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ArtsSocietyKing.ca

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We welcome your feedback and suggestions.

Write to us at

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FEATURED CONTRIBUTOR:

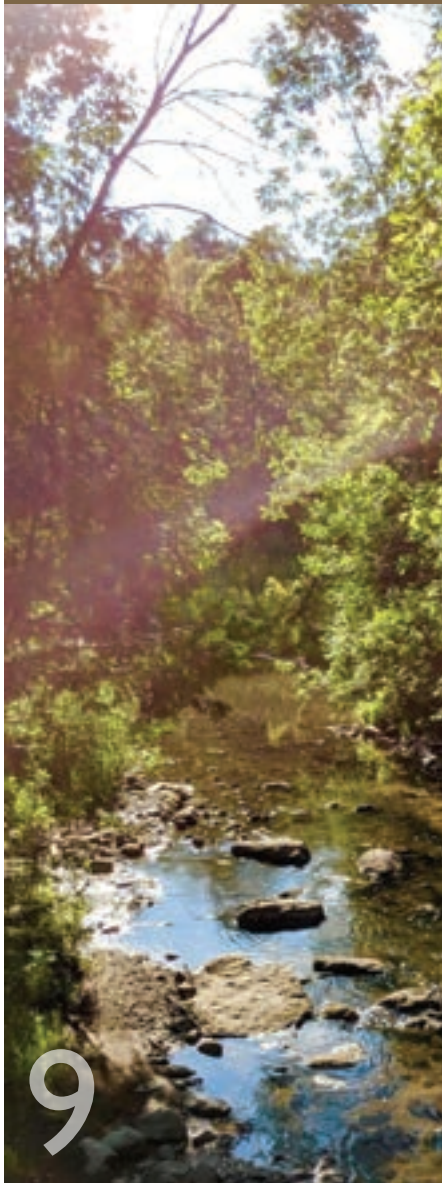
DEBORAH JOLLY



Deborah Jolly's art is instantly recognizable. As an accomplished artist, she uses intense colour and creates high-energy abstract artworks. She is a relentless creator and her signature texture, movement and denial of structure has found a home in many private and gallery collections.

Jolly says "I am addicted to the allure of creative climax and repeatedly charmed by artistic union. Connections are my motivation, with each work revealing an emotive impact with someone or something, and all compositions based on a foundation of light."

Deborah commits just as much passion to her philanthropic work with respected organizations and various youth art programs. She is an active member of Arts Society King, she volunteers, participates in ASK shows and exhibitions, and of course, as a contributor to MOSAIC Magazine. Her 'Artful Collecting 101' four-part series has been a delightful and engaging read (see page 13).



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WELCOME TO KINGBRIDGE CENTRE

OUR COVER

BONNIE BEWS

Featured on the cover of the fall issue of King MOSAIC is a painting of Mr. Owl by ASK member and hinterglas artist Bonnie Bews. Hinterglas is a German term that means "behind glass" – an ancient European technique of painting on the reverse side of cold glass and working from the foreground to the background. The unwavering gazed owl is one of over 600 meticulously hand sketched or painted glass works of art featured in Bonnie's portfolio.

Visit Bonnie at this year's Schomberg Street Gallery, where she is the featured artist. Alternatively, you can find her in her rustic studio-gallery or out in the Muskoka wilderness sketching or painting her next masterpiece.

Read more about Bonnie on page 4.



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MCMICHAEL THIS FALL



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CREATIVE PRACTICE FOR WELLBEING

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The Beauty BEHIND THE GLASS

by Meline Beach

YOU HAVE TO SEE IT TO BELIEVE IT.

Sometimes you just have to believe.

Believe in your observations, intuition and initiative. Believe in your experiences. Believe in yourself. I suppose if artist Bonnie Bews was to abide by one word, perhaps the word “believe” would be most appropriate.

After all, numerous degrees of trust, confidence and acceptance is what got Bonnie Bews to be where she is today – a talented and successful career artist. Imagine having your gift identified and refined since the young age of eight, based on the observations, intuition and initiative of a school teacher.

“My first memory of my artistic journey is from elementary school when my grade three substitute teacher mentioned to my parents that my artistic ability might be well suited for private art lessons,” says Bonnie. “I remember being the youngest one in the group and appreciated learning the technical details behind the art. Since then, I have seized every learning opportunity and pursued art as my full-time career.”

In the early 1990s, Bonnie left her rural farm community of Queensville, Ontario to backpack across Europe and Australia. It was while sitting in a square in Munich, Germany, sketching in her book, when a man, who unbeknownst to her at the time was a well-known artist, approached her about her drawings. That initial interaction lead her to a three-month apprenticeship under the guidance of Bavarian glass painter Rudolf Schmid. His craft, which Bonnie has successfully learned and excels at, is known as hinterglas – an ancient European form of cold glass painting, using the reverse side and working from the foreground to the background (inverted and backwards). This medium of choice, while quite fragile, creates a sense of depth and translucency.

Hinterglas as a rare art form, uncommon to North America let alone Muskoka, where she currently resides, Bonnie has faced challenges in sourcing the right art supplies. She’s had to purchase entire inventories and even large-scale equipment to fuel her craft for years to come. Thick, graphite drafting pencils, which Bonnies uses to sketch out her watercolour paintings on glass, are no longer commonly found since the introduction of computerized drafting programs. She’s also partial to German-based Lukas watercolour paints and Wolff’s Carbon charcoal pencils for their minimal waxy feel. And, as acid-etched glass took popularity over sandblasted glass, the latter of which she prefers for its textured surface, Bonnie purchased her own sandblasting booth just to ensure she has sufficient materials to work with. Fortunately, the aluminum-oxide sand that she uses, while expensive, is abundantly available and reusable.

To date, Bonnie has completed over 600 glass works of art and illustrated eight children’s books. She averages 15-20 pieces of glass art per year, each taking approximately one to two weeks to complete, depending on size – which can range from 5”x7” to 24”x40”. Some designs incorporate numerous panes of glass placed and painted meticulously side by side for a complete picture. Displayed indoor or outdoor, Bonnie’s hinterglas works of art are highly versatile and picture-perfect – you have to see it to believe it.

“Many people assume my work is a print copied on tracing paper sandwiched between glass,” says Bonnie. “I’m thinking, ‘no, that’s an original, that’s my hand on the glass doing the work’ so I often have to explain and describe the art of hinterglas, which is fine as it helps create a deeper appreciation of the effort involved with this type of art form.”

Always starting with a sheet of glass, Bonnie is able to transfer her finished designs as prints on canvas and paper cards, sold online,

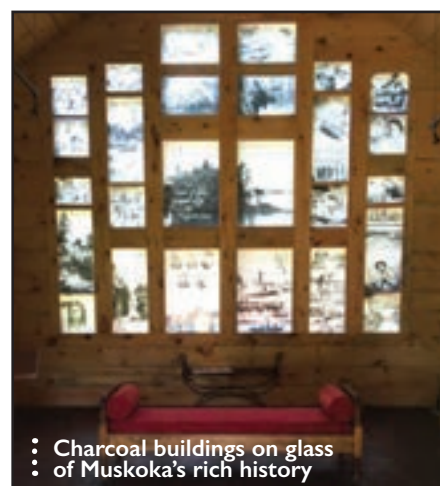
at farmers’ markets, local shows and abroad across England, Switzerland and Germany. While the creative output is transferable across different mediums, nothing compares to her original handwork on glass. The constant back and forth review and every line, scratch and smudge of black charcoal or coloured paint is intentional. Well, almost intentional. Bonnie is open to sharing stories of having to incorporate mistakes, known as mother nature, in her art. Be it a snail’s trail or raindrop while working outdoors, Bonnie has a knack for incorporating her imagination and experiences in her designs, each with a unique and often humorous back story.

