

spring 2019

ArtsSocietyKing.ca

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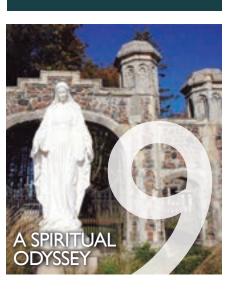
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FEATURED CONTRIBUTOR:



Meline has been living in King Township with her husband and 2 children since 2004. They love living in King and enjoy the balance between its tranquillity and engaged lifestyle, including its natural environments, hiking trails, various conservation parks and the equestrian backdrop they appreciate on their regular family bike rides. They love to explore its country roads, quaint villages and hamlets.

Meline is very involved with her church and community and supports a variety of causes and benefits, such as the King Township Food Bank, where she coordinates their annual Sip & Savour fundraiser and serves on the board of directors. She is also a frequent contributor to MOSAiC as she enjoys the opportunity to meet new people, learn of their artistic journey and apply her creative skills in sharing their story with others. Meline believes that volunteering is a rewarding and meaningful way to share one's gifts - be it time, effort and expertise. Beyond volunteering and freelance writing, Meline is an independent communications practitioner and provides communications and public relations support to businesses across Canada. Read Meline's featured artist article on page 4 of this issue.



GEORGE BURT

Featured on the cover of the spring issue of King MOSAiC are wooden works of art by George Burt. A resident of King Township, George honed his craft as a woodworking artist over the last thirty years. He is equally committed to volunteerism as an active member of Arts Society King, the South Simcoe Arts Council, the Wood Turners Guild, and the local Masonic Fraternity, where he was a past Master at the Schomberg Lodge and a District Deputy Grand Master at Toronto District #1 in Mississauga. He is also a Shriner and a devoted Santa Claus for the past fifty years.

These days, you can find George at his workshop or at the Olde Mill Art Gallery & Shoppe located on Main Street, Schomberg, where he sells used books and his wooden masterpieces. Read more about George on page 4.





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MCMICHAEL **SHOWCASES** A TRIO OF PIONEERING

THE ARTS

GEORGE BURT AN ARTIST GUIDED BYTHE GRAIN

by Meline Beach

One wood lathe, a band saw and about 50 chisels, make up George Burt's tool kit for his woodworking hobby. The most important tools of all would be his two hands and imagination.

resident of King Township since 1977, George moved from Mississauga to Pottageville, to most recently, Schomberg where he lives just a stone's throw from his workshop. Just like the rings of a tree tells its story, George's rings of life are as deep as his collection of books. An avid reader, George has thousands of books from topics ranging from Freemasonry to underwater exploration.

George's career dates back to 1956 when life was full of flippers, valves and wetsuits. As one of the first scuba instructors certified to teach in Canada, George enjoyed exceptional diving adventures that came with working for a company owned by none other than Jacques Cousteau. A sales career in the food and hospitality industry soon followed, where he sold everything from coffee and French-fried potatoes to menus. And while he "tinkered" with wood all his life, retirement allowed him to pursue his woodworking passion on a more dedicated basis. The positive results and praise he receives is a fine measure of success and enough encouragement to keep him going. This labour of love has turned, chiselled and polished thousands of wooden works of art over the last thirty years.

George appreciates wood for its sturdy form, organic characteristics and for what it has contributed to society.

'The uglier, the better,' he says, of wood that is distorted and shows signs of some stress. "Mother Nature does wonderful things with wood, and I embrace their unique features in my finished products." Inspired by wood's challenges, George studies the raw resource and lets it drive its masterpiece. "The wood speaks to me," says George. "What you thought you could do with the wood is not always what you end up with."

'Waste not, want not,' George prefers to use all parts of a tree, including its bark. Miniature vases and toy tops are made with scrap pieces of wood and wood shavings are gladly given away as bedding for garden paths and flower beds. "Everything gets recycled or reused," says George.

Mostly self-taught and mentored by two woodworkers, George completed a course on forestry and wood identification at Sir Sandford Fleming College to help him better understand wood, its look and odour.

"Every wood has its own fingerprint and cell structure," says George. Without stating any favourites, George prefers Canadian wood over exotics, especially Manitoba Maple and fruit trees for its nice aroma."There's enough beautiful wood in Canada that I don't need to look elsewhere."

His first claim of wood was lifted from an abandoned pile along the road. He took it home, put it on the lathe and thought the colours were amazing and the textures unbelievable. He made a few designs from it and from then on, his craftsmanship with Canadian wood became wellknown. So much so, that piles of wood magically appear outside his workshop – awaiting their fate as a masterpiece of some kind.

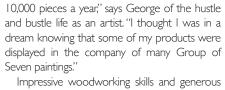
Be it bowls, vases, pens, gavels, wine stoppers,

Other unique items include burial urns, buttons for one-of-a-kind clothing, cupcake holders and hat stands. One customer asked him to make a bowl from the tree that hung a childhood swing as a means of sustaining its sentimental value.

He puts a great deal of care and attention into each piece and hopes it brings as much joy to their recipients as it does in its making. In fact, that's the inscription on the tag included with all his wooden works.

What started off as a hobby making gifts for family and friends using nature's ingredients, such as pinecones. little trees and wreaths, has turned into a professional passion. From local craft shows and large artisan marketplaces to tourist attractions and prestigious gallery gift shops each exposure has created numerous local, national and international connections.

"One thing lead to another, and before I knew it, I had an order for 550 pieces shipped to France and another request to wholesale upwards of



Cedar vases made from Cedar rail fencing 200 plus years old

with his knowledge, George welcomes students to his workshop to learn the tricks of the trade and create a masterpiece of their own. His youngest participant was a group of 10-year-olds for his grandson's birthday party.

The art of woodworking is not for the impatient. Raw pieces in production can take years to complete based on their thickness and subsequent drying time. "Mother Nature does not tolerate anything going from one situation to another in a short period of time," says George. 'To avoid cracks and stresses, you have to slow the process down."

With no signs of slowing down, George has thirty pieces currently in the drying process and a mountain of wood outside his workshop. He lives his life guided by the grain and is now fulfilling his retirement goals as both a used bookstore owner and woodworking artist extraordinaire. Success is not always happenstance. George believes in pursuing the direction of your passion.

"As you navigate your way, you have to decide which way you're going to orientate your piece whether it's going to be an ingrained product or turned across the grain," says George. "The same goes with life."

Editors Note: Front cover photograph is of vases made of Cedarwood in the foreground and Spalted Maple in the background. Photography by Lidia Alghoul.

Visit George at the Arts Society King Studio Tour, April 27 & 28, 2019; an ART EXPERIENCE throughout King Township.



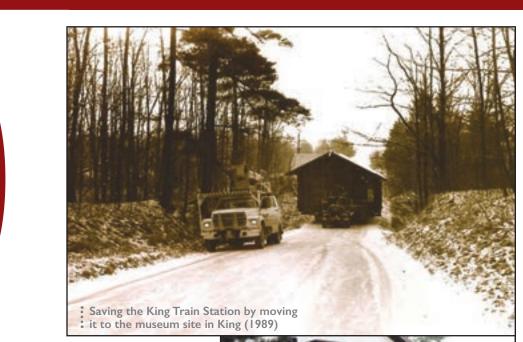




HERITAGE

WHAT'S GOING ON at the Heritage and Cultural Centre

MUSEUM



The King Heritage and Cultural Centre located at 2920 King Rd is still in some people's mind "the museum." Rightly so, as the museum was started 40 years ago in 1979 by the King Township Historical Society.

Depending on your perspective 40 years can seem like a long time or a short time. During those years, change can happen slow or fast. Within the last few years at our site, there have been many changes, renovations, relocations, and partnerships!

The history of the site goes back much longer than 40 years.

Originally the building was a school, starting as a one-room schoolhouse built in 1861 and still standing today. From 1958 to 1963 additions were made to the building and the expanded three-room school served as the Kinghorn Campus of the York County Board of Education. With the amalgamation of schools and extended bussing for students by 1978, the school is closed after being leased to the York County Roman Catholic Separate School Board while the original Holy Name was being built. The Township of King in 1979 purchased the almost three-acre site and placed it under the care of the King Township Historical Society for the duration of a ten-year lease to serve as a museum. By 1989 the King Township Historical Society lease was extended for an additional ten years. And in that same year, about 50 concerned citizens from King Township met to express their interest in returning King Railway Station to the Township and gave both their money and labour to the project.

