

Enriching King Township through arts and culture for all

winter 2020

King MOSAIC

ArtsSocietyKing.ca

Ansnorveldt | Kettleby | King City | Laskay | Lloydtown | Nobleton
Pottageville | Schomberg | Snowball | Strange | and surrounding area

KALI

**BOOK A VIRTUAL
TOUR TODAY!**

www.cds.on.ca/planyourvisit

905-833-1972

admissions@cds.on.ca

DISCOVER

THE COUNTRY DAY SCHOOL

Every child has a future waiting to emerge. A passion ready to ignite. We offer the possibilities that make it happen. A place where they are known, supported and inspired. Track shoes, theatrical costumes, or robotics code? A song, a goal, or a speech? With us, students discover themselves. They find big, dreamy answers to the most important question of all:

WHO WILL YOU BE?

cds.on.ca/whowillyoube

Join us for a
Virtual Open House on
Saturday, January 16
at 10am

The Country Day School offers JK-12 in a co-ed, non-denominational environment located on 100 beautiful acres in King.

13415 Dufferin Street, King, Ontario L7B 1K5

T: 905 833 1972 www.cds.on.ca



CDS

The Country Day School

EDUCATION WITH BALANCE

CONTRIBUTING WRITERS AND ARTISTS

Louise Garin

Donna Greenstein

Ann Love

Liza Mallyon

Michele McNally

Dorita Peer

Linda Kalianteris-Picerno

Clare Ross

Kalli Secord

Theresa Sherwood

Geneviève Sicotte

Patti Skrypek

Sandra Stewart

Cheryl Uhrig

Arthur Weis

Lee Wilson

ArtsSocietyKing.ca

King MOSAIC is produced by Arts Society King four times a year (March, June, September, and December), by a dedicated committee of volunteers.

The magazine is distributed by London Publishing Corp. to all households in King as well as libraries, businesses, restaurants, offices, and other public places.

Editorial content is protected by copyright law. Unauthorized use or reproduction of the contents of this publication without consent is prohibited.

We welcome your feedback and suggestions.

Write to us at

info@artsocietyking.ca

FEATURED CONTRIBUTOR:

SANDRA STEWART



Sandra Stewart is a regular contributor at Mosaic Magazine with interesting and engaging (Around the Neighbourhood) stories about our community of King & the surrounding area. She is a communications strategist and the founder of Firefly Junction Public Relations & Marketing where she provides tailored solutions to organizations who need a trusted working partner to meet their strategic priorities.

Read her article on Nordic Pole Walking on page 23.

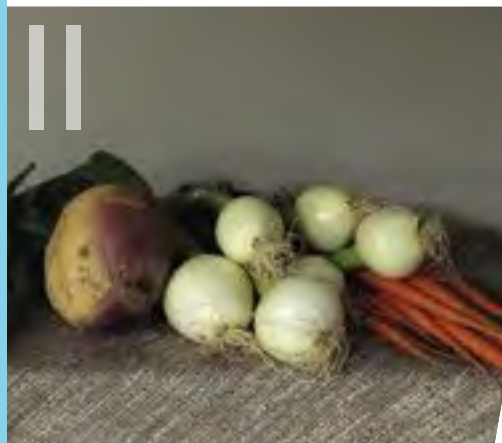


WHERE ART MEETS NATURE

OUR COVER
LINDA KALIANTERIS-PICERNO

Featured on the cover of the Winter issue of MOSAIC is Linda Kalianteris-Picerno of Markham. An artist that is fast rising to the top of her field as a successful artist popular with art collectors and the winner of the ASK Autumn Reflections EnPlein Air art contest.

Find out more about the art of determination and Linda's winning strategy for balancing family life, a business career and her creative enterprise on page 4.



VITAL SIGNS:
THE SECRET LANGUAGE OF FOOD



MYSTERIOUS LAKE SCHOMBERG

contents

THE ARTS:

- 4 Her Explosion of Art
- 6 Word Has it... For Love of Leo
- 11 Vital Signs: The Secret Language of Food

HERITAGE:

- 5 Together Again
- 17 Mysterious Lake Schomberg

NATURE:

- 19 Biologist at the Table: All in the Family

AROUND THE NEIGHBOURHOOD:

- 9 Where Art Meets Nature
- 21 Cozy Up By the Fire
- 23 For the Love of Walking

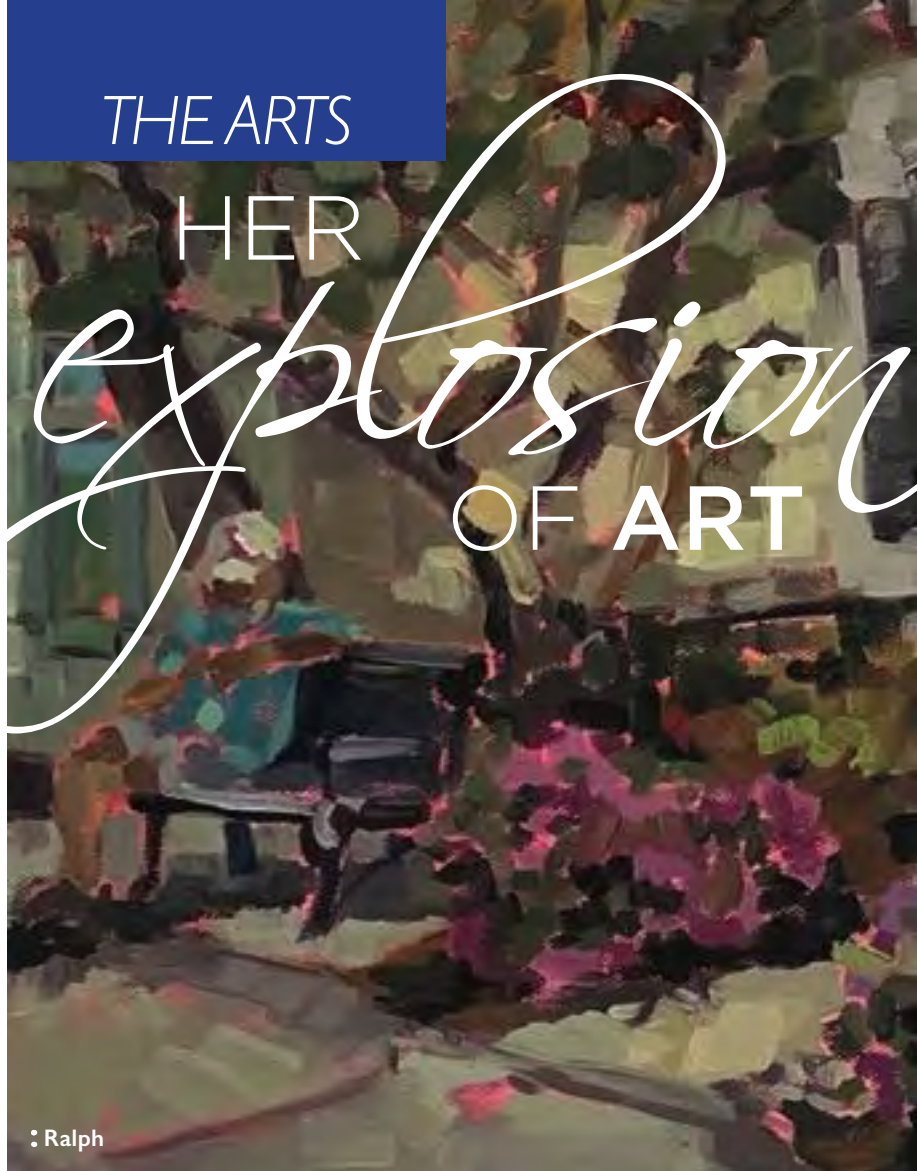
WHAT'S HAPPENING IN KING:

- 13 Arts Society King: Let me ASK you...
- 14-15 Events in and around King Township... just ASK!