Her work is mature, precise and playful. Earlier designs of flora and fauna feature whimsical fairies, as abstract or obvious, but never taking attention away from the focal point – a glaring owl, a majestic moose or a vibrant poppy. Muskoka serves as the perfect backdrop and source of inspiration for Bonnie. So much so, that her latest works of art have evolved to more portraiture charcoal sketches of historical elements of the community she calls home. Over the last two years, Bonnie has

researched and sketched what was once upon a time in Muskoka. This visual and informative history lesson can be viewed across 24 panes of glass installed on the wall of her backyard studio-gallery. Rebuilt by hand with repurposed wide-planked barn boards from its heritage stable days, a vaulted ceiling with wall to wall art, and propane heating, Bonnie’s studio-gallery is a rustic yet comfortable setting.

As a career artist, Bonnie is determined to keep going – to do more, to do better. She applies strength and survival instincts in an effort to keep her work relevant, “as art shifts.” In terms of advice to aspiring artists, Bonnie says, “stay strong, dedicated and stubborn, but first and foremost, believe in yourself.”

For more information about Bonnie Bews and her hinterglas works of art, visit www.bonniebews.com and www.facebook.com/HinterglasCastle.



Charcoal buildings on glass of Muskoka’s rich history



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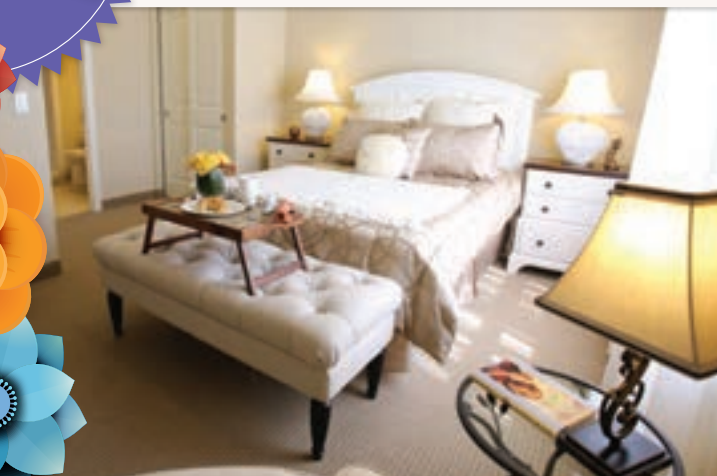
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: Photography by Chris Kingdon

NIGHT OF THE HUNTER

by Maya Islam

It all starts when he finds **bones in the rain**, damp and bleached by the **flesh of life**.

Bones ripped from a dead, rotting animal, that has decayed so much it might as well have never been one in the first place. But contrary to belief, he had seen this before. One too many times. Hunters aim to kill, only to quench their awakening bloodlust, not for need, not because they have hungry mouths to feed or because they can count all their coins, or even because they're so small and weak their white bones stick right out of their ribs, but for their selfish desire.

They think of nothing else but a kill count. They don't understand their own environment, so they instead turn against it. Kill a buffalo, sure; and then respect it by using all of it. Don't leave it to rot and die of shame in its very own home. Maybe they'd understand if he likened it to a human situation - an assassin breaks into your home, tramples your valuables, then shoots you in your own bedroom. Awful, isn't it? But such is not the human mindset.

Oh, how it makes his blood boil to follow the trail of blood and the cries of wounded animals. How it makes his blood boil to cradle a wildcat in its final breath or feel the need to heal the tainted, broken wing of a bird. And how he cried when he felt the soul leave the wildcat, and how he cried when he watched the bird finally soar free only for him to find it shot down once more three days later.

Frankly, hunting is not the problem. The real problem is over-hunting. Species grow so slim and edge on becoming extinct! Animals themselves lose mothers, fathers, sisters, brothers, children! Take a moment to imagine what it would like to be Bambi and watching your mother; the only one you've ever known, be shot before your very eyes before you even know what it means! Homes are destroyed, once vivacious forests left dull and lifeless.

Where all of a sudden the rainbow is only one colour, where it's always raining, where entire habitats are desecrated until there is not a single ounce of blood is left.

Overhunting brings harm in more ways than one, ways you do not even picture when you make your kill. Just because its effects seem invisible at first does not mean they are not there. "Oh, I may have just killed off this small species, but it's harmless!" you say. How terribly wrong you are. The deaths of those many creatures deeply affect others. They may have been the food source for the predators in their area; when those predators inevitably die off, their predators will have lost a food source; and so on. That is simply the circle of life - one that should not be messed with under any circumstances.

Humans have no right to play with nature like that.

This night when he finds the bones, he's had enough. This night the blood in his veins might as well be fire with how hot they burn inside him; and finally, when he pulls out his ancient bow and arrow, his heart may as well have stopped beating, for he no longer feels human.

He pulls the arrow back with a skilled eye. And then he strikes, like the golden eagle, at the man across the clearing where he is raising a rifle at a duck.

He fires. The man topples over, while the duck ruffles its feathers, unperturbed.

Ah, the pitiful mortality of man.

Editors Note: This creative piece is written by Maya, a Grade 9 student at the Country Day School - 2018. If you are interested in publishing your creative writing on Mosaic's literary page please contact Dorita Peer at doritapeer@bell.net



On behalf of King Township's council, it's my pleasure to welcome you to the fall edition of Mosaic.

The harvest season is a special time of the year in King because of the strong ties we have to agriculture.

With over 60 per cent of the Holland Marsh situated in King, we are a proud, life-long partner and supporter of ensuring a local, sustainable vegetable growing industry.

We are proud of our agricultural heritage and equally proud that a large portion of the Holland Marsh, Canada's most prosperous and sustainable Soup and Salad Bowl, is part of King.

We invite you to take part in the many fall events as we mark this special season, including the Holland Marsh Soupfest which takes place Saturday, October 5 at Ansnorveldt Park from 11 a.m. – 3 p.m. (or until soup runs out).

This event features delicious, piping-hot soups made with locally grown produce from the Holland Marsh, prepared by local restaurateurs and talented chefs.

As we move into the autumn months, I encourage everyone to support our local businesses by shopping locally.



Steve Pellegrini
Steve Pellegrini
Mayor, King Township



PARKS, RECREATION AND CULTURE EVENTS



HOLLAND MARCH SOUPFEST

Mark your calendars for the Holland Marsh Soupfest. It takes place Sat., Oct.5 at Ansnorveldt Park from 11 am until 3pm (or until soup runs out).

The Holland Marsh Soupfest is brought to you by the Holland Marsh Growers' Association in partnership with the Township of King and the Town of Bradford-West Gwillimbury. The festival features delicious piping hot soups, prepared by local restaurants and talented chefs, made with locally grown produce from the Holland Marsh. In addition there is a Farmers' Market, Vendors' Market, Entertainment from local musicians, and other fun activities for the whole family! For more information on becoming a vendor or a soup maker at Soupfest please contact tveer@king.ca. or visit www.hollandmarshsoupfest.ca.