The King Railway Station is the oldest surviving station in Ontario and serves as a historical link back to 1853, just three years after the Township was formed. After serving the community for over 100 years, it was decommissioned in the 1960s and was considered for Black Creek Pioneer Village as part of the new village museum in Vaughan. Temporarily, the station was moved to the Kortright Centre for storage. The move to Black Creek was delayed because of funding and eventually abandoned altogether. It would seem the station too, was abandoned and it spent 20 lonely years mouldering away in a field. It was proposed that the station become a part of the King Township Museum so that it could be restored for the enjoyment of the people of the Township.

by Kathleen Fry

Approximately \$55,000 was raised by various fundraising methods to move the station and begin restoration. In 1989 the station was moved to the King Township Museum grounds. Over the next two years, the station was stabilized, and its interior rooms were restored. However, the \$50,000 amount proved to be

not quite enough to complete the restoration. The King Township Museum Board of Management set a goal of \$20,000 to finish the work in the fall of 2002. As with any heritage property, the repairs are many and ongoing. Site staff have plans to apply for funding to upgrade the building, and the Fawcett fund will be used for exhibit enhancement in the near future.

During those 20+ years, the Historical Society did many things to keep the site viable – all through volunteer labour! They hosted events and programs, paid the heating and staffed the building so it could open to the public and amassed a collection of artifacts from King. After all those years they divested their effort to the Township, and in 2000 the museum and the artifact collection are transferred directly to the care of the Township of King. A board of management was set up to manage the museum and report to council on their progress, and an interim curator was hired so the museum could open to the public on a regular basis. It is the only museum located within the Township of King and as a result, acts as a steward of the Township's history.

Mayor Margaret Britnell and Alden Winter, President of the Historical Society outside the museum building on King Rd. (1982)

Without the King Township Museum the history of the township would only be available in books and memories, and while written accounts are valuable, there is a difference between learning about history and seeing it. The museum currently has a collection of artifacts and archives donated to be held in public trust for the education and enjoyment of future generations - giving the township the responsibility to protect and preserve its history and allowing it to promote and preserve its rich rural heritage regardless of what development the future brings.



EEQUALS

by Debbie Fox

I'll swap you my light beam on a train for your cat in a box, Schrode.

I don't have the space or time, Stein.

It's all relative you know.

I know! My brother's coming to jump off the roof.

How fast will he actually fall?

Slow as a feather, fast as a bowling ball.

Hair raising! Will your sister bring dinner?

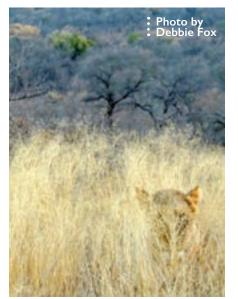
She will bring hips that follow the curve of the earth.

Ah, women, the fabric of space-time. I will send you the light beam and expect the cat.

Dead or alive, Schrode?

Both.

Quantessential, my confrére!





by Debbie Fox



Our guide, CJ, and our tracker, Phineas, were on a mission to find a white rhino.

Phineas jumped off the jeep to follow some tracks on foot, while CJ drove us on a parallel path deep into the bush, shouting 'Duck!' each time a thorny Bushveld bush threatened to slash our faces. We pulled up next to a steep ravine. On the other side of it, three rhinos stood behind a tree: two females and a male named Grumpy. Grumpy was, well, horny, but the females weren't ready to mate. A scorned male can be mighty peevish.

To navigate around the ravine, we drove in a big U. No road, just bush. CJ parked the jeep in a gap between thickets to the left and to the right. We waited in eerie quietude. No birdsong, no rustling trees. After a few minutes, we detected the crunch of dry grass. Grumpy, dappled with mud, walked lazily past the jeep, ignoring us. He ambled thirty feet into the woods to our left, turned on a dime and charged.

Holy crap! My husband, Eric, and I were in the front seat. Our friends - Amanda, clutching a telephoto lens, and Guy - were in the middle seat, and Robert was alone in the back.

Amanda: "What should we do!" Eric: "Keep shooting!" Guy and I sank down in our seats. Our jeep was steeply tilted to the right and would be easy to flip. Amanda and I, on the low side, would be crushed. Robert, Guy and Eric would be hurled out of the vehicle.

CJ banged his arm on the metal door and hollered, but Grumpy kept coming. Panic compelled me to act. I banged my arm on the side of the jeep and banshee-howled. The rhino stopped dead inches from Eric and eyeballed us. Head down, ears sharply forward, he kept us hostage as he decided which hornless homo sapien to skewer first. Nobody breathed. Our imminent demise slowed the passage of time to molasses. The contemplative rhino took two steps backwards and walked into the bush. We believed we were out of the woods. Not!

Still shaking, we wowed and whewed and giggled nervously. It was getting dark, and we were in the mountains, far from camp. The rhino stared at us from the woods. We were counting on CJ to get us out asap, but the jeep was stuck amongst the thorny bushes. Phineas found a rusty machete and cut a dozen down before the bush agreed to free us.

CJ drove us to a spot overlooking the blue Dragon's Back mountains, for sundowners: gin & tonic, wine and snacks. Wavy golden grass overlooked a canyon. The sun sank slowly in all its purple and red glory. Phineas hopped out of the jeep to mix the drinks and Amanda shrieked, "Lion! Lion!" Less than three feet away, a lioness as startled as we were popped her huge head out of the grass. Phineas scrambled over us to the back seat of the jeep in a split second. CJ said the lioness was injured, hiding in the mountains to lick her wounds. She turned around a few times and lay down, camouflaged so well, we could barely see her ears. We backed out slowly and CJ found another magnificent sundowner location.

I was exhilarated. Invigorated. Intoxicated with gin and escapades.

I decided to change my name to Livingston.

KING.ca

On behalf of King Township council, I'm pleased to welcome you to the spring edition of Mosaic.

After a long, cold winter, we're looking forward to shedding our coats and boots to get outdoors. It's a great time to start thinking about registering your children for sports leagues and activities. I encourage you to browse through our 2019 Spring and Summer Community Guide for a list of exciting programs and activities for you and your family.

You can find printed copies of the guide at the municipal offices at 2585 King Rd. in King City, township arenas and libraries. The guide is also online at www.king.ca.

Local artists from King Township and guest artists from neighbouring communities are preparing for the next Arts Society King (ASK) Studio Tour King. This two-day annual spring art event takes place April 27 and 28, and is expected to be the largest in its 14-year history.

A broad spectrum of disciplines will be represented during ASK Studio Tour King 2019. Artists working in oil, acrylic, and watercolour painting, leather, photography, textiles and woodworking will be showing a variety of unique and original creations at their own studios and in public locations such as the King Heritage and Cultural Centre. Visitors to the ASK Studio Tour King will be encouraged to stop by all locations during the weekend of the studio tour to see how artists work in their own environments. This is a great time to connect with artists on a personal level, find out what inspires them, and purchase artwork from a local source.

ASK Studio Tour King takes place on the weekend of April 27 and 28, 2019, from 10 am to 5 pm, both days, at various locations in King Township. For an interactive online experience, connect with Studio Tour King on Facebook at:



www.facebook.com/studiotourking and at www.ArtsSocietyKing.ca.

Have a safe and fun spring and, as always, shop locally as much as you can.

Steve Pellegrini Mayor, King Township

PARKS, RECREATION AND CULTURE EVENTS

MAPLE SYRUPFEST

Location: Cold Creek Conservation Area Age: All ages

Fee: \$10/car (includes breakfast & activities)

Date & Time: Saturday March 9, 2019, 10am - 2pm Start your day right with a delicious Pancake Breakfast and learn about syrup tapping, evaporating, filtering and the rich history that brought us this sweet treat. Drop in for the sweet taste of Maple Syrup and take part in a variety of exciting activities for all ages.

EARTH HOUR LANTERN HIKE

Location: Cold Creek Conservation Area (Nobleton) Age: All ages

Date & Time: Saturday, March 30, 7pm - 8:30pm Fee: FREE - Registration required -

visit townshipofking.perfectmind.com or call 905-833-6555: registration code – 165

Join us for a fun hour of lights out and enjoy a bonfire and hot chocolate. Do your part, turn off the lights and join the fun.

