 skaters at one time) is available daily from 8:30 a.m. to 4 p.m.; weather permitting.

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

Don't forget you can now drop off your old blue boxes at either the Trisan, Zancor or Nobleton arena to be recycled by February 27th. Please empty and clean your boxes before dropping them off.

## Horticultural Society

The Schomberg Horticultural Society has an exciting year planned and is accepting new members. If you're a seasoned gardener or novice there's always more to learn so, consider joining this enthusiastic group. Here are some important dates to remember:

Tuesday, March 24, SHS General Meeting with Guest speaker Maria Shtembert on "Container Gardening," along with a baking contest "Sugar and Spice & Everything Nice" baking contest and pizza party.

Tuesday, April 28, SHS General Meeting with Guest speaker Kristen Mar-

tyn, "20 Facts about Backyard Birds." Saturday, May 9, Annual Plant Sale, Schomberg Community Farm 8 a.m. to 2 p.m.

Tuesday, May 19, SHS General Meeting, Guest Speaker Kathleen Gorsline, "Square Foot Gardening."

Tuesday, June 23, SHS General Meeting with Guest Speaker Karen Hollingshead, "Soil to Table."

Sunday, June 28, Annual Garden Tour, 10 a.m. to 4 p.m.

Tuesday, Sept. 22, SHS General Meeting, Guest Speaker Cathy McDougall, "Sustainable Garden Hacks."

Tuesday, Oct. 27, SHS General Meeting, Guest Speaker - Brandon Hebor, "The Future of Farming."

Tuesday, Nov. 17, Annual General Meeting & Banquet, 6 to 9 p.m.

All events will take place at Schomberg Community Hall on Main Street, for more information please contact [schomberghortsociety@gmail.com](mailto:schomberghortsociety@gmail.com)

## Book club

Looking to stay warm and cozy and meet your 2026 reading goals? Join the King Township Public Library Bood Club. Each branch has its own clubs, and they meet the second week of each month. Schomberg has its next meeting on Feb. 11 at 1-2 p.m.

For this month's book and to register, visit your local branch.

## 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](http://simcoecurrencyclub.com) or call 647-200-7007.

## Schomberg Euchre Club

Euchre is every Friday night at Tri-

san 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. Please note that due to conflict we won't be playing on March 27.

## Schomberg 55+

General meetings start at 10 a.m. for coffee and 10:30 a.m. for meeting.

Monday, February 9 - Presentation - Lynda Quirino will give a talk on "Demystifying Ghostly Phenomena." Lynda is the founder and president of the "Georgina Paranormal Society" and will be discussing the kinds of ways ghosts and spirits present themselves, and why they may be present in the first place. She'll cover topics like poltergeist phenomena, orbs, portals and will be bringing along her equipment and give us all a live demonstration.

## Weekly Events:

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

Tuesday afternoons - 1:30 to 3:30 p.m. - Bridge - in Multi Room B at Trisan.

Wednesday mornings - 10:45 to 11:45 a.m. - Bone Fitness.

Wednesday afternoon - 2 to 4 p.m.

## Region hosts Happy Valley hike

Celebrate Valentine's Day with a winter hike in the York Regional Forest. Explore scenic trails, discover the fascinating world of animal courtship rituals and learn how wildlife adapts to the season.

On February 14, explore scenic trails at King's Happy Valley Tract.

Afterward, warm up with a cozy cup of hot chocolate and take in the beauty of nature. Whether you're sharing the day with someone special or simply enjoying the peaceful outdoors, this experience promises a memorable Valentine's celebration amid winter's charm.

The event takes place Saturday, Feb. 14 from 10 a.m. to 12 p.m. (all ages), and again from 1 to 3 p.m. (ages 18 and up).

Residents can join in at the Happy Valley Tract, 15430 7th Concession, King.

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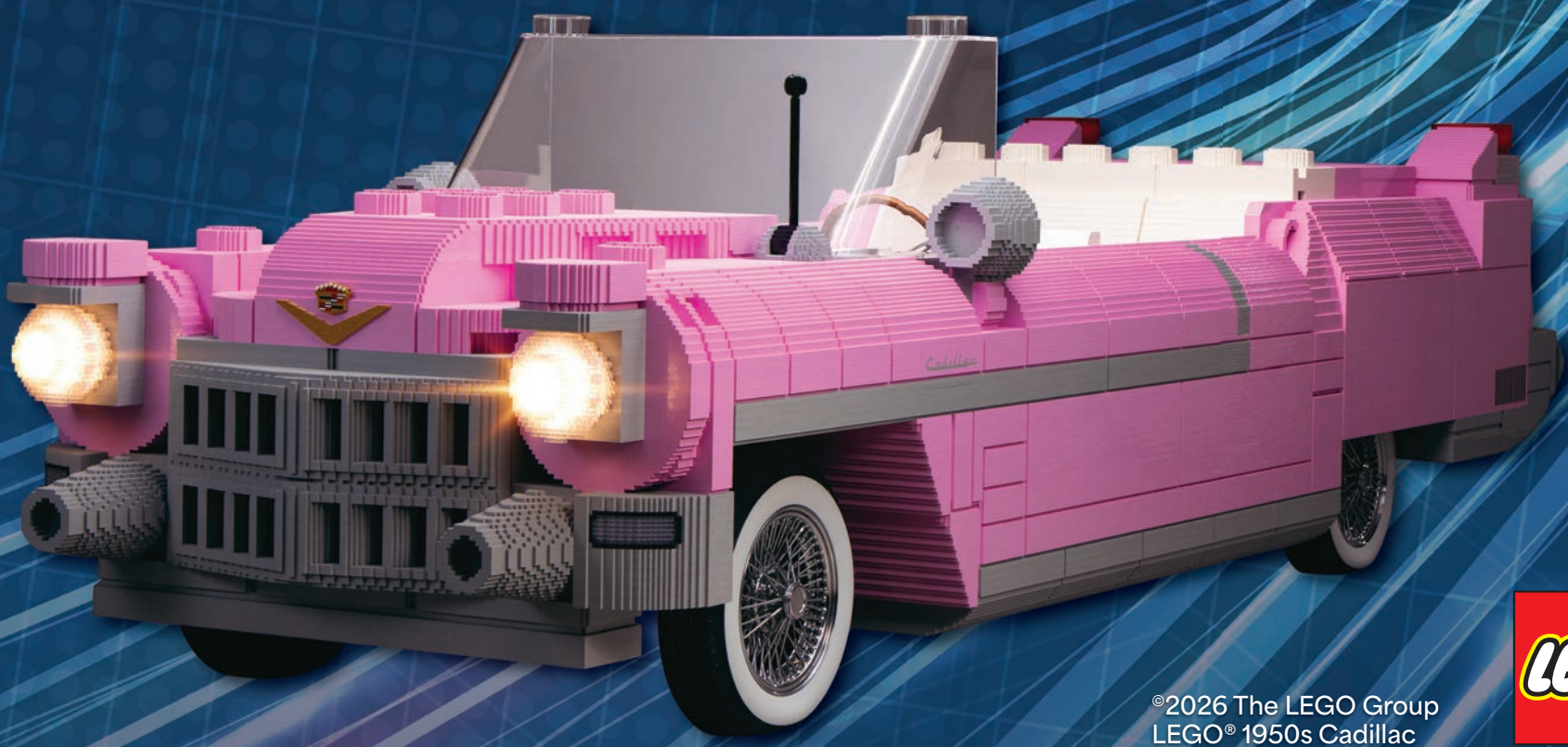
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