August 17 9AM-12PM

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June 22
July 6
July 20
August 3
August 17
August 31
September 14
September 28
October 12



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WELCOME TO THE KINGBRIDGE CENTRE



by Hendrika Ono

Nestled in the green rolling hills of King township is a hidden oasis of serenity.

The heedless traffic streams continually by the 113-acre property at the corner of Jane and King. But how many of those harried travellers know that they are welcome to visit and explore the grounds? Your tension eases the moment you turn into the long winding driveway that leads to a myriad of enticing possibilities.

One option is to leave your car at the visitor parking lot and walk to the northwest corner. From there you will find a winding pathway that curls through an astonishingly diverse landscape of meadow, river and forest. Bird song replaces the dull roar of the traffic and the cooling breeze invites you to take deep cleansing breaths. The spirit lifts as you walk along the river and spy the cheerful buttercups, just one of the countless wildflowers that greet you from every direction. Various segments of the trail are whimsically named with epithets such as the "Path of Renewal" or the "Mindful Forest". Driving east on King Road towards Jane, you may have even glimpsed part of the trail called the "Field of Possibilities".

The pathway meanders for a full five kilometres with opportunities for respite along

the way. Pause on a wooden bridge that spans a sparkling river and look for birds and fish. Or if you want a longer rest there is a cultivated garden with seating situated by the "Waters of Integrity" which invites the traveller to reflect and renew. The Centre requests that visitors stop by the front desk to announce their presence.

For those with time and inclination, the Kingbridge Conference Centre also operates as a hotel with escape packages suitable for couples or families. For those who wish to explore local attractions, Kingbridge has several getaway packages in partnership with LEGOLAND and Canada's Wonderland. But there is also plenty of action right on site. You can explore the trails on mountain bikes. There are a host of activities including tennis, basketball, volleyball and ball hockey. When you are ready for a break, lounge by the pool (choose from indoor or outdoor) and enjoy a relaxing Jacuzzi.

You will be hungry after all that exercise. At Kingbridge mealtimes are a celebration hosted by Chef Raimund Zyvatskas. Fresh seasonal ingredients feature herbs and vegetables that



: Field of Possibilities - Kingbridge Centre

are grown locally or onsite. Later in the evening guests can gather around a campfire and enjoy S'mores. Or perhaps you might prefer nightcap by the library fireplace or the Bridges Bar.

While the Kingbridge Centre may be relatively unknown to King township residents, the facility is a top-class conference centre. In 2001 John Abele, retired co-founder of "Boston Scientific" and a pioneer in the field of less-invasive medicine, purchased the centre. Every aspect of Kingbridge is designed to inspire creative thinking and activate a new level of team engagement. For conference attendees, there are designated team building activities both within the conference centre and outdoors. The high ropes course is a core group activity. There is also a "wisdom walk", or labyrinth that invites participants to harmonize intuition with linear thinking to promote insightful decision making. As an IACC (International Association of Conference Centres) member, the centre is equipped to handle large or small gatherings. The indoor conference facilities include 43 different meeting rooms with integrated audiovisual equipment, high-speed internet, and ergonomic seating.

Kingbridge Centre is also committed to the highest standards of environmental stewardship. The property has 2 electric vehicle charging stations and manages its own energy-efficient sewage filtration system.

Unsurprisingly the Kingbridge Centre is taking a leadership role as it looks to the future. A Hub is being designed that will set the stage to cultivate conversations and strategies for learning, leadership and innovation. John Abele is leveraging his knowledge, experience and connections with the FIRST organization to follow best practices to ensure the Hub will support youth and future leaders. FIRST stands for: For Inspiration and Recognition of Science and Technology and is a charity encouraging kids and youth in science, technology, engineering and math (STEM) while emphasizing principles of respect, teamwork, and collaboration. Great things are happening at Kingbridge Centre and you are welcome to be a part of it.

Read more about the centre at <https://kingbridgecentre.com>. For more information on the Hub and/or to share your insights on this initiative, contact Lisa at gilbert@kingbridgecentre.com.

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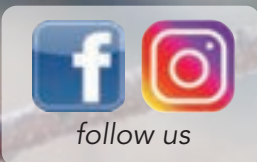
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THIS OLD BARN...

with Phyllis Vernon, James M. Jackson & Hendrika Ono

by Patti Skrypek



The craftsmanship of generations past, the smell of pine or livestock, much-needed shelter. Barns have so many uses and hold so many memories. It seems that barns are as iconic to King Township's rural landscape as the trees and the rolling hills. With the increase in development and the decline in agriculture, however, barns are disappearing. Luckily for all of us, the history, beauty and magic of barns are being forever captured in paintings and photographs, such as the ones featured here by three talented local artists!



Farm on a Hill

Gouache on Canvas
Hendrika Ono, Laskay

The rural landscape of King Township both cheers and inspires me. Barns still punctuate our countryside and, to me, they are the icon of good stewardship. They speak to a heritage of life lived closer to the land, and closer to each other. They endure proudly, marvels of craftsmanship and determination. They stand as stalwart havens of comfort in the face of our dramatic Canadian climate. Here the harvest

and the livestock are safe from the winter and summer storms. Here the smell of hay offers the promise of future bounty. When I paint barns, I imagine the lives of those who laboured to support themselves and their families. My hope is that these places were filled with joy and peace, which I try to capture in paint.

www.hendrikaono.wixsite.com/gloriaarts



Sunset for Barns

Acrylic on Canvas
Phyllis Vernon, Nobleton

I've been nostalgically connected to these old barns for years, a throw-back perhaps to visits to my Grandpa's barn and animals. Much later, my sister and brother-in-law owned a dairy herd and our children grew up knowing the k-thunk k-thunk of the milking machines as we city-folk took in the sights and smells of day-to-day life, 'helped with the haying', scratched the donkeys' noses, played with the new kittens...

Living in King Township since 1978, I've often pulled over and photographed my favourites, painted a few for pleasure or as commissions to preserve the memory for someone else. And now, we all know they are casualties of

changing times, new technologies and bulging cities. It has not been unusual to return to a barn to take more photos and find it gone, replaced by diggers or houses where it once stood. It is my hope to allow viewers to 'experience' what used to be. To help do this, I've taken on a project to celebrate the role that barns played in King's agricultural history and preserve these memories in paint. If you have a story or anecdote about barn life that you'd like to share, please drop me a line at phyllis.vernon@sympatico.ca.

www.phyllisvernon.com



Old Times

Digital Image
James M. Jackson, Aurora

This photograph features the original William Irwin property near Magnetawan, Ontario. William Irwin staked his claim on this property in 1869. He built a small log barn in the 1870s, which was later torn down, and a new barn was built to the west, closer to the road. In 1918, an addition was constructed at the east end of this second barn. The grandson of William Irwin was the third generation of William Irwins to live on this farm. He built the pictured silo, circa 1938, to store grain for the livestock and corn for silage. The beauty of this historic barn and silo are evident in the angular lines of the sloping barn roof and the contrasting vertical silo. Stark

jutting shadow lines of the rickety split rail fence provide perspective and a rich counterpoint in the foreground. Peeking square holes in the crumbling silo and the boldly ridged circles of massive tractor tires enrich the visual shapes of this rustic scene.