INDOOR COMMUNITY YARD SALE AT TRISAN CENTRE (SCHOMBERG)

Date & Time: Saturday May 4, 2019, 8am 12pm

It's time to do some spring cleaning and turn that clutter into cash. The Township of King invites you to join us for the annual Community Indoor Yard Sale. Participants have the option to donate any unsold items to Goodwill onsite upon the event's completion. Tables can be purchased for \$20/table or two tables for \$35. For more information email events@king.ca.

NOBLETON VICTORIA DAY PRESENTED BY TIM HORTONS

Date: Monday May 20, 2019

Come celebrate Victoria Day in Nobleton! Start your day watching the annual Victoria Day Parade (leaving from the Nobleton Library at 11am). Make your way to the Nobleton Arena for the famous Victoria Day Fair which includes vendors, food, entertainment and a midway. Finish off the day watching the greatest Victoria Day fireworks display in Ontario. Parade starts from the Nobleton Arena at 11am. Fair and Midway start at 12pm at the Nobleton Arena.

(15 Old King Road).

Fireworks start at dusk behind the Nobleton Arena. For more information please contact events@king.ca.

SustainableKing

SUPPORTING OUR COMMUNITY **GROUPS IN 2019**

Are you a member of a community group that is working on a project or initiative that helps to further the vision, goals, strategies and actions identified in King's Community Sustainability Plan? If so, you may be eligible to receive funding or resource support from the township. Visit www.sustainableking.com to access the Sustainable King Assessment Form.

King's Sustainability Plan is focused on implementing sustainable actions and leveraging the resources of our community. For more information, email sustainability@king.ca



Around the Neighbourhood



They trudge north on Keele Street for hours, hoisting heavy backpacks, carrying tattered grocery bags, hauling wheeled suitcases; along busy roadsides next to cars and trucks whizzing past, hurling dust and sometimes puddled rainwater in their faces.

The mothers and grandmothers are undaunted; determined and yet happy, as they chatter together about the day's events and catch up on local gossip. The fathers and grandfathers, fewer in number; linger behind, silently watching and following. Children scamper beside or even run ahead, hopping over sidewalk cracks or blowing on dandelion seed pods.

Who are all these people and where are they going?

These people, hundreds of them, are heading north on an annual pilgrimage to celebrate Our Lady of Fatima Feast Day. Our Lady, otherwise known to Catholics as the Virgin Mary, is said to have appeared to shepherd boys in a small village in Portugal on May 13, 1917, and every month until the following October: To honour Mary's appearance, annual feasts are held in Portugal and other Catholic communities worldwide. Toronto pilgrims gather near Dupont and Dufferin on the weekend closest to May 13th, and make the 28-kilometre trek uphill on Keele Street, to the corner of Fifteenth Sideroad and Marylake Shrine. Only stopping occasionally for a quick drink, they plod along into the grounds for a rest, a welcome foot massage, a mass and a celebration.

The Portuguese community is not the only one that hosts a pilgrimage to Marylake. Other communities of Italian, Hispanic, Filipino and Korean worshippers make the trek too, filling every weekend from May through October. But the Portuguese group is the biggest, averaging 1200 people; they have been coming here since the 1950s.

The Marylake property is a unique and uplifting destination. Originally designed by the Eaton family as a summer retreat from the city, the land, 800 acres of fields and rolling hills surrounding a kettle lake, now belongs to the Augustinian brothers. It begins with a heritage entrance gate* overseen by a statue of Mary welcoming all who come to visit.

Beyond the gate, one discovers a heritage brick barn, some residences, Our Lady of Sorrows shrine, and two new features that make the destination even more memorable. In the fields and hills of the adjoining acreage, a meandering pathway takes visitors past 15 Stations of the Cross and along a life-sized living rosary. The Rosary Path is just being completed in 2019.

The original Stations of the Cross consisted of 15 crosses, each with a plaque explaining the biblical reference. The Stations have since been moved to the outer edges of the pathway, and in 2017 beautiful glass panels were added at each one. Glass artist and architect **Stuart Reid** who created the panels is well-known to Torontonians as the creator of other more controversial glass panels, titled zones of immersion, installed at Union Station. Stuart says it (the Marylake installation) was an "extremely difficult subject to attempt and give honour to and I felt enormous pressure to pull it off."

The Rosary Path is the brainchild of local sacred artist **Ted Harasti** who envisioned this installation in the 1970s. He had no formal training in the arts with which to realize his dream, so he enrolled in the Fine Arts Program at York University in the 1980s. When searching for a location for his living rosary, he eventually came across Marylake and immediately knew he had found the right spot. The Augustinian community agreed.

The Rosary Path replicates a life-sized rosary assembled on 20 acres of property. An impressive stainless-steel crucifix stands at the entrance. The bronze figure of Christ on the crucifix was created by Kitchener sculptor **Timothy Schmalz** who is best-known for his bronze statue Homeless Jesus. The original Homeless Jesus lies on the Regis College campus at U ofT, and there are replicas worldwide, including one in Vatican City, Rome.

The Rosary Path carries on for 59 "beads;" large glass globes with kneeling pads at each base, connected by a steel chain. They stretch out along the inside of the pathway, with benches for meditation and prayer nearby. In the centrepiece of the rosary, a statue of Mary greets visitors. This space is intended for a Marian water fountain, the Jewel of the Rosary Path – likely in the next year.

Hugging the contours of the landscape for 1.5 kilometres, this path relies on the natural elements of the area and forming the largest such path in North America. The field has been returned to its natural state, after hosting soybeans for several years. Indigenous trees have been planted, and



wildlife is encouraged with bat houses and bird sanctuaries. The rocks used to build the Tomb at the 15th Station were excavated from the property. The planned fountain will be powered by solar energy.

Executive Director Joe Gennaro beams with pride as he shows off this spiritual, artistic and environmental masterpiece. The money for the project has been raised through donations, and the different elements have been installed by volunteers. The installation has increased traffic to the site many times over. Joe, the artists, and the Augustinian community have created a venue to which they warmly invite the public. Whether visitors come on a religious pilgrimage, on a family outing, or a slight detour from a hike on the Oak Ridges Trail, everyone is welcome.

For more information go to marylake.com

Editors Note: A photograph of the Marylake Gate, taken by Barry Wallace, was featured on the Winter 2012 cover of MOSAiC.

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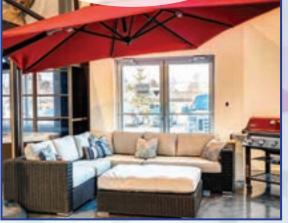
BACKYARD **POOL & SPA**

STRETCH NGCANVAS

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UNINH DECKYERCIDOLETICS DE

THE ARTS

"Every culture uses art to foster its values and its love of things. A Theatre with a Purpose - to tell the stories of Palestine, to foster the culture of Palestine and to foster peace and justice

Ahmed Tobazi Performing

in both countries," for Adele Boy it has been a **life-altering experience**.

Adele is a retired secondary school teacher from the Toronto District School Board. She is very active in her church. Sandford United Church, and community. That involvement led Adele through the long journey to become a member of the organization known as EAPPI. The EAPPI is a programme of the World Council of Churches and advocates for justice and peace based on non-violence by creating an international presence where needed. With hospices located throughout the West Bank and East Jerusalem, it placed Adele in Tulkarm, West Bank for three months in late 2018 to pursue humanitarian work. Adele describes her one-ofa-kind experience in Palestine with unpretentious humility. She emphasizes the learning she gained in the power of art; promoting and fostering hope in the most unexpected places.

"Palestinian arts culture; visual arts, music and theatre is rich and becomes a nonviolent vehicle for peaceful change as people's stories, experiences, hopes and dreams are shared at home and abroad," says Adele.

The Freedom Theatre trains Palestinians who will tell the story of Palestine through performance - within the country and around the world. Adele explains her experience while speaking with a young actor, Ahmed Tobazi performing a oneman show. Ahmed's monologue performance about his many painful life experiences is expressed creatively through theatre. Artists like Ahmed make a conscious decision that they are no good to their country in prison or dead. Theatre offers them an outlet and a purpose to work for justice and peace in the world as a whole but specifically in Palestine by performing.