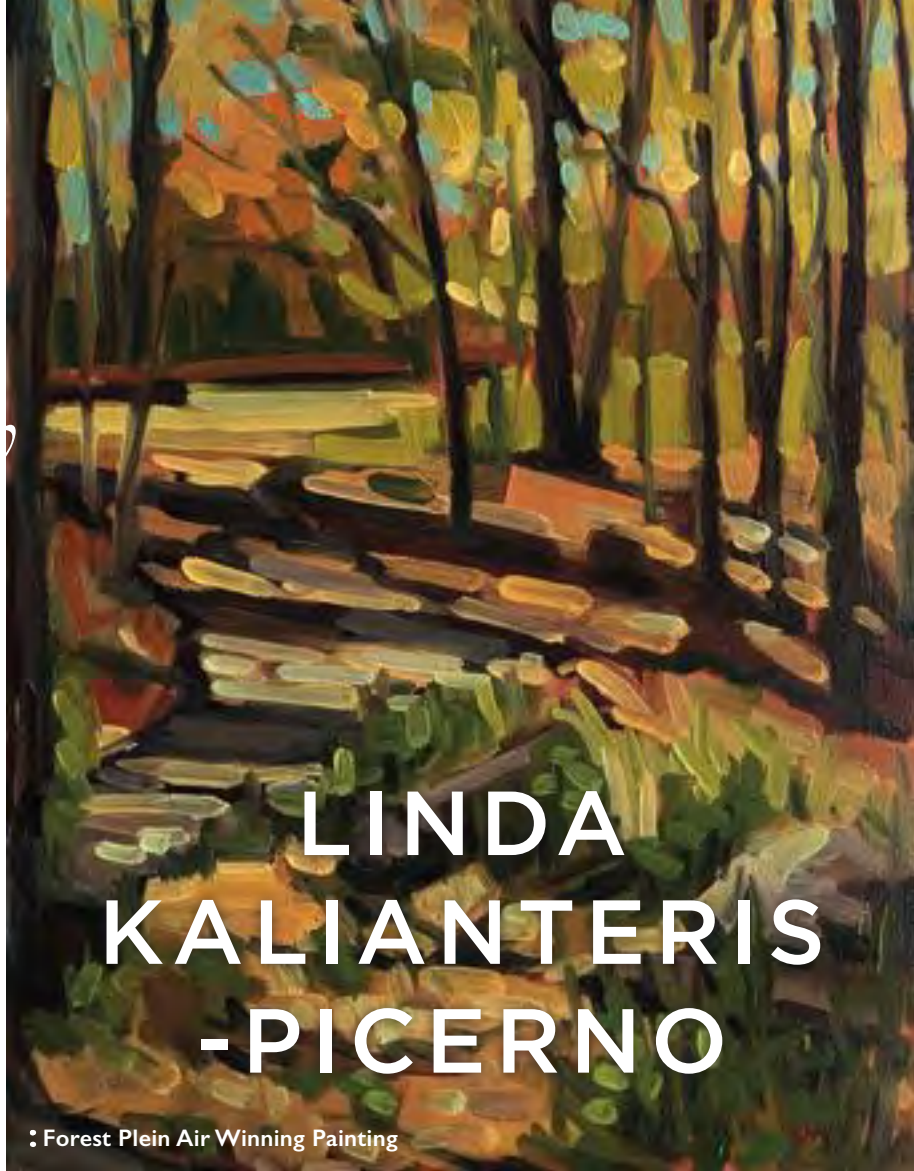
THE ARTS

HER

explosion OF ART



: Ralph



LINDA KALIANTERIS -PICERNO

: Forest Plein Air Winning Painting

by Dorita Peer

Said Andrew Sookrah, esteemed adjudicator of ASK's Autumn Reflections En Plein Air, of the artist he chose as Best in Show: **"An artist to invest in."**

Linda Kalianteris-Picerno was, naturally, overjoyed to hear that. After a hattrick of Plein Air wins – in fact, all three competitions she entered – it has been a meteoric rise for one so new to landscape painting. Previously, Linda, the good mother, had been working in her young sons' habitats. When they became go-kart racers and rabid motorsports fans, she took her paintbox along. Unique is the woman who paints machinery so lovingly. People took notice, and soon she was selling her pieces on-site and taking commissions. Taking to the field creates interest and a market for art. This artist is all about action, not agony, reacting to the stress of Covid's world with darkly humorous paintings of Muppets brandishing knives. Certainly no snob about her subject, anything is fair game for Linda's brush.

Like most Canadian artists, she found the outdoors a muse, one liberating to her technique in contrast to the rigorous planning and relative tightness of portraiture's demands. The transition began in July of 2019, when she decided to enter the inaugural Varley En Plein Air Competition in Markham. Linda is like that: a jumper who embarks on every project an intrepid explorer.

Inviting other eyes into her work is the conscious aim and desire of this artist and the hope of all others. Human beings love to share their discoveries, as every parent knows. Her winning oil – in which the tiny figure the observer must hunt for, by the genius of its title becomes a luminous presence: Ralph (who by his unflinching daily visits to that Unionville Starbucks has become a local legend) – also won the

People's Choice Award. Well spotted, Linda! And Ralph bought the picture!

As a member of the Markham Group of Artists, Linda found that community a great fit. "Artists are fun to hang out with because they get it," she tells me. The nebulous it is the openness of attention that engages a human being with their world. There are different expressions in art, and not all of us get all of them. But we all have responses to our experiences and imaginations to make meaning of what the world serves up in whatever form and colour.



: Go Kart

It was the bridge in Norval on the Credit River she chose to paint, "Because no one else was doing it." We happily follow along her sight-lines, sensing what it might be like to be there, perhaps putting that town on next summer's itinerary. That luscious scene was her second win.