Almost as a visual surprise, a solitary cow peeks out unobtrusively from its shelter in the barn, comfortable evidence of the farm's ongoing survival. The backdrop of a lush and softly russet forest in early autumn completes the magical rural ambience of this enigmatic property.

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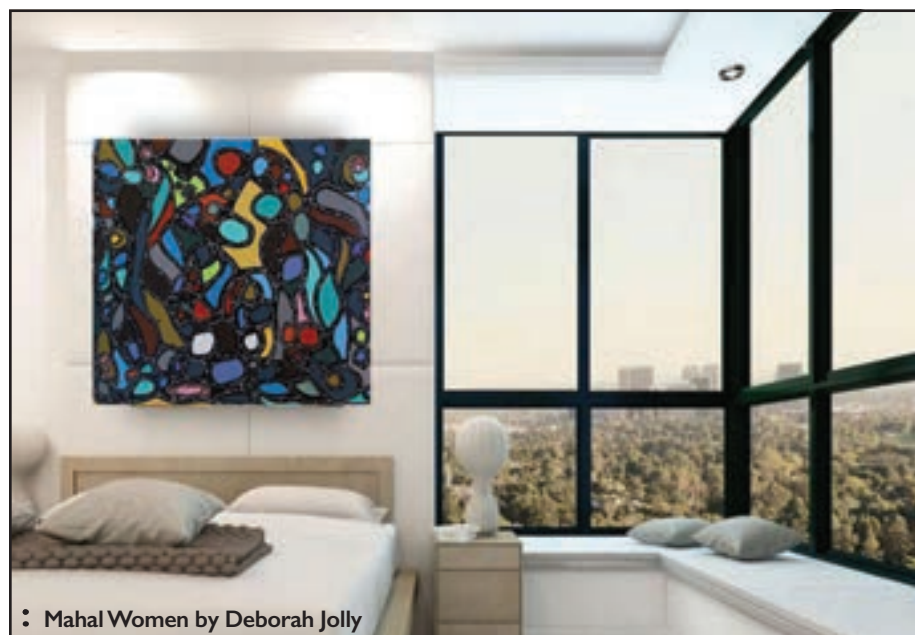
COLLECTING 101

by Deborah Jolly

In the final instalment of Collecting 101, as fall arrives, and brings with it, so many wonderful indoor art exhibits, I highlight the pros and cons of budgets (since most of us need to observe one) and the importance of proper documentation, from the start. Take it from experience, you will not remember all of the details, no matter how much you love the artwork. And, as a new collector myself, I covet the works of Frank Bowling, Jean-Michel Basquiat, and Jackson Pollock, however they are out of reach. Still, I want to collect Art, so I allow my budget to become a teaching-boundary to explore new works.



• Nina by Deborah Jolly



• Mahal Women by Deborah Jolly

BUDGET – FREEDOM & LIMITATIONS

Regardless of your resources, I suggest that you instill a budget and try to stick to it. Do not think of a budget as limiting your Art-collecting options, but rather a self-imposed-education-method that will encourage you to think and see differently, and learn along the way. Chances are:

- ✓ This will allow you to weigh options and seek out further information.
- ✓ It will push you to refine and reappraise your own preferences.
- ✓ It may encourage you to buy an earlier work from a particular artist that you have previously considered (which may become higher in value) in place of a newer, and more expensive artwork. .
- ✓ It may open you to considering others artists of a similar genre.
- ✓ It may allow you think more critically about your choices, permitting a more authentic art-collecting dialog to evolve and develop sooner.
- ✓ You may look into earlier works, original works on paper, or possibly limited prints which could fill the need until you are ready for a more substantial purchase.
- ✓ If you tell the artist how you feel about their work and that it is out of budget, they may have a payment option that works for you. Many artists are happy to accommodate instalment purchases.
- ✓ If you research similar artists you may find others whose works are priced closer to your budget.
- ✓ If you speak with designers and gallery owners about their options; it will add purchasing power because you are one and they are many!
- ✓ Network - tell everyone who will listen what you are looking for and be patient; it will come.
- ✓ You will smile a little wider when you are hanging your new, well-priced, artwork!

DOCUMENTATION

In your early days of Collecting, it seems that you will never forget a snippet about a favourite work from a favourite artist. How could you? But then, you have four favourite artists, and then 12, and so on. From the start, organize your records to hold information, so that your mind is free to source new, wonderful, artworks! A simple spreadsheet with basic information is all you really need. Some information, regarding your new art work may include:

- ✓ Name of Artwork – include Series if it is a part of one
- ✓ REASON for Purchase – review your motivation periodically and see how, you evolve

- ✓ Date Artwork was created – the year is often written on the back; you could also ask the month
- ✓ Date and Place of Purchase
- ✓ Size/depth and note location of Signature
- ✓ How/Price Paid

Documenting your collections, large or small, ensures that your artwork can be fully appreciated for generations to come. Naturally, this information will also lend itself to intuitively guiding your collecting in future as patterns emerge. Some items you may want to keep are:

- ✓ Certificate of Authenticity
- ✓ Artist Bio, Business card, Post card
- ✓ Any hand written notes from the Artist
- ✓ Receipt/Purchase Details
- ✓ Artist CV/Resume – you may find this on their website
- ✓ Personal Email from Artist – Send a thank you to the Artist and they will likely reply!
- ✓ Gallery brochures, catalogs, Exhibit Announcements
- ✓ Any articles about the artist from the time of purchase or other

NOW, ON YOUR MARK, GET SET... COLLECT!!

Remember:

- ✓ Pay attention to what you are drawn to
- ✓ Look for Artwork that stimulates you, that creates dialog, and makes you think!
- ✓ Connect the dots, from what you Love to a Theme, and see where that takes you.
- ✓ Some Art will go up in value; others will not – so it is always desirable if you combine your personal interest with any financial investment.

Now, imagine YOU are an Artist. Are you in a studio, a field, the arctic, or on a busy New York Street? Are you standing with the Group of Seven in a forest, or beside the waters of Georgian Bay? Perhaps you are a Renaissance Artist at Versailles? Be mindful of what resonates with art you may like to collect, confident in your choices, and patient in your Collecting journey.

“Early Collectors are like emerging Artists; developing, learning, and perfecting their craft.” Happy Collecting!

Deborah Jolly is a Canadian artist who creates high-energy abstract artworks in oil and acrylic. She is an active member of Arts Society King.

deborahjolly.ca



Events in and Around King Township *just*

by Teri Hastings, Arts Society King

September 13 & 14 - Magna Hoedown in Aurora. Support 20 local charities and enjoy live music, a Texas-style barbeque dinner, a raffle and more. hoedown.ca

September 14 - Schomberg Firefighters Association, in partnership with Arts Society King, presents 'A Main Street Mixer', Lot 15 in Schomberg, 7:00 pm. Join our organizations for a wonderful night out with food, entertainment and a silent auction featuring original art. Tickets at various locations, and information at ArtsSocietyKing.ca and SchombergFirefighters.org

September 14 - Toronto and Region Conservation Authority (TRCA) presents Floating Concert: Passages at Dusk, Lake St. George Field Centre, 5:00 - 7:30pm. As dusk descends on the waters of Lake St. George, experience the evocative, contemporary tribal sounds of the band DATU. Enjoy this mystical floating concert by the water's edge or in a canoe. Information at trca.ca/lake-st-george-floating-concert Maggie Ballantyne, or 416.661.6600 ext. 5676 or maggie.ballantyne@trca.ca

September 15 - Arts Society King presents the annual Schomberg Street Gallery, main street Schomberg, 10:00 am to 5:00 pm. The road is closed to traffic allowing full access to a selection and sale of fine art including paintings, jewellery, wood working, photography and more. Free community event and a true kick-off to the fall season. Brochures available in advance at the King Heritage and Cultural Centre or in MOSAiC Magazine. ArtsSocietyKing.ca

September 15 - All Saints Anglican Church King City Back to School Sunday and blessing of backpacks, 10:30 am. Our young people, their friends and families from the community are invited to attend this special service at which they will bring their backpacks to be blessed by Rev. Dr. Elizabeth Green as a way to inspire dedication to learning in the school year which has just begun. Contact 905-833-5432 or facebook.com/allsaintsking

September 20 - King City Seniors Centre trip to Welland Canal and Showboat Theatre, 7:30 am at the arena. Contact Agnes 905-841-7390 or Jayne 905-853-1436.