The Freedom Theatre in Jenin that was established in 2006 and draws its inspiration from a unique project, Care and Learning, which used theatre and art to address the chronic fear, depression and trauma experienced by children in the Jenin Refugee Camp in the late 1980s. The project was run by Arna Mer Khamis, a woman who devoted her life to campaigning for freedom and human rights, together with women in the refugee camp. The fiery and



Freedom Theatre in Jenin, West Bank

spirited humanity of this woman, who was born to a Jewish family, inspired

the children with possibilities for an alternative reality. Arna was awarded the

Alternative Teality. Arna was awarded the Alternative Nobel Prize, in 1993 for her work. With the award money, she built a children's theatre, known as the Stone Theatre, which was later destroyed and rebuilt by her son Juliano Mer Khamis and renamed the Freedom Theatre. Arna and her son have since passed away, but thanks to the support from friends around the world, the staff and board members managed to keep the theatre going and growing ever stronger: Just as The Freedom Theatre was built on the inspiration and legacy of Arna, Juliano's mother, its future work is formed on the legacy of Juliano. It carries on his message to promote freedom for all human beings!

The Freedom Theater's primary goal is to empower youth and women in the community and to use art as a means for social change. It creates a safe space to express themselves creatively, strengthening their ability to deal with difficulties in life. Currently, the Freedom Theatre offers a range of cultural activities, including drama workshops, theatre performances, a three-year professional Theatre School and training in stage management, photography, filmmaking and creative writing. The media work was added to honour Juliano Mer Khamis' legacy as he was a filmmaker. Students learn how to make film about things that are important to them, and they study how to process what is happening politically through

By Lidia Alghoul and Irene Bayer

theatre. The impact of the Arts for positive self-expression has not gone unnoticed. In 2006 a new cultural centre for kids was built, the UN provided computers for filmmaking, and in 2007 a new theatre school was established as an alternative to high school.

At the end of the volunteers three months visit, the Dar Qandeel Cultural Art Association in Tulkarm hosted a going away party for the group. The Dar Qandeel organization believes in the power and enlightenment that culture and arts can bring to people; as an instrument to foster social change and peace. The going away party reflected that mandate and was a cultural evening which included musicians playing mesmerizing music outdoors around a fire pit. "They were singing love songs - some men were weeping. It was a beautiful sight facilitated through music - it was unexpected and magical" says Adele.

Adele hopes to work overseas again as well as being engaged in work regarding truth and reconciliation within Canada. Adele feels it is a privilege to act out her faith in a practical manner as peace and justice have been on her radar for many years. She adds "That is my focus, enhanced by my overseas experience in Palestine/Israel. It is important for me to raise awareness in hopes of a just peace and a brighter future for all."







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Close your eyes.

OLLECTING 101

by Deborah Jolly

Imagine that you are an artist you admire, or, would like to be. What are you creating? A Painting, a sculpture, or a caricature? Or, perhaps you have a camera in your hand? Now, take a deep breath in. Does this resonate with art you might like to collect? While you need not narrow your art choices immediately, the sooner you pose the question of what you are collecting, the sooner you begin to remove ambiguity, add value, and become a collector. And then you will need to start collecting; but where and how? It's easy (and fun!); let's look at a few suggestions together.

WHERE WILL I FIND GREAT ART?

Simple knowledge about an Artist can bring you vital understanding that will help guide your next art purchase. Keep asking questions; patterns of interest will begin to emerge. Some questions you may want to consider:

- ✓ Reputable design shops offer a continuous selection of fresh Art and Artist-knowledge, and they will notify you of new works, or even search for it on your behalf
- ✓ Search online for 'local artist', museums and art galleries, with your place of residence
- Look through online auctions and showrooms i.e. ArtBomb, 1st Dibs, Etsy, Saatchi, Society6. You can view a variety of Artists, quickly, and sort by genre, colour, year etc., quickly!
- ✓ Visit Studio Tours and Group Exhibits/Sales – i.e. Studio Tour King, McMichael Gallery Autumn Sale, The Artist Project – You can view 10-250 Artists in one venue, in one visit!
- Visit Art galleries, museums, exhibits, and local Art shops – The summer is a hot time for art events!
- ✔ Scan the Entertainment section in local print media for upcoming shows and events
- ✓ Register with your local Art gallery or Art Society and they will send you heaps of Art-love
- ✓ Social Media FB, Instagram, Twitter find Artists you like and connect – Information and visual delights will come directly to your feed of choice (or email) and you view them when you have time
- ✓ Share your Art-enthusiasm with those you know – You will be surprised by what they tell you!

HOW DO I CHOOSE AN ARTWORK?

This is the truly the easy part! People in the art world are in this business because they LOVE ART. They love discussing art, sharing their knowledge, welcoming people into the circle of art-love, designing spaces for art, and putting art into the hands of people who genuinely value it and connect with it.

- ✔ What is the name of the work and when was it made?
- ✓ What medium, or what material, did the artist use?
- ✓ Is this an individual artwork or part of a series?
- ✔ What was the inspiration, or motivation for this work?
- ✓ Is the artist local? Emerging? Established?
- ✓ Is the Artist self-taught or Artist-trained and/or degreed?
- ✓ Is this typical of the artist's body of work?
- ✓ Is it part of a new direction they are heading in?

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 and will delight us with part III of this IV part series called ARTful in MOSAiC summer 2019.

deborahjolly.ca

Pictured are artists participating in the 2019 Studio Tour King. Perhaps something to inspire YOUR art collection awaits.







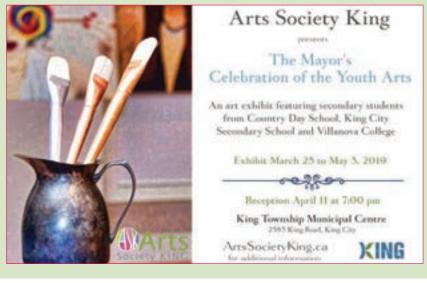




Arts Society King is excited to present the **Mayor's Celebration of the Arts - A King Township Youth Art Exhibition** at the newly constructed King Municipal Centre; with its open concept, modern glass, and exposed brick, this venue will provide a unique backdrop to this very special exhibition.

The exhibit is from the end of March through to the beginning of May, and celebrates the talented secondary art students of Country Day School, King City Secondary School and Villanova College.

The community is invited to stop by any day and all are invited to the Opening Reception, on April 11 at 7:00 pm. Meet the young artists and celebrate their creative accomplishments. Participate in the 'People's Choice' award which will be voted by the audience over the course of the exhibit. Complimentary admission, and open to all students, families, teachers, friends and the community.



Please visit the ASK website and facebook page. Meet artists, sneek a peak at upcoming ASK events and enjoy archived editions of MOSAiC. www.ArtsSocietyKing.ca and www.facebook.com/artssocietyking

Events in and Around King Township 1050

Mid March - April 24 - Arts Society King presents the Studio Tour King Preview Exhibit, King Heritage and Cultural Centre. Enjoy a preview of the some of the work of artists participating in the 2019 Studio Tour King. Many new artists this year. Open Tuesdays to Saturdays from 10:00 am to 4:00 pm. Free admission. ArtsSocietyKing.ca

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

End of March through to beginning of May – Arts Society King presents the Mayor's Celebration of the Arts a King Township Youth Art Exhibition, King Township Municipal Centre (NEW LOCATION). The exhibit celebrates the talented secondary art students of Country Day School, King City Secondary School and Villanova College and is an art exhibit for the entire community to enjoy. ArtsSocietyKing.ca

March 23 – Kingcrafts presents jewelry and needlework workshops for beginners. Join us for some fun and learn something new. Check out our website for many exciting workshops. kingcrafts.ca

March 25 – The Nobleton King City Garden Club presents Vibrational Photography of Plants, Nobleton Community Hall, 7:30 pm. Subtle plant and flower energy captured in a beautiful slide presentation by Oli Ullmann. New members & guests welcome. Register at nobletonkingcitygardenclub@gmail.com or visit gardenontario.org/site.php/nobletonking

March 26 – The Schomberg Horticultural Society presents Cannabis: the Controversial Plant, Schomberg Community Hall, 7:30 pm. New members and guests welcome. Contact haywatts@yahoo.com.

March 28 - King City Seniors Trip to Fallsview Casino in Niagara Falls. Departs arena 8:00 am. Contact Agnes 905-841-7390 or Jayne 905-853-1436.