Kaliart Studios compact home is the picture of an organized mind: tubes of paint in tidy rows, hanging on the wall, set for action. Neatly arrayed oils drying everywhere along shelves. Linda's ready works find their way quickly onto Instagram and Etsy.

The artist's education and livelihood are real estate. She must be good at that, too, because her imported skills are working for her artwork: her business acumen and her marketing ability. She wastes no time and displays an astonishing efficiency by completing a landscape in 90 minutes, which is in fact the spirit of Plein air art: to compose and capture fleeting impressions of the here and now. "You paint who you are," says Linda. Later she explains her love of pop art: "Lit, bright, colourful!" It is the voice of her subconscious reflecting the artist in the art. That personality comes out in her sure-fire strokes and the loose, abstract backgrounds, also in her portraiture.

It took a bout with illness for a bolt of art epiphany to strike, then a class in acrylics for Linda to realize that maybe she could do this well. Largely self-taught, she labels her true gift a determination that creates explosions of artwork. What began as a healing hobby soon turned into a need, a burning desire. A little challenge from her art group – to paint 30 portraits in 30 days – proved her hunch true. It is the voice of passion explaining her process. "I aimed for 100 portraits in 100 days, but by the time I did 84, the commissions started rolling in and I stopped counting."

This artist, who has just begun her exploration of landscape painting, models a winning attitude for all who aspire to expand their skills, engage their audience and achieve the kind of recognition that gets their art into people's homes.

Visit Linda @kaliartstudios Instagram, Etsy and Facebook.

TOGETHER

Again

A Photographic Essay of Images from the KHCC Archives

by Liza Mallyon, Collections & Exhibit Coordinator

The year 2020 will be **one to remember.**

A virus like no other silently swept across the world and created a pandemic that has changed everyday life forever. This year will go down in history as the year that the world fought together but stood apart.

As some restrictions have loosened and bubbles have expanded, the world must adapt to a "new normal". In the midst of hand-sanitizing and social distancing, we are reminded of the everyday pleasures that life has to offer. Concerts and sporting events have been put on hold. Simple tasks like shopping for groceries are no longer taken for granted. Gathering with friends and family is more meaningful than ever. Dreams of large weddings and world travel must wait for the future.

These images pulled from the King Heritage & Cultural Centre's archival collection, take a nostalgic look back to the good ol' days in King Township. They are a reminder of how good it feels to simply be together again.



: Gage & Betty (Flavelle) Love, circa 1950s



: Ambrose Archibald and his wife Jane (Cutting) of Pottageville with their son-in-law George Smith, circa 1940s



: Beynon Family on Broadview Farm, Temperanceville, 1940s



: Girls at outdoor table, King Township, 1950s



: Group picnic, Kettleby, circa 1950s



: Ruth Beynon and Elisabeth, August 1938



: Hanging out at McCormick's, Sacred Heart Community, circa 1950s (left to right: Terry, Keith, Bob, Brendon and Michael McCormick)



: Wagon decorated for Irwin wedding, 1950s

“The Most Beautiful Cat in the World.” According to his Lady.

You can see why I have it bad...

...for a cat

...a very special cat.

He arrived in the dead of winter, a flash of tawny fur easily mistaken for a raccoon in the dry grasses poking up through the snow. Pin-striped on top, white below, he melted into a background tailor-made for his bespoke coat. I knew by those spring-loaded bounds that he was no raccoon at all but all cat. That is how he must have eluded the coy-wolves for weeks.

He arrived like all the others over the years, hungry and homeless previously-loved cats who found themselves suddenly abandoned, perhaps after having known the comforts of an ever-filled bowl and a warm lap. Now exiled and outcast, he had been dumped off in the wilderness of the farm where I have lived over forty years.

They all find me. Like the half-dozen cats that followed me home after school one day, and which event I still consider the mystical experience of my childhood.

At first, he was not welcome. His full-cheeked face and combative ways betrayed his status—tomcat! Tomcats mean trouble in paradise and this one was no exception. Though I took pains to protect my two cats, his mere presence terrorized SQK and Cica.

SQK is a mousy old mute who The Bro and I picked out at the shelter just after his divorce, and who breathed to us his vowelless true name, which was not “Harvey.”

Cica (Tse-Tsa) means “Kitty” in Magyar. She was a Christmas gift to my mother, then left me at her passing. “Kittens for sale. Look like baby pumas,” read the Kijiji ad. I feared she would rip the newcomer apart.