September 21 - Wet N Wild Watercolour Workshop with artist Evangeline Munns, Kingcrafts, 10:00 am - 4:00 pm. Register at Kingcrafts.ca

September 21-29 - King Curling Club Frosh Week, Trisan Centre. This is the start of curling season in King with multiple events to appeal to beginners and interested curlers. Schedule of daily activities and times activities at Kingcurling.com

September 23 - Nobleton & King City Garden Club Botanical Dyeing and Printing, Nobleton Community Hall, 7:30pm. Grace Wittig will demonstrate and explain dyeing and printing techniques using plants and flowers and show us how she's turned them into home décor, pretty ribbons for bridal bouquets, one of a kind silk scarves and stationary. gardenontario.org/site.php/nobletonking or nobletonkingcitygardenclub@gmail.com

September 24 - Schomberg Horticultural Society General Meeting 'Selecting the Best Native Tree Species for your Yard' ("Leaf"). *New Location* St. Mary Magdalene Anglican Church, 7:30 pm. Join us for our September meeting, flower show and social (guests \$3). Contact Jill Watts-Hayward 905-939-2781.

September 26 - The King Chamber of Commerce Excellence in Business Awards Dinner, Nobleton Lakes Golf Club, 6:00 pm. Join us to support our fellow businesses and enjoy a night of networking and great food. Contact 905-717-7199 or info@kingchamber.ca for further information. kingchamber.ca

September 27 - King City Seniors Centre Annual Corn Roast, 2:00-4:00 pm. Contact Carol 905-833-3324.

September to December - Nobleton Skating Club Fall and Winter Skating lessons, Nobleton Arena. Fall and winter skating lessons, offered for new skaters, established figure skaters and adults looking to learn. All ages welcome. nobletonskatingclub@outlook.com

October 2 - King City Seniors Centre Movie Night, doors open 6:30 pm, movie begins 7:00 pm. Admission by donation - movie selection TBA. Contact Carolyn 905-833-0792.

October 3 - The King Chamber of Commerce hosts Federal Election Meet your Candidate, Township of King Municipal Centre, 7:00 pm. Discuss and hear about platforms to help make your choice on Election Day. Contact 905-717-7199 or info@kingchamber.ca for further information. kingchamber.ca

October 5 - The Township of King presents Holland Marsh Soupfest, Ansnorveldt Park, 11:00 am - 3:00 pm. Join us to sip and savour over 20 delicious soups prepared by some of the finest chefs from around the Province, using local ingredients. events@king.ca or soupfest.ca

October 5 - All Saints Anglican Church King City Blessing of the Animals special service, 3:00 pm. Our annual blessing of the animals sees pets of all kinds being brought to church and individually receiving a blessing from rev. Dr. Elizabeth Green - all are welcome and all pets. Contact 905 833 5432 or facebook.com/allsaintsking

October 5 - Cement Bird Bath Workshop at Kingcrafts, 1:00 - 3:00 pm. Register at Kingcrafts.ca

October 5 & 6 - Newmarket Group of Artists present the 11th Annual Art Walk and Studio Tour, main street Newmarket, both days. The tour has been carefully planned as a free walkable event with 15 locations and 35 artists. newmarketgroupofartists.org

October 17 - Toronto and Region Conservation Authority (TRCA) Fall Colours Walk at Tasca Park, Nobleton, 10:00 - 11:30 am. Take a refreshing nature

walk and enjoy the fall colours! Learn about wetland plants and animals, and why these ecosystems are an important part of our neighbourhoods. Information at trca.ca/get-involved/events/ or Liana D'Andrea, 416.661.6600 ext. 5203, or liana.dandrea@trca.ca

October 18 - King City Seniors Centre Pot Luck Lunch, 12:30 pm. Attendees are asked to bring either a main course item or a dessert. Contact: Mary 905-833-0448.

October 19 - The King Township Historical Society presents the 'Stories of Jokers Hill' and 'Bites of History' with Art Weiss, Hogan's Inn, 2nd floor private room, 2:00 - 4:00 pm (speaker 2:30-3:30). \$20 members, \$22 non-members (price includes d'oeuvres); cash bar. For further details contact Richard at 647-987-7955.

October 19 - The Township of King Indoor Community Yard Sale, King Township Municipal Centre, 8:00 am - 12:00 pm. Join us for the first ever Fall Indoor Community Yard Sale! events@king.ca or king.ca

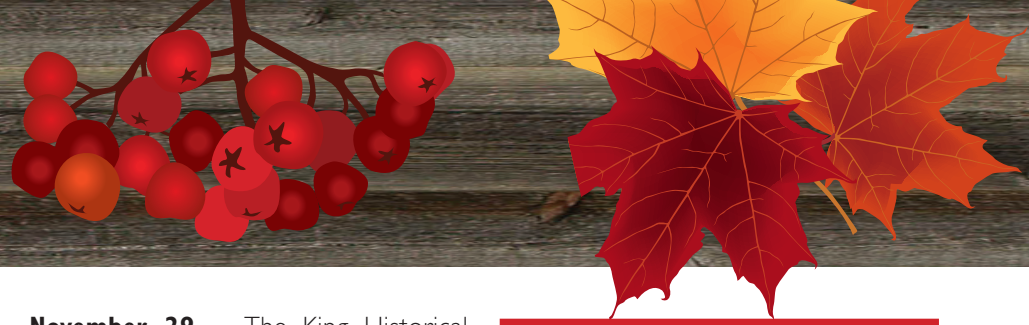
October 19 - Toronto and Region Conservation Authority (TRCA) Fall Colours Walk at Kettle Lake Park, Kettle Lake Park, 126 Robert Berry Crescent, King City. 10:00 - 11:30 am. Take a refreshing nature walk and enjoy the fall colours! Learn about wetland plants and animals, and why these ecosystems are an important part of our neighbourhoods. Information at trca.ca/get-involved/events/ or Liana D'Andrea, 416.661.6600 ext. 5203, or liana.dandrea@trca.ca

Arts Society KING
Art Journaling Workshop
WINTER 2020

Make a creative visual diary as a way to record your thoughts, memories, and emotions through images, art and words with ASK artist Lynn Wilson.

Check back at ArtsSocietyKing.ca for date and time **no art experience required**

Please contact all groups directly for location and ticket information as some fees apply and may not be listed. Some details may be subject to change.