March 30 – The Dufferin Marsh Nature Connection presents an Earth Hour bonfire, 8:30 pm and lantern making and walk at 8:00 pm (location/route to be determined).

April to May - Nobleton Skating Club, Spring Skating, Trisan Centre, 5:30 – 8:00 pm Mondays and Wednesdays. Spring Skating sessions of Canskate and Starskate; online registration. Contact nobletonskatingclub@outlook.com or 905.859.4943.

April 3 - King City Seniors Movie Night, Seniors Centre. Doors open 6:30, Movie starts 7:00 pm. Admission by donation. Contact Carolyn at 905-833-0792.

April 4 - Arts Society King Studio Tour King Preview Exhibit Opening Reception, King Heritage and Cultural Centre, 7:00-8:30 pm. Meet new and returning artists participating in the 2019 Studio Tour King. Free admission. Light refreshments. Join us and mix and mingle with some of our most talented and acclaimed artists! ArtsSocietyKing. ca

April 4 – The Dufferin Marsh Nature Connection presents a Frog Monitoring workshop. Meet at the Grackle at 7:00 pm and learn how to identify and count local frog populations and help in important citizen science work.

April 11 – Arts Society King presents the Mayor's Celebration of the Arts -A King Township Youth Art Exhibition Opening Reception, King Municipal Centre, 7:00 – 8:30 pm. Everyone welcome to attend to meet the young artists and celebrate their creative accomplishments. Participate in the 'People's Choice' award which will be voted by the audience over the course of the exhibit. Refreshments served, complimentary admission, open to all students, families, teachers, friends and the community. ArtsSocietyKing.ca

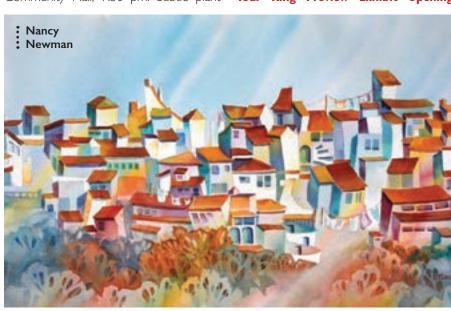
April 12 – Arts Society King presents Blues, Jazz and More LIVE Concert, Laskay Hall, 8:00 pm. Enjoy the music of Larry Kurtz and the Law Breakers, paired with fun refreshments and mingling. \$40 tickets at ArtsSocietyKing.ca and include concert and refreshments. **April 12 -** King City Seniors Pot Luck Lunch, Seniors Centre, 12:30 pm. Attendees are asked to bring a main course item or a dessert. Contact Mary at 905-833-0448.

April 20 - Dufferin Marsh clean-up - part of the Township wide clean up. Meet on Dr. Kay Drive near the bulletin board to pick up your bag and gloves, 9:00 am. Family friendly and good for community volunteer hours.

April 23 – The Schomberg Horticultural Society presents Fusion Gardening, Schomberg Community Hall, 7:30 pm. New members and guests welcome. Contact haywatts@yahoo.com.

April 24 - Lake Simcoe South Master Gardeners Workshop Native Pollinator Gardening 101, Nobleton Library, 6:00 – 7:30 pm. Join us for a presentation to learn about native gardening and how you can help attract a variety of pollinators to your garden including bees, butterflies birds and insects. Contact environmentalstewardship@king.ca or call 905-833-6555.

April 27 & 28 - Arts Society King presents the 2019 STUDIO TOUR KING, throughout King Township, 10:00 am to 5:00 pm daily. Enjoy one-of-a-kind work from various genres in fine art, sculpture, jewellery, textiles, metal, wood, leather and more. Map and brochure provided and available at the King Heritage and Cultural Centre. This is a self-guided ART EXPERIENCE throughout beautiful King Township and for all ages! Free admission to all. ArtsSocietyKing.ca





14 MOSAIC spring 2019

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.

April 27 - Toronto and Region Conservation Authority and Township of King Earth Day Clean-Up, Tasca Park, 10:00 am-12:00 pm. Get outside and celebrate Earth Day! Learn about microplastics in the environment, then help take action and pick-up litter in the Tasca Park trail system. Contact trcastewardshipevents.ca or Liana D'Andrea, Idandrea@trca.on.ca, 416-661-6600 x5203.

A COM

April 29 – The Nobleton King City Garden Club presents spring planting, dividing and sharing, Nobleton Community Hall, 7:30 pm. knowledgeable club members Jules and Barb will answer questions and demonstrate how to plant seeds and bulbs, divide and share garden perennials and indoor plants. Register at nobletonkingcitygardenclub@gmail. com or visit gardenontario.org/site.php/ nobletonking

May I - King City Seniors Movie Night, Seniors Centre. Doors open 6:30, Movie starts 7:00 pm. Admission by donation. Contact Carolyn at 905-833-0792.

May 4 - Toronto and Region Conservation Authority and Township of King Youth Week Tree Planting, Tasca Park, 12:00 – 2:00 pm. Help pick-up litter and plant trees and shrubs in the Tasca Park trail system. Contact trcastewardshipevents.ca or Liana D'Andrea, Idandrea@trca.on.ca, 416-661-6600 x5203.

May 4 - Kingcrafts presents jewelry and needlework workshops for beginners. Join us for some fun and learn something new. Check out our website for many exciting workshops. kingcrafts.ca

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May 8 - Lake Simcoe South Master

Gardeners Workshop in partnership with King Township DIY Succulent Planter Workshop, Laskay Hall, 6:30 – 8:00 pm. Enjoy a short presentation by a Master Gardener to learn how to propagate and take care of succulents. Participants will learn fun ways to plant and display them and create their very own succulent planter to take home. All supplies will be provided. Contact environmentalstewardship@king. ca or call 905-833-6555.

May II – The Schomberg Horticultural Society Annual Plant Sale, Schomberg Community Hall, 9:00 am to 1:00 pm. A selection of annuals, perennials, trees, shrubs & hanging baskets, many from our members' gardens just in time for Mother's Day.

May 15 - The Soulful Sprout in partnership with King Township Introduction to Foraging Workshop, Lskay Hall, 7:00 – 8:00 pm. Join us for a wild foraging talk and learn about identification, removal, and receive recipes and a small mason jar of pesto to go home with. Learn and explore how to incorporate wild food into your everyday diet. Register at environmentalstewardship@king.ca or call 905-833-6555.

May 16 – The Dufferin Marsh Nature Connection presents Frog Night Out, 8:00 pm. Learn about local frogs and go on a hike to hear them calling. Meet at the shelter in the Dufferin Marsh

May 17 - King City Seniors Pot Luck Lunch, Seniors Centre, 12:30 pm. Attendees are



asked to bring a main course item or a dessert. Contact Mary at 905-833-0448.

May 25 – Summer Blooms Art Exhibit and Sale AND Nobleton King Garden Club Annual Plant Sale, Laskay Hall at the King Heritage & Cultural Centre, 10:00 am to 4:00 pm. Inside Laskay Hall will be a themed original art sale in partnership with the garden clubs' annual plant sale. Featuring a wide variety of plants and art for sale (instructions from club on how and when to plant). ArtsSocietyKing.ca

May 26 – The Dufferin Marsh Nature Connection presents a bird walk, rise and shine and find all the birds you can. Meet for a guided bird hike at 6:30 am at the bulletin board on Dr. Kay Drive.

May 27 – Nobleton King City Garden Club presents A Growing interest in Cannabis, Nobleton Community Hall, 7:30. A full spectrum educational presentation by Michelle Davis. The plant from seed to harvest. Choices, legislation, legal access and use of CBD, Therapeutic and Medicinal Cannabis. Register at nobletonkingcitygardenclub@gmail. com or visit gardenontario.org/site.php/ nobletonking

May 28 – The Schomberg Horticultural Society presents Gardens of Italy portrayed through film, Schomberg Community Hall, 7:30 pm. New members and guests welcome. Contact haywatts@yahoo.com.

June I - Township of King Community Pollinator Planting, King Heritage and Cultural Centre, 10:00 to 11:30 am.



Join us for a family friendly wildflower planting and help us plant native wildflowers to create a beautiful garden and attract a variety of pollinator species. Contact environmentalstewardship@king.ca or call 905-833-6555.