The stranger remained undaunted, nor was he at all savage. His was a quiet determination in keeping with the sanctity of his mission. He glorified in his looks and used them to intimidate. SQK learned to peel away under the porch; Cica to fly to the rooftop. It seemed we could cope with the nameless newcomer until he deigned to move on.

He did not deign.

The game changer—as it often is in our fair land—is the winter. When it suddenly took a turn for the ferocious, I broke down and set out food for him knowing full well that he also visited the barn to help himself to the perpetual bowlful my neighbour kept. Night after night, he cheated the coy-wolves who made the rounds in search of a meal of foolish or geriatric cat, or of one of George’s many, many free-range bunnies.

Weeks passed, and our guest was in full bloom. Have I mentioned his gorgeousness? His forepaws are zebra striped and end in white slippers. In back, he wears tall black boots with white gaiters. His whites are snow-white; his blacks, jet-black. Coming or going, he is utterly dazzling. He had stopped running away when he saw me, mainly because—completely enthralled—I had stopped shooing him. One day he just stood there, those pale green eyes of his steady and unblinking, studying me as his tail wafted back and forth like a hypnotist’s pendulum. You might say he was making eyes at me and casting his spell. He was reading his future and I was his crystal ball.

I was smitten. George, however, was less than thrilled, but he was as eager to address the issue—before the spring crop of chicks and baby bunnies hatched—as I was to rescue the object of my affections. We were of one mind: live-trap, neuter, share cost and custody. Quite the trapper of inconvenient wildlife, George undertook his capture. Meanwhile, I investigated the free spay/neuter program for ferals at the SPCA. Too many times we had sprung for vet bills only to have our foundlings end up as fine dining for coy-wolves, but I discovered that neutering went with an ear tipping.

That beauty, disfigured? What sacrilege! Him mutilated? What travesty!

Good old Kirsty! Dr. Watson, DVM, professionally, but my long-time friend, understanding well my pecuniary shortcomings (owed to a lifetime in horses), offered to do the deed wholesale.

The trap was set out and Mr. Cat fell for it. Mr. Cat is the eponymous name given all the cats I have no intention of keeping. The name Holly Golightly called the outcast ginger tom in *Breakfast at Tiffany’s*. That last scene in the rain—where she has a change of heart after ditching him—always makes me cry.

At the clinic, for the record, I quickly dubbed him Tom Cruiser. Not because I am smitten with that actor, but Mr. Cat was a looker and he cruised, and the concept got a few laughs at the clinic, for which I was instantly sorry for having turned the noble animal into the butt of a joke.

All the same, it was not my plan that we should co-habit.

Namelessly he went, into the feed room at George’s barn, there to convalesce until drained of hormones. There it was that he told his true name to one of the boarders, who was first of many who came to recognize that here was a most exceptional cat, a leonine presence. Hearing that he had been renamed, I was struck by a deep and jealous longing to possess him for my own and believed that George, a collector of fine zoology, had his eye on him. His weeks in quarantine dragged on. I visited Leo every day. Through the wires of his cell, he pleaded for freedom and life away from kibble, boredom and his cage of horrors: his words in translation. I brought him canned delights and promises for his release. George matched my gifts, can for can, and put up with both of us. Meanwhile, Leo was gathering fans among the boarders. My fear of losing him to a kidnapping grew unbearable. One day I asked for the possibility of parole to my place.

When you catch my neighbour on a bad day...

Turns out, one of the horses had just crushed one of his hens. Anyway, we made peace, as we always do because of our common love for animals. Therefore, the outcome of our much more civil second discussion was that Leo was freed three days later.

In hindsight, it had been a crime against evolution to have deprived the future of more Leo’s.

AN EXCERPT FROM THE BOOK:

FOR LOVE OF LEO

Pictures and Story
by Dorita Peer





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

I'd like to thank the community for taking the COVID-19 pandemic so seriously. Although numbers have been increasing the last month or so, it's clear we are a community made up of compassionate and responsible citizens.

Throughout the COVID-19 pandemic, King has taken a disciplined, responsible and measured approach, and that direction will continue to guide decision-making around impacts to operations and programs.

I do get many questions from people wondering when things are going to get back to normal. Unfortunately that's not something I can predict today. One thing I can say with certainty is that we are committed to providing the most up-to-date information on how the pandemic is impacting King Township's programs and services.

Although most of our special events and programs have been cancelled or modified due to the pandemic, King Township is most definitely open for business. Residents can access services online, by phone and, in some limited instances, in person.

Citizens can still do business with King on our website at www.king.ca, by phone at 905-833-5321 (Monday to Friday, 8:30 am – 4:30 pm) or by email at serviceking@king.ca. Many services—including things like building permits, garbage bag tags and the payment of water bills—can be accessed online.