October 19 – Enamelled Pendant Workshop at Kingcrafts, 10:00 am – 4:00 pm. Register at Kingcrafts.ca

October 19 & 20 – Town of Richmond Hill presents the annual **Art and Studio Tour**, various locations, 10:00 am to 5:00 pm both days. Professional and emerging artists open their studios or exhibit at local community spaces to showcase their work. richmondhill.ca/en/things-to-do/studio-tour.aspx

October 22 – Schomberg Horticultural Society General Meeting ‘Creating an UP Spiral in Plant and Human Health’ (Owen Goltz). *New location* St. Mary Magdalene Anglican Church, 7:30pm. Join us for our October meeting, photo competition, and social (guests \$3). Contact Jill Watts-Hayward 905-939-2781.

October 24 – The King Township Food Bank presents ‘Sip & Savour’, Nobleton Lakes Golf Club, 6:00 – 9:00 pm. The King Township Food Bank is thrilled to create a Brazilian experience with this year’s fundraiser, themed Bem Vindos ao Rio de Janeiro (welcome to Rio de Janeiro). Guests can enjoy an evening of bright sights, lively sounds and sweet and savoury tastes, as well as shop the Mercado and celebrate the spirit of Carnival. Tickets are \$50 each and can be purchased online at ktfb.ca. or email ktfoodbank@gmail.com

October 25 – The Township of King presents the **Haunting on King Road**, King Heritage & Cultural Centre,

6:00 – 9:00pm. Enjoy delicious treats and get spooked by 3 degrees of scares! events@king.ca or king.ca

October 28 – Nobleton & King City Garden Club presents **Bees Love Trees**, Nobleton Community Hall, 7:30 pm. Learn about native and non-native trees and their special relationship with pollinators. How we can support our native bees in more ways than flowering annuals, perennials and wild flowers. Trees and flowering shrubs produce hundreds of pollen-laden flowers on just one plant! Find out which native trees our native bees love most. gardenontario.org/site.php/nobletonking or nobletonkingcitygardenclub@gmail.com

November 6 – King City Seniors Centre **Movie Night**, doors open 6:30 pm, movie begins 7:00 pm. Admission by donation - movie selection TBA. Contact Carolyn 905-833-0792.

November 9 & 10 – Nobleton Children’s Theatre Co. presents ‘**A Very Scary Nobleton Christmas**’, Laskay Hall, King Heritage & Cultural Centre. Nov. 9 at 7:00 pm and Nov. 10 at 2:00 pm. Children’s musical about what happens when Halloween and Christmas collide! nobletonchildrenstheatreco@gmail.com

November 15 – King City Seniors Centre **Pot Luck Lunch**, 12:30 pm. Attendees are asked to bring either a main course item or a dessert. Contact: Mary 905-833-0448.

November 16 – Upcycled Sweater Mittens Workshop at Kingcrafts, 10:00 am – 3:00 pm. Register at Kingcrafts.ca

November 29 – The King Historical Society presents **Adam Saunders and the Hammered Brass Band Seasonal Concert**, 8:00 – 10:00 pm, Laskay Hall (King Heritage and Cultural Centre). \$30 members, \$35 non-members. Light refreshments served, cash bar. Contact Richard at 647-987-7955.

December 4 – King City Senior Centre **Floral Workshop**, 9:30 – 11:30 am. Create a Christmas centerpiece. Contact Carolyn 905-833-0792.

December 5 – The King Chamber of Commerce **Christmas Luncheon and Toy Drive**, Cardinal Golf Club, 12:00 pm. Start the Christmas Season by joining us for our annual Lunch, and we ask you to open your hearts by bringing a new unwrapped toy to put under our tree. Contact 905-717-7199 or info@kingchamber.ca for further information. kingchamber.ca

December 8 - Borealis Big Band Concert and Art Show and Sale, Newmarket Old Town Hall, 2:00 – 4:00 pm. Enjoy live music AND original local art through a partnership with Arts Society King. Tickets borealisbigband.com/tour




KING THEN & NOW

It all began five years ago when our King Photo Group had a flash of an idea – let's photograph the buildings and streetscapes as they are today compared to past photographs.

by Alexandra Ney
Photography by Peter Remington & Alexandra Ney

EVERSLEY

KING THEN & NOW



The Stacked 1908 image of Eversley, at the corner of Dufferin Street and the 15th Side Road. In today's photo (taken in 2014), the metal street pole matches up almost exactly to where a roughly hewn pole with tree branch remnants once stood. We were told in 1908, Eversley was home to a butter and cheese factory established by the Wells brothers and also a social hub, holding dances in the winter.

KETTLEBY CENOTAPH

KING THEN & NOW



Kettleby Cenotaph located inside the front archway of the cemetery was erected in 1920, to honour the local citizens lost sons in WWI. Date of the original photograph unknown. Current photograph was taken in October 2014 - shows the small mortar which had originally been in front of the Cenotaph, now situated to the side. The trees which are seen to the right in the original photo, have reached a massive protective height around the site.

LASKAY EMPORIUM


KING THEN & NOW



Laskay Emporium - original photograph taken early 1900s; in 1960 the Store/Post Office was moved from Laskay to Black Creek Pioneer Village where you can visit and enjoy the building. Current photograph depicts the site as seen in Spring 2015.

KING ROAD

KING THEN & NOW



King Road looking West of Keele early 1971, our view looking West along King Road July 2014. The road was widened, the railway is now under the bridge, buildings on the North side are no longer standing and the removal of many Maple Trees was necessary.

The King Then and Now project would never have gotten off the ground if not for Kathleen Fry, Curator of the King Heritage and Cultural Centre, the amazing King Township Archives Ladies Louise and Elsa-Ann; and Sharon Bentley, Deputy CEO, King Township Public Library. They amassed many photographs for us to rummage through complete with background information. We also used two of Elizabeth McClure Gillham's books, Album of Oldies: King Township, Ontario and Early Settlements of King Township Ontario as invaluable references.

We selected old images of landscapes, buildings, and streets to photograph as they are today, by standing in the same spot the original photographer stood years

ago. This was a challenge! Technically our lenses are vastly different now. Many of the streets have changed and broadened making it hard to find the position of the original photographer. It took many tries even to obtain the same angle. We struck out in early mornings, carefully navigating roadsides, lawns and parking lots, to obtain the likeness of the early 1900s to 1970s original photograph.

During the time, we photographed none of us realized that we were actually documenting some streetscape which would change and buildings that would soon be demolished. Perhaps if not for our photographs they would be all but forgotten. Every time we think we've completed our mission, something integral to the community changes again, such as the move

of Laskay Hall, or the building of the new King Library. The demolitions of the King City General Grocery Store, and those tiny clapboard houses along the King Side Road east of Keele - now gone - which raised families, celebrated birthdays and welcomed new families.



When you see a stately home such as Hambly house at the corner of Hwy 27 and King Side Road in Nobleton, or the beautiful homes in Schomberg, and other towns and country areas of King, enjoy their beauty. Think of the hard-working spirit of those intrepid townspeople and farmers whose vision and dedicated drive brought to life farms, businesses, stores, hotels and more. The all-but-forgotten places such as Hammertown, New Scotland and Rafferty's Corners. King Horn not only home to a

school, but it was also a settlement of homes with a major Tannery - which due to two fires eventually moved to Newmarket. Through this photographic journey, we realized the enormity of strength and indomitable spirit required to build sawmills, or the Aurora and Schomberg Railway, which was a spur of the Yonge Street Radial. How that must have and did change lives, imagine if we had this railway today!