June 6 – MOSAiC Magazine summer edition distributed in the King Weekly Sentinel. Don't miss your free copy of this glorious, locally-based magazine with original stories, images and more. ArtsSocietyKing.ca

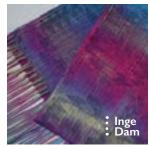
June 23 – Mark your calendar! The Schomberg Horticultural Society presents the annual Garden Tour in partnership with Arts Society King, 10:00 am to 4:00 pm. Each garden will host an ASK artist; enjoy original art and meet the artist; a splendid day awaits! ArtsSocietyKing.ca



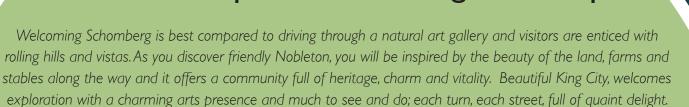






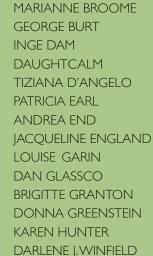


On the weekend of April 27 and 28 you are invited to an art experience in King Township.



Visit ArtsSocietyKing.ca for information on these artists.





CARLO ALLION

ALEXANDRA K. CONRAD CHRIS KINGDON JANNA KOZOUB KAREN L. BOWEN KAREN LEVERT MELINA LISI ANN MURRAY LIVINGSTONE OLENA LOPATINA VLADIMIR LOPATIN BILL LUNSHOF MARYAM M. KHANI TRUDY MARESCH HANS MARTIN MARY MORGANELLI EVANGELINE MUNNS NANCY NEWMAN LIINA PEACOCK DOMINICK PETRUNGARC SILVIA PHILLIPS IVANKA PIPINIKOVA LUCY QUINTERO KATHLEEN RODGERS JOSEPHINE SHERMAN STEVE SILVERMAN HOLLY SPEERS KAROLA STEINBRECHER JANE STYSINSKI LYNN WILSON TOM WRAY MICHELLE ZIKOVITZ

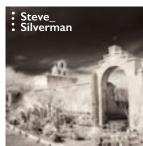




























HERITAGE



Tombstone Displacement (St. Andrew's Presbyterian Cemetery)



Fallen Tombstones (Eleventh Line Old Presbyterian Cemetery)

TOMBSTONES LOST & FOUND

Pioneer Cemetery Project

Honouring those that came before us.

by Augusto R. Nalli, King Township Heritage Advisory Committee - Chair

It's no secret that pioneer cemeteries in King Township need some tender care. Pioneer cemeteries are one of the simplest tangible ways to discover information of the past, our ancestors, who they were, their accomplishments, importance, and the community they lived in.

In October 2016 the King Township Heritage Advisory Committee recommended the assessment and preparation of a restoration plan for the Township's 12 pioneer cemeteries. The research by Archaeological Research Associates Ltd. was completed in December 2018. The work found 569 grave markers, well more than the 293 expected. All grave markers were catalogued, mapped with GPS, and identified on an aerial plan.

The final report prioritized the cemeteries that require immediate attention. Lloydtown Pioneer Cemetery (6600 19th Sideroad) was at the top of the list with 23 grave markers rated as priority class I. The remaining cemeteries, with their respective number of priority class I grave markers (in brackets), are summarized below:

- I. Lloydtown Pioneer Cemetery, 6600 19th Sideroad (23)
- 2. Eleventh Line Presbyterian Cemetery, 16020 11th Concession (20)
- 3. St. Andrew's Presbyterian Cemetery, 13900 10th Concession (15)
- 4. St. Andrew's Presbyterian Cemetery Eversley, 13470 Dufferin St. (13)
 5. Wesleyan Methodist Cemetery, 13445
- Weston Rd. (11) 6. Primitive Methodist Church Cemetery,
- 15576 12th Concession (7)
- 7. Methodist Episcopal Cemetery, 12955 Jane St. (5)
- 8. Secessionist Presbyterian Cemetery, 12868 Weston Rd. (4)
- 9. King Christian Church Cemetery, 16902 16910 Jane St. (2)
- 10. First King Baptist Cemetery, 1507512th Concession (2)
- I I. The Old Wesleyan Methodist Cemetery, 6400 King Rd. (1)
- 12. Temperanceville Presbyterian Cemetery, 12990 Bathurst St. (nil)

Priority class I is defined as a grave marker in poor condition and at risk of severe and immediate deterioration. Priority class I markers should be repaired or stabilized immediately. Other priority classes identify markers that need attention from within one year to those that simply require monitoring. The report has identified a significant issue that unfortunately cannot be undone – a large number of markers could not be found, or their inscriptions were unidentifiable. The findings in each of the pioneer cemeteries were compared to the observations made by the Ontario Genealogical Society. Only 83 of the marker inscriptions could be matched at the Lloydtown Pioneer Cemetery, for instance, when compared to 138 marker inscriptions identified by the Ontario Genealogical Society in 1999. This cemetery has lost 55 markers over the past 20 years, or three grave markers lost per year.

If we continue to neglect our pioneer cemeteries the memory of our ancestors will be lost. In all, King will be poised to lose 29 grave markers by the end of 2019 – that's 29 pioneers that will be forgotten in time. The King Township Heritage Advisory committee is confident the plan prepared for the restoration and continued maintenance of our pioneer cemeteries will endure and bring comfort that our pioneers will not be forgotten.

Members of the current King Township Heritage Advisory Committee include: Augusto Nalli (Chair); Kelly Mathews (Vice-Chair); Councillor Debbie Schaefer; Todd Coles; Michelle Hubert and Jennifer Sanginesi. King Township Staff Liaison: Colin Pang, Planning Coordinator. Under the 2019 Heritage Advisory Committee Work Plan, the following have been identified as priorities: Education and Awareness (including the Heritage Award); assisting in restoration efforts for the Pioneer Cemeteries; and, the ongoing review of properties on the King Built Heritage Inventory under consideration for the Township's Heritage Register. If you would like to know more about the King Heritage Advisory Committee and their work, please email heritage@king.ca.

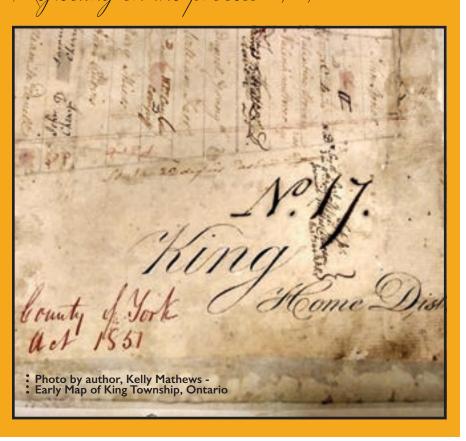
King Township Book Update Reflecting on the process by Kelly Mathews

As I approach the 10-month-mark of a 27-month research and writing contract (gasp!) with the King Township Historical Society, I find that I am most awe-inspired, neh, overwhelmed, by the sheer-physical-size of King Township. How do you write a historical narrative on the development of a Municipality with no less than 28 distinct villages/hamlets (albeit the majority now ghost hamlets and some annexed)? Do you include the history of land that was once a part of King but now finds itself absorbed by neighbouring municipalities? How best to tell the story of the chronology of a place? – Is it by subject or timeline or some other means? What to include? What to leave out? Where does one start when the beginning is not where you thought it was? Where does one stop when, with every passing day, the story continues to unfold? Then there's the question of how to include them – much thought has been given to the voice, tone, tempo, language, etc. ... The importance of all of it is not lost on me. Most days, when I stop and think about it, this project feels overwhelming, but then I remind myself, "one piece at a time, Kelly, one piece at a time!"

Having said all that – amid all of the unanswered questions, the doubt, the digging, and digression, every moment thus far has been an absolute pleasure. This simply couldn't be done if it wasn't a total joy, privilege, and honour – and it is all three ... in spades!

TEASER: would you like to hear Kelly Mathews read a page from the book as she continues along the research and writing process? If yes, please join us at the King Township Historical Society AGM on Sunday, February 24, 2019 where Kelly will select a page to read and hopefully whet your appetite for all-things-King!

Editors Note: If you wish to support the publication of this book, go online to www. kingtownshiphistoricalsociety.com to make a donation or write a check payable to the King Township Historical and send it c/o the King Township Heritage and Cultural Centre. All donations, large and small, will be used for the sole purpose of producing this book.