You can also call Service King, Monday to Friday, 8:30 am to 4:30 pm at 905-833-5321.

All essential services will continue, including Fire and Emergency Services, water, wastewater, waste collection and roads.

For the latest King Township COVID-19 related information, please visit www.covid19.king.ca.

And now, more than ever, please shop locally as much as you can. We need to help our local businesses weather the storm.



Sincerely,

Steve Pellegrini
Mayor, King Township

A handwritten signature in black ink, appearing to read "Steve Pellegrini".



DREAM WOOD Ltd.

Quality Solid Wood Furniture



The Klondike



SHOWN IN RUSTIC MAPLE

13785 Hwy. 27, Nobleton. **905-859-7033**
www.dreamwood.ca



Enjoy every moment

I'll help you save time and keep things simple with car and home insurance tailored for you.

Get in touch today.

Stop in, call or click.

Anna Raeli, Agent
 2201 King Rd
 Suite 2
 King City ON L7B 1G2
 905-833-2662
www.annaraeli.com



Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.

Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

Schomberg Village Pharmacy

*Find Everything You Need For The Holidays!
 Enjoy our wide selection of toys, gift & wellness products.*

Thank-you for your support throughout 2020
 From our family to yours, we wish you the Merriest and Healthiest of Holidays.

50 Dr. Kay Drive
 Units A11 & A12
 Schomberg ON



905.590.7000
schombergvillagepharmacy.com

Light up your holiday season and help someone else's by purchasing a map and experiencing the Christmas in King 2020 Holiday Light Tour.

Visit christmasinking.ca to purchase a map for \$10 starting December 10 and vote for your favourite residential and business display, ready for your enjoyment from **December 12-31.**

2020 Holiday light tour

CK CHRISTMAS IN KING

Sharing the spirit of the season with others for over 15 years.

With thanks to the Township of King, LPC Media, King Weekly Sentinel, Jewel 88.5FM, Vaughan and Beyond Media & Shack Shine house detailing

WHERE Art MEETS NATURE

by Patti Skrypek

Sherwood Farm Event Venue and Retreat offers a unique place where art effortlessly intertwines with nature. Nestled among the rolling hills of King Township, this scenic farm, in its "hay" day, was bustling with thoroughbred horses. Now the farm, owned by Theresa Sherwood, hosts a variety of events, from art workshops to yoga retreats to various other wellness and group experiences. Theresa's father, Phil Sherwood, built the house and barn in 1962. Both he and Theresa's mother, May, shared a love of horses, which turned into a lifelong hobby for both of them.

"When my father passed in 2016, I inherited this beautiful farm that I grew up on and knew I couldn't part with it. The concept of creating a space where people could feel at home and reflect, grow or simply get away was exhilarating for me. I love having horses on the property again and am truly passionate about sharing this special place," says Theresa.

"Due to COVID, we've had to get creative in offering experiences to our guests. We have held a number of successful socially-distanced events. I have the honour of working with some wonderful people who are skilled at helping others learn more about themselves through art, meditation and yoga."

One recent event called Horses and Art enabled participants to retreat, reconnect and just get away as they were guided by Jennifer Schramm, a registered counsellor, through a meditation and journaling with the horses. Participants were able to become truly present to access their creativity. Jennifer currently boards her horses on the property where she conducts counselling sessions, equine-facilitated therapy and silent retreats.

"Sherwood Farm is a beautiful healing and sacred space where people can come to self-reflect, take space for themselves and connect

with their own inner landscape and the beauty within themselves," says Jennifer.

The second part of the Horses and Art session, led by Tiziana D'Angelo of Stretching Canvas, delved into an intuitive painting experience where participants were guided with prompts to express and play with paint on their canvas, taking inspiration from their experience with the horses.

Tiziana also led a session called Journey Through the Chakras. This course takes the approach of exploring one's energy centres (chakras) through the related colours of paint. This workshop aims to bring balance and harmony within the body, calm the mind and fully align and connect with the heart and soul.

"The magic of Theresa's farm allows visitors to enjoy nature up close and feel good about creating art outside. Over the next few months, I'm excited to embrace and incorporate the weather into the creative process by offering classes – rain, shine or snow!" says Tiziana.

Sherwood Farm is also proud to support fundraising events. Theresa is involved with "All 4 Mental Wellness", a group led by Patricia Celio, that is committed to raising \$25,000 over three years for the mental health unit at the Cortellucci Vaughan Hospital. So far, they have raised more than \$2,500 through paint nights hosted at the farm and led by Tiziana. They are hoping to do more paint nights in the spring.