With all the photographs, it was decided to develop a digital presentation, many hours were spent selecting, editing, and programming. We hope one day, perhaps 20 years from now, someone sees our photographs or program and has the urge to document our Then to their Now. The stacking of photographs by Peter Rivington depicts a small sampling of our program.

MAIN STREET KETTLEBY



KING THEN & NOW

Main Street Kettleby 1908, as seen in October 2014.

NOBLETON



KING THEN & NOW

Nobleton – corner of Hwy 27 and King Road 2014, trees and sidewalks are still present, houses on the West side were demolished soon after this photo. The early 1900s image states 8th Avenue Nobleton.

SCHOMBERG & AURORA RAILWAY



KING THEN & NOW

Schomberg and Aurora Railway, at Schomberg station – date of photograph unknown, the current photograph was taken at the corner of Dr. Kay Drive and Main Street 2015.

THE TRADERS BANK OF CANADA

KING THEN & NOW

The Traders Bank of Canada, Schomberg's first bank which began in 1865; today it's an office and commercial space, current photograph was taken in 2015.



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BIOLOGIST AT THE TABLE

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Art Weis is Professor of Ecology and Evolutionary Biology at the University of Toronto, and former director of the Koffler Scientific Reserve at Jokers Hill.



“... AND YOU MAY WANT TO BEEF UP YOUR SALT INTAKE.”

Red Snapper Baked in Salt Crust

This is a fun main dish that makes for a dramatic presentation. Use a whole fish, not fillets: the fish skin is a barrier to the salt crust, keeping the flesh moist and un-salty. Red snapper is very good for this method, but other ocean fish will do fine.

Ingredients:

4 egg whites, 2 Cups of coarse Kosher salt, and 1 whole fish (1.5 to 3 lbs.), cleaned and scaled.

Directions:

- Preheat oven to 450 degrees F.
- In a large bowl, beat egg whites until stiff peaks form, then fold in salt.
- On a baking sheet, spread about 1/3 of the salt/egg mixture in a patch about the same size and shape as the fish.
- Lay the fish on top, then completely coat with the remaining mixture: 1/2 to 3/4 inches thick.
- Bake 25-30 minutes: the salt crust turns a golden brown.

Crack open the shell at the table, to everyone's amazement. Use a cake server to remove and plate individual servings. Sprinkle with olive oil and lemon.

The One Rock We Eat

Over the course of a year, you probably eat about a dozen kinds of animals: beef, pork, lamb, chicken, salmon, cod, shrimp...you get the idea. As for plants, the number is closer to 100: you have potatoes, rice, wheat as staples; broccoli, carrots, squash as veggies; apples, peaches, strawberries as fruit; and to add some spice, cinnamon, nutmeg and black pepper, to name a few. We sit near the top of the food chain and so everything we eat was once alive. Well, almost everything. We also eat one rock: salt. And that rock is essential: a healthy body contains twice as much salt as a typical salt shaker.

You may remember from high school chemistry that salt is comprised of sodium and chloride ions. The first of these carries a positive electrical charge and the second a negative. In a dry state, the opposites attract. Add water, and the two ions disassociate—salt dissolves. Water molecules are attracted to salt because they have positively and negatively charged ends. Salt can draw water right out of humid

air, which is why my bag of rock salt for the sidewalk is always fused into one big clump.

The attraction between salt and water underlies several essential bodily functions. Kidneys use sodium to draw some of the water out of urine before excretion, sparing you from dehydration. The inherited disease Cystic Fibrosis is caused by a mutation in the gene responsible for moving chloride ions through the cells that line the lungs. Here's how that works. Normally, as mucus accumulates, the lung cells pump chloride out into the air cavities. This chloride then draws water out of those same cells, moistening the mucus, making it easy to cough up. The CF mutation produces a faulty pump; dry mucus accumulates, and breathing is impaired. (You probably would prefer not to read about urine and mucus in a food column, but that's what you get for inviting a biologist to the table.) The take-home point is that cells direct water to where it is needed by moving around sodium and chloride.

While all animals need sodium and chloride, not all of them consume salt directly. Carnivores can meet their salty needs simply by eating other animals. It's tougher for herbivores. Plants are poor in salt, which is why ranchers set out salt licks for their horses and cattle. Many wild herbivores seek out natural salt licks. Our own dependency on mineral salt arose with agriculture when we began to get most of our calories from rice, wheat and maize. The first nation peoples of North America illustrate the point: historically, hunter-gather tribes neither produced nor traded for salt, but agricultural tribes did.

In his fascinating book, "Salt: A World History", Mark Kurlansky recounts salt's centrality in the development of international trade. The first of the famous Roman roads was the Via Salaria, so named for the salt transported up and down its length. Medieval towns along the North Sea—Germanic, Norse and Dutch—formed the Hanseatic League, a precursor to the European Union.

What did they trade? Salt, and salted fish. When the British taxed salt, Gandhi started a 'make your own' movement, and soon they went home.

Gourmet salts have become a thing in recent years. Most are produced by evaporating seawater through methods that vary from place to place. Different methods produce crystals of different sizes and textures. The different crystals dissolve on the tongue at different rates, yielding different flavour sensations. When sea salt is produced in earthen impoundments, it absorbs minerals from the local soils, adding further variety in flavour and colour. Other salts are mined such as Himalayan salt, from the Punjab. Its pinkish tint comes from iron and makes it a decorative element in food presentation. My wife has a lamp made from a giant, rose-coloured crystal of Himalayan salt. And I know that rock is salt because I couldn't resist giving it a test lick. But I didn't eat it.

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Maud Lewis (1903 – 1970), Untitled (White Cats with Blue Eyes), c.1965, oil on board, 35 x 40.5 cm, - Private Collection, © Art Gallery of Nova Scotia

This Fall at the McMichael... by Samson Cheung

As the summer winds down, the McMichael invites visitors to seize the remaining days of sunshine with a series of uplifting exhibitions and concerts.

Now on view at the McMichael, the exhibition Maud Lewis showcases the brightly coloured and endearing paintings of one of Canada's most beloved folk artists. Although the details of Lewis' difficult life has dominated the discussion of her art, this new exhibition seeks to focus on her aesthetic achievements. The astonishing variety and joy in Lewis' work is sure to delight audiences of all ages. Maud Lewis is a rare opportunity for Ontario art lovers to bask in the vibrant colours and adorable characters of an artist that deserves to be better recognized as one of Canada's great artists.

This fall, visitors can look forward to a number of spectacular exhibitions coming to the McMichael, including Into the Light: Lionel LeMoine FitzGerald, a comprehensive examination of the legacy of L.L. FitzGerald, the final member to join the legendary Group of Seven, and Robert Houle: Histories, featuring a suite of drawings by the artist about the horrors of his childhood experiences with residential school. In the new year, the McMichael will be the epicentre of celebrations commemorating the centenary of the Group of Seven's first exhibition. As the spiritual home of the Group of Seven and the final resting place of six Group members, the McMichael will play a leading role as the country celebrates the towering legacy of these Canadian art pioneers.