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BIOLOGIST AT THE TABLE

The life your food leads before it reaches the plate



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.

Illustration by Cheryl Uhrig cuhrig@rogers.com

Heavenly Hot Chocolate

This recipe contains chocolate and milk, but it ain't just warmed up chocolate milk! It is a very rich drink to be enjoyed while looking out the window at the falling snow.

3T. of cocoa powder; 3 C. of whole milk; 4 oz. of baking (unsweetened) chocolate, grated; 3 T. of sugar; ½ t. of vanilla extract, ¼ t. of ground cinnamon; slight pinch of cayenne pepper:

Combine the cocoa powder with a half cup of warm water in a saucepan. Heat and whisk until the lumps are gone. Pour in the milk, stir and bring to a slight simmer. Add ground chocolate, sugar and spice and continue whisking for 5-10 minutes until the mixture is completely smooth and frothy. Ladle it into warmed cups, top with a dollop of whipped cream and garnish with a wee sprinkle of cocoa powder.

The Chocolate Pyramid Scheme

Aztec priest, adorned with feathers, ascends the pyramid and raises a golden cup to the sky. He puts it to his lips and sips. His face lights in ecstasy, for he drinks chocolate, food of the gods. Or at least that's my vague recollection of a grade school educational cartoon on the origins of chocolate, one of life's greater delights. Enjoyed as a beverage by aristocracy for centuries, the chocolate bar we know and love wasn't perfected until the 1850s. In the time since large scale agriculture and mechanized processing have made it everybody's treat. Many joke they are "chocoholics," and scientists are trying to find out why we crave it. One thing is for sure: chocolate is a complex food with a curious natural history.

Chocolate grows on trees. Or to be more precise, it is extracted from the seeds (beans) of the cacao. The scientific name for this tree is Theobroma, which translates from the Greek as 'food of the gods.' The tree blooms year round, producing clusters of small but ornate yellowish blossoms attached directly to the trunk. The flower's structure is so complex and its nectar so meagre that bees ignore them. A small midge is the best-documented pollinator, and when it is successful, the fertilized flower enlarges into a fruit/pod about the size and shape of a nerf football. In the wild, monkeys carry away the fruit and tear it open to eat the sweet, tart pulp. The seeds, which are extremely bitter, get spit out. It's a pretty clever way for the tree to spread itself. But it's in those discarded seeds where the Aztecs and their Mayan predecessors found the magic. It was quite a search.

Cacao seeds right off the tree are inedible. Their inner goodness is released only through a long, involved process. The first step is fermentation. On smaller farms, the harvested seeds are piled up and covered with banana leaves, while in factories they are layered into shallow trays. Either way, yeast soon starts working on the pulp, producing alcohol. Additional microbes arrive on the feet of fruit flies, which are attracted by the smell of the rotting mass. These bacteria convert some of the alcohol to acetic acid (vinegar). The fermentation process raises the pile's temperature as high as 48°C. With the all the alcohol, acid and heat, the bean's living cells rupture and release enzymes stimulating chemical reactions that develop the chocolate flavour. After 3 or 4 days, the beans are ready for

drying and roasting. But there is more work to do.

Once roasted, the beans are crushed and the bits of shell winnowed away. The remaining bits, called nibs, are hard and still bitter tasting. In the next step, called conching, the nibs are mashed under large stone wheels, which breaks them into finer and finer particles and releases the cocoa butter (the seed's fat). All the mixing aerates the mash, and some of the less tasty compounds evaporate away. After a day or two, the nibs are reduced to a semi-liquid mass that is equal parts cocoa solids and cocoa butter. Now comes tempering. The mass is slowly heated, mixed and cooled several times to improve texture. The remaining bitterness is muted by adding varying amounts of sugar, milk solids, and flavourings like vanilla, depending on the type of chocolate desired. Only after all of this is it ready to mould into bars.

Chocolate has been variously claimed to be a stimulant, relaxant, euphoriant, aphrodisiac, or antidepressant. Is it addictive? Technically no, but we all know people who crave it. Last year, Belgian scientist Emmy Tuenter and her colleagues dug through the published research on the psychopharmacology of chocolate, producing a report entitled "Mood Components in Cocoa and Chocolate: The Mood Pyramid." They conclude there are four components--stacked like the levels of an Aztec pyramid, going from general to very specific--that underlie the chocolate craving. Like many plants, cacao contains flavonoids, which enhance cognition. This is the pyramid's base. The next two levels include chemicals found in fewer plants, including the stimulants caffeine and theobromine, the latter of which is found only on cacao. When we ingest chocolate, the compounds go through the blood, into the brain, where they exert their effect. At the peak of the mood pyramid is chocolate's "orosensory stimuli." That's the fancy term to denote the particular mix of flavour, sweetness and texture that makes chocolate one of the most palatable of foods. For instance, it gives that pleasurable melt-in-your-mouth sensation because cocoa butter's melting point is just below body temperature. In the end, Tuenter concluded we love and crave chocolate because it has a unique combination of properties that the sense organs in our mouths are all predisposed to like...to tell our brain "This is delicious"!



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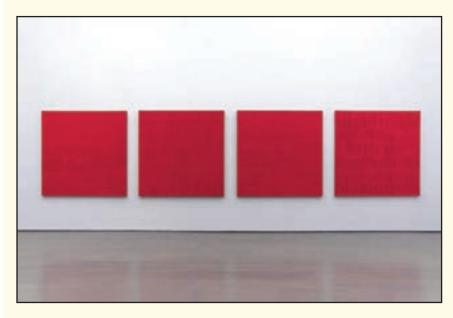
Annual Spring Market

Spring is in the air! RHRR is hosting a spring market, with a variety of local craft vendors, yummy baked goods, fresh gardening designs and more!

*Don't forget to stop by our raffle table. All proceeds will go to the Heart & Stroke Foundation.

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AROUND THE NEIGHBOURHOOD



Françoise Sullivan, Rouge n os 3, 5, 6, 2, 1997, Acrylic on canvas, 4 elements, 152 x 152 cm (each), Photo credit: Richard-Max Tremblay

The McMichael Showcases a Trio of Pioneering Female Artists by Samson Cheung

AS the temperatures rise and fresh, breezy weather returns, discover the magic of spring at the McMichael Canadian Art Collection. Explore the over 100 acres of beautiful, rustic land in Kleinburg's Humber River Valley, or discover the McMichael's stunning sculptures and scenic hiking trails.Visitors may stroll along the same, storied paths once frequented by members of the renowned Group of Seven and discover some of Canada's most celebrated artworks.

This spring, the McMichael is particularly pleased to present a trio of important female artists from Quebec, beginning with Françoise Sullivan. The exhibition, organized and circulated by the Musée d'art contemporain de Montreal, celebrates the works of Ouebec avant-garde artist Françoise Sullivan. A multidisciplinary artist, Sullivan is known as a painter, choreographer and sculptor; however, she is best-known for her creation of the 1948 performance piece Danse dans la neige. Danse dans la neige is considered a pivotal moment in the history of modern dance in Canada due to its groundbreaking use of improvisation. She was a signatory of the incendiary Refus global manifesto and a member of the famed Automatiste movement which helped inspire Quebec's Quiet Revolution. Françoise Sullivan includes more than 50 works of art and features a diverse mix of painting, sculpture, video, costume

and archival materials. It is a chance for visitors to discover or rediscover an artist whose significant impact on Quebec and Canadian culture deserves to be more fully recognized.

To complement the works of Francoise Sullivan, the McMichael will also present two related exhibitions showcasing the work of fellow Quebec artists Rita Letendre (b. 1928, Drummondville) and Marie-Claire Blais (b. 1974, Levis), both of whom have expanded the field of abstract painting in Canada in their own distinctive ways. Letendre took the lessons of the Automatistes and interpreted them in light of her experience as a woman of Abenaki/settler heritage. Blais, in her first solo museum exhibition, is extending the language of abstraction into the contemporary movement, painting on canvas and then cutting, shredding and unravelling the painting surface to produce subtle works that hover between sculpture and painting. These exhibitions are an opportunity to sample the diverse creativity which defines Canadian art.