The farm has a charm that is difficult to describe without seeing it. The Georgian home has a variety of rooms and the barn includes a large hayloft with divided studio space as well as 70 acres to explore outdoors. Anyone interested in experiencing the property, located at Pine Valley Drive and King Vaughan Road, or participating in a session should contact Theresa at 416-948-6814 or visit her website at sherwoodfarmretreat.ca.



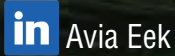
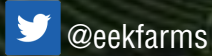


Eek Farms is owned and operated by William and Avia Eek.

Bill's Great Uncle, William Valenteyn, was one of the first settlers in the Holland Marsh in 1934, making Bill the 3rd generation to be farming in the Specialty Crop Area, world renown, as the Holland Marsh.

We are proud to be stewards of the land, feeding people locally, provincially, nationally and around the world with our carrots and onions.

Taste the difference of vegetables grown in our organic based soil--soil matters!



EEK FARMS

Over three generations of growing some of Ontario's best fresh veggies

BILL, AVIA, AMANDA & JEREMY

425 Strawberry Lane, Newmarket, ON L3Y 4V9

905-775-7059 • (c) 905-960-7058

eekfarms@xplornet.com

leonardosonmain.com
289 MAIN STREET, SCHOMBERG, ON, L0G 1T0
leonardospizza.smokehouse@gmail.com

Snowball Hearth & Home (since 1983)

No Power, No Problem

Engineered to circulate air through natural convection, the Valor Smart Fire is a highly efficient fireplace without a fan – providing reliable heat, even during a power failure. Burn Clean Engineered Green

1324 Wellington St. W., King City
905-727-2392

WOOD • GAS • FIREPLACES • STOVES

WORKING HARD FOR YOU! DELIVERING RESULTS FOR YOU!

SUPPORT FOR INDIVIDUALS

- Employment Insurance (EI)
- Canada Recovery Benefit (CRB)
- Canada Recovery Sick Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

SUPPORT FOR BUSINESSES

- Canada Emergency Business Account (CEBA)
- Canada Emergency Wage Subsidy (CEWS)
- Canada Emergency Rent Subsidy and Lockdown Support (CERS)
- Large Employer Emergency Financing Facility (LEEFF)
- Regional Relief and Recovery Fund (RRRF)
- Black Entrepreneurship Loan Fund



Hon. Deb Schulte
MP King-Vaughan

9401 Jane Street, Suite 115, Vaughan, ON L6A 4H7
Toll Free: 1.844.586.8999 • Tel: 905.303.5000
Email: Deb.Schulte@parl.gc.ca

@_DebSchulte debschulte.kv @DebSchulte82



KEYS

Unlocking the joy of music:
Private piano lessons for students of all ages

MUSIC FOR YOUNG CHILDREN®
Group classes

On-line lessons are available

Preparation for RCM Theory and History Examinations

Karen Kastner, B.Mus., R.M.T.
905-859-7844 • 905-242-0235
keystomusicjoy@gmail.com

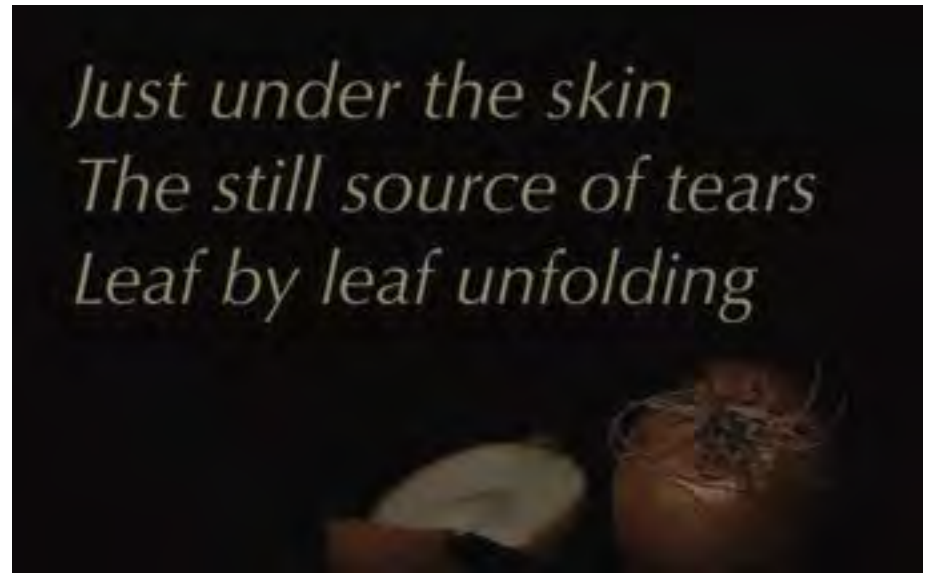


Geneviève Sicotte

is Professor in the department of Études françaises at Concordia University (Montreal). Her research focuses on food representations in Quebec's culture and literature.