Did you know that the McMichael is more than just an art gallery? The gallery hosts a diverse range of talks, concerts, film screenings and educational events throughout the year and has a popular shop full of unique Canadian-made items. This fall, the McMichael will be hosting the East Coast Songwriter Series, inspired by the nostalgia for Atlantic Canada in Maud Lewis'

paintings. Guests will have the opportunity to discover the melodies of orchestral pop vocalist Stewart Legere, two-time Juno-nominee and Canadian Folk Music Award-winner Susan Crowe, and Juno Award-winning roots-rock-Americana artist Stephen Fearing. Be sure to get your tickets before they sell out!

Interested in visiting the gallery without a car? Why not hop on board the McMichael Art Bus? Through October, the gallery offers roundtrip transportation from downtown Toronto directly to the McMichael's grounds in Kleinburg. For only \$15 plus admission, spend the day viewing thought-provoking exhibitions, exploring the natural beauty of the Humber River Valley, shopping, dining and discovering the artistic history of Canada.

For more information on the Maud Lewis exhibition, the East Coast Concert Series or the McMichael Art Bus, please visit mcmichael.com

Editors Note: McMichael Art on contents page - Maud Lewis (1903 - 1970), Paintings for Sale, 1950s, oil on wood, 61 x 76 cm, Collection of CFFI Ventures Inc. as collected by John Risley, © Art Gallery of Nova Scotia



Maud Lewis (1903 – 1970), Untitled (Butterflies), c.1960, oil on board, 32 x 35 cm, - Private Collection, © Art Gallery of Nova Scotia



1000 Books Before Kindergarten

by Kalli Secord

Beginning October 1st

The King Township Public Library (KTPL) is excited to begin a new initiative of 1000 Books Before Kindergarten to encourage our youngest patrons to read and find the joy in literacy and prepare them for their reading journey. If you read just 1 book a day to your child, they will have read 1825 books by their 5th birthday. When you take into account all those bedtime stories you read, all those favourites that they just want to read on repeat – a goal of reading 1000 books to your infant, baby or toddler before they enter kindergarten is attainable for everyone!

The process is simple, beginning October 1st, come into any KTPL branch to sign-up and receive your

registration package which includes an information brochure, a suggested reading list and your book log. Every book you read to your child, whether it is the first time or the tenth time counts and even books read at storytime or read by family members and friends can be counted on your book log.

Some children find it hard to sit still for an entire book, that's okay! The goal is to make reading fun, so even if you talk about the pictures or your child turns the page before you are done reading you can still count it on your log. Share the books in whichever way works for both of you. Reading together in the early years is about connection, print, sound awareness, vocabulary and always fun!

This program is self-paced and can take anywhere from a few months to a few years to complete depending on how often you and your child read together. Reading together provides an opportunity for bonding and creating lifelong memories. By reading together you are teaching your child 'how a book works', growing their vocabulary and instilling a love of reading. To encourage ongoing participation, we will reward you along the way! For every 25 books read, come to the library to pick up a prize!

No one is too young to participate in this program! And while we encourage you to grab some books from the library to help you work towards your goal, all books that you read to your child can be counted towards your goal! If you would like to encourage other early literacy skills we have weekly storytime programs at the Nobleton, King City and Schomberg branches for children before they enter kindergarten. Plus, the books read at these programs can be logged and counted toward your 1000 book goal!

Happy reading!



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Tiziana D'angelo at Stretching Canvas Studio in King



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Creativity is so deeply connected to our well being.

I know this because I experience such an amplified feeling of joy, freedom, and lightness every time I create. I am not a trained artist. Art for me has always been about expressing myself. I practice intuitive painting and allow my paintings to unfold. When I paint intuitively, I am reaching my authentic self, the part that is not accessible during most moments of my day. I feel a sense of courage knowing that I can tackle anything in that moment of creative bliss. I am resilient. Possibilities are unlimited when I am in creative flow. Life is so good! I am well! But it has taken me a while to get to this point.

Creating with our hands makes us happy!

Mental health issues are on the rise. Children as young as five years old are showing signs of anxiety and depression. Society is changing so rapidly and we are now spending less time using our hands to create things. There are so many healing benefits of creativity that cannot be overlooked. Carrie Barron, MD and Alton Barron, MD, authors of *The Creativity Cure* found that creating with our hands

changes our brain chemistry, increases feel-good hormones like dopamine and serotonin and decreases stress hormones. When we engage in creating things, we are changing the neurochemistry of our brain, allowing for more happy moments. Creating something with your hands fosters pride and satisfaction. Notice how you feel the next time you create something. Draw, paint, sculpt, sew, knit, crochet, weave, bead, garden, cook, build, write, sing!! Whatever your form of creativity is, do that. I guarantee, it will fill your days with more happy moments.

Creating helps us accept our imperfections and practice resilience

When we create something made by hand, we begin to embrace our imperfections. We realize that these imperfections are inevitable and lead to improvements. We learn that sometimes our failures lead to success. We experience resiliency by creating a new way to our success. We call these 'happy accidents'. These are precious lessons for all but especially for children. I see this often in my students-where they feel they need to make everything look perfect and pretty. We have become so conditioned to make things look perfect that when they don't, we feel stressed. The process of painting and creating anything allows us to embrace our failures. Once we do, we begin to believe



by Tiziana D'Angelo

that we can do anything. A difficulty can be faced, a challenge can be overcome. We become resilient and self-reliant. Thankfully, I see this too in my students.

Creating connects us to our life force and the present moment

Author, Elizabeth Gilbert writes, "If you're alive, you're a creative person." We are all meant to create. Creating connects us to our spirit. (Spirit in Sanskrit is known as prana. In Chinese medicine it is known as chi-the energy that flows through all things). I believe that mental health issues are on the rise because we are losing connection to ourselves, to our life force. From my experience, we connect with this energy through making art and creating. When we listen to our heart, our inner voice, we are strengthening our "intuitive muscle"- connection to our soul. We are not taught to go within or to practice being still enough to hear, see, and feel it. Expressive, intuitive painting is a great way to practice soul connection and present moment awareness. For example, connect with your breath while you paint. Watch the bristles of the brush meet the paint. Observe how the paint glides over the canvas. Allowing yourself to be a witness to the process is a great way to connect with your energy - realizing that you are an important part of this whole universe. None of us need to be amazing, talented artists. We

just need to be willing to play and explore by expressing our feelings through painting. Letting our emotions translate onto canvas in a safe and supportive space can be exhilarating! Linda Norick, author of *The Painting Path*, says, "Even if you don't make great art that will one day hang in a museum, you can make important art that has profound personal meaning for you and possibly for others who see it."

To me, creativity never disappoints. It brings me into the present moment and connects me to the joys of life and to the energy that makes me who I am. I feel more self-love, self-awareness, and compassion. When we are compassionate with ourselves, we are compassionate with others, a win-win for all. With a creative practice, we can choose to have happy moments, to be present and to be resilient to all that life brings.

I am so excited to be offering some really amazing courses for adults and children working through Back to School feelings of stress and anxiety. My studio is a safe and supportive space to create in and is so very welcoming. I have been teaching kids for 30 years through my business 'Messy Hands' - offering parties and visiting schools and when I received my yoga teacher training in 2015, I opened my King City Yoga & Art Studio - Stretching Canvas. Please join me this fall and let's create! Together we can paint and transform those 'Back to School Blues' onto our canvas and feel the joy that unfolds!

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