Françoise Sullivan opens February 16, 2019, and will remain on view until May 12, 2019. Rita Letendre: Earth, Wind & Fire will be on view during the same period. Marie-Claire Blais: Veils opens March 8, 2019, and will be on view through June 9, 2019.

For more information on exhibitions and programs, visit mcmichael.com.



Learn at Your Pace With the Library!

by Kalli Secord

THE KING TOWNSHIP PUBLIC LIBRARY (KTPL), has many online resources to suit your needs. One of the more popular issues people have is not having enough time to learn a new skill, but our self-driven databases can help with that!

We have many options for learning a new skill on your time, whether you want to find a new hobby, increase your skill level on a topic you already know about or want to learn something to help you with your business or daily life.

All you need to get started today is your King Township Public Library card. If you do not have a card, you can register for an eLibrary card number on our website to gain access to all of our online resources. We have highlighted a few of the databases you can use to learn something at your own pace, all found at kinglibrary.ca under the databases tab.

Artist Works

This database provides you with world-class instruction through selfpaced video lessons from music and artistic professionals to learn a new musical instrument, including vocal lessons and art classes.

Learning Express

Help achieve your educational and career goals. Online learning sessions are provided on a wide range of topics including college prep courses, TOEFL, reading, math and more.

Lynda.com

This is an online learning database. Watch videos on over a hundred topics to learn a new skill or upgrade your current talents. All you need to create a free account is your KTPL card number; this database is also available as a smartphone app.



Mango

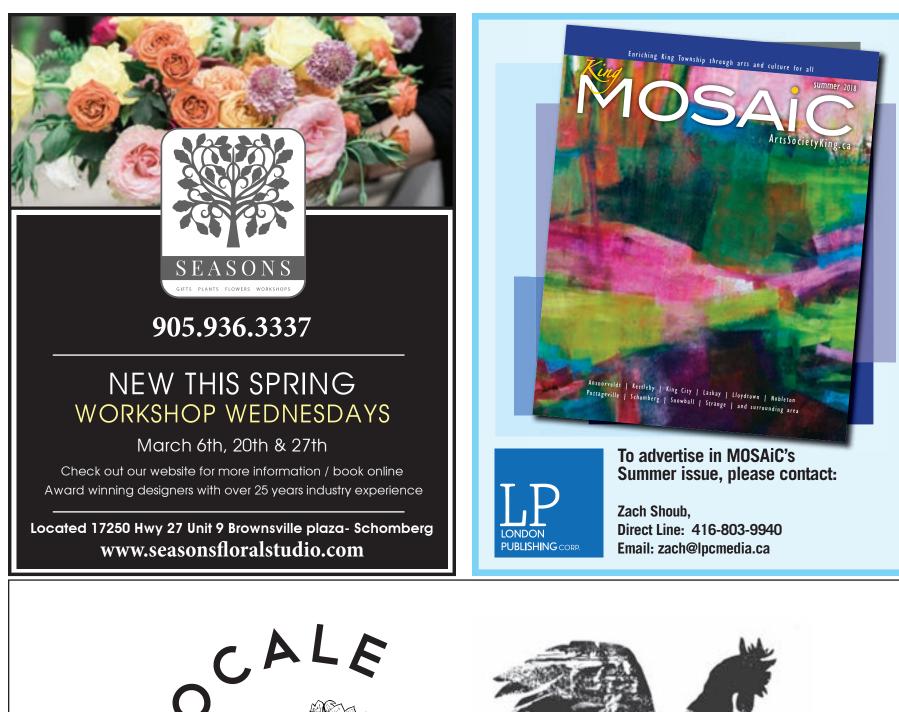
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AROUND THE NEIGHBOURHOOD



philosopher-journalist

by Dorita Peer

The shoe is on the other foot, I tell him after Mark tells me he is always the one doing the interview. Now, the editor of the King Weekly Sentinel sits across from me at The Grackle, looking as uneasy as I feel (it is not easy interviewing someone you think you already know well); in fact, this is the first time we have met. But anyone who has been keeping up with Mark's editorials already has at least an inkling about the mind behind the writing. It is not just that Mark knows a lot about a lot - it is easy enough to gather factoids these days - it is that he has the gift of making a muckle out of a mickle, as the Scots say. Of seeing the big picture. When asked where he sources his topics, he says here and there, in bits and pieces, often from among the hundredplus emails he gets each day. "That's where everything is happening." In my search for the man behind the words, I discover a miner, smelter and builder all in one.

When asked how he chooses and what inspires him, he says, "Everything." Oh-kay. (That's too much to work with; where does the interview go from here?) Then I remember what drew me to his writing – that I love ideas – and that we are just having a conversation, like old friends. So, the question of our age is how does he know what is fake and what is true? He says that sorts itself out. Ah-ha! He's a mathematician, master of abstract science, ciphering the sum of the parts.

I suspect he is as grateful as I am for the silences in which I rifle through my notes, and in which we reflect for a breath or two. But when he gets going again, he does not hold back, and that gives him credence in my eye. Great writing is not magic; it is hard work, yet his essays display a facility for stringing pearls of ideas together so attractively that it makes them easy to wear. Even when his heart is heavy, his hand remains light in the telling. Here is no coy, hermetic, obtuse challenger to our understanding; he really wants us to get it. His intentions are clearly laid out in that little cartoon – an icon of him before that altar of his calling, that desk

- with his back to us to signify his focus on his mission, above him a mantra: Inform, Educate, Inspire. Even so, his evocative ideas had seemed to me too mighty for a community paper. "Nothing can replace a community paper," he says when my brows go up. He says it with passion. "It's what people are still reading."

During Mark Pavilon's thirty-plus years as a community journalist, he relishes circulating among the people who make (and often measure) the stories. Does he get much feedback? Not much, says he. No surprise to me, who has not come across a ton of letters to the editor. Why not, I ask. We discuss the timbre of our respective communities (King and Caledon), which – though cozy – are not complacent, he assures me. "If something comes up, people are quick to take action." He suspects that readers are taking his ideas into the field (rather than merely venting in donut shops).

His stories often welcome us unabashedly into his home, to share his joy in his children's progress, and often his wife's input. She has his back; indeed, we are, all of us, co-creators. I casually get around to asking Mark a bit about his background and influences. He seems as uninvested in all of that as me. I am not naturally nosy. But I do recognize his formative years and the parents of our era, who gave us the freedom to explore the dreamland of the '60s, to dance to the visceral music, to explore, to experience, to experiment. Moved by heady lyrics, we grew into confident adventurers, our choices and prospects laid out like a banquet table that fed the natural wish to go forth and do good things.

"I was the class clown," he confesses near the end of our chat. That surprises me – his ideas are so big and serious – until he mentions Robin Williams. Aha! The court jester: the seer. Those in the public eye are chary of the power of the word, which can raise and lower opinion in a syllable. What is heartening is to have an honest-to-goodness philosopher-journalist in our midst, one whose ideas bring people together.







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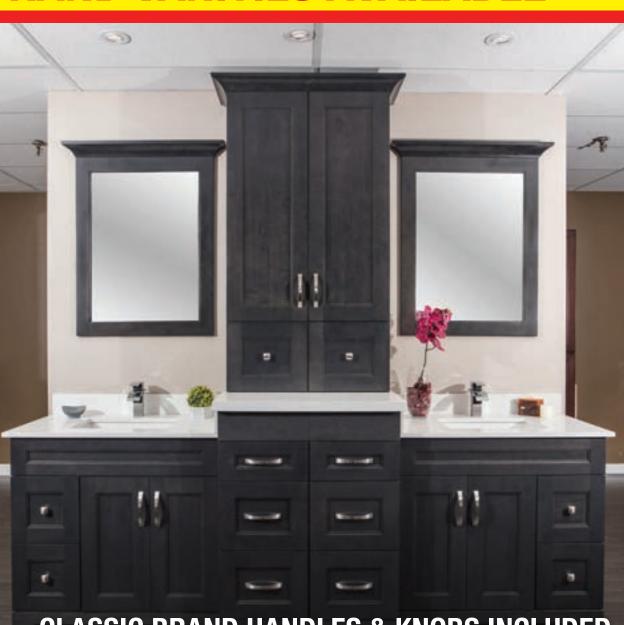
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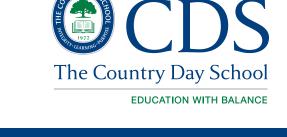
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