Photo credits: Michael Smart



Why do certain foods have **meaning** to us?

How do they mingle with our life stories and our memories? What emotions are carried through meat, raspberries or bread? These are some of the questions I have sought to explore with *Vital Signs*, a work of digital literature about the affective resonances of food.

While *Vital Signs* is experimental and exploratory, it is also accessible, sensitively probing emotions, sensoriality and stories associated with food.

The work takes the form of a website that blends photos, videos, music, poetry, narratives and reflections. I like to say it is an "imaginary food museum": in an enclosed, quiet and slow universe, visitors can stroll from one virtual room to another, and discover food experiences that may echo their own.

A visit into an imaginary food museum

To begin, we enter a first zone titled "Infra". In a dreamlike atmosphere, short video-poems akin to haikus are shown. Initially enigmatic, they will take on their full sense with the visit of the next zone. But for now, they can be enjoyed with their mystery. They feature images without narrative,

fragments of language, and by their beautiful imagery, they evoke the materiality of food. The sound environment is composed of whispered words and ethereal musical touches. It is because here, words barely exist: there are still only bits of language, signs that are slowly taking shape.

Let's enter the second zone, which is the main area of the work. Titled "Life itself," it features six short video vignettes with audio narration and music. In one narration, I recall a childhood puppet called "Bone-Meat" to which I associate the consumption of raw meat, at once painful and satisfying. The raspberry picking leads in "Summer" to a reconquest of the self through immersion in nature. I approach illness and death in "Mourning" by recounting a lobster meal that becomes a kind of funeral rite. In "Nourish", the milk of a smoothie becomes a powerful and healing food.

The images, evocative and sensuous, add a layer of complexity. I use them not as simple illustrations, but in an autonomous fashion. The music accompanies the narrations, enriching the emotional tone of each story. While each of the vignettes has its own narrative arc, they also form a total trajectory which I describe as an autobiography through food. The theme of affective wounds is omnipresent, but

ultimately solace and appeasement are achieved. So, if visitors may find "Bone-Meat" to be raw and difficult, they will experience relief as the journey continues.

The third zone, "Off-screen", leaves the realm of image and audio narration to offer short essays. In a style mingling reflection and poetry, I muse on various themes: the reveries that cooking generates, the rituals associated with food, the violence that often seems to be linked to the act of feeding oneself, the mystery of sharing a physical and tangible experience online. These short essays invite introspection, silence, reverie. Read in order or at random, they allow to explore vital signs in a different way.

Researching & Learning

The meditative nature of this digital work is an important aspect to me. Against the fleetingness and speed that dominate the digital media, I want to propose a slow, emotional journey that is also a sensory experience. The close-ups, the tactile manipulations shown on the screen, the voice in the tone of confidence are all choices that enhance the food presence. The virtual mode can create a distance from the concrete world. But it is also possible

to inject it with a materiality that allows to show food without disembodiment, so that it can touch and move us.

The making of *Vital Signs* led me quite far from my usual comfort zone. As a literature professor at Concordia University, I work on the topic of food. But for the most part, my research explores the meaning of food in the literary works of great authors. With this new endeavour, I was able to feel from within the difficulties and the joys of creation. And in the process, I also found out a lot about video-making, discovered how to use my voice, and learned how to make proper raspberry jam.

Food has become a really popular topic in the media. Because it is so ubiquitous, it can become mundane and ordinary. But food can also carry deep meaning, emotions, beauty. I hope we can share that together. In these times of isolation and social distancing, a significant digital experience may be just what we need.

Vital Signs is free in open access, available in English and French.
<https://www.signesdevie-vitalsigns.com/>

You can have a look at the trailer:
https://www.youtube.com/watch?v=wgl_cEyrqgg

LLOYD'S

HANDCRAFTED MENNONITE
SOLID WOOD FURNITURE

Since 1989

OPEN
7 DAYS
A WEEK



MENNONITE
HAND-CRAFTED
SOLID WOOD
CUSTOM DESIGNED

Choice of Stains/
Delivery & Set-Up

1 Proctor Road • Schomberg

905.775.8031

905-939-2899

www.mennonitefurnitureontario.ca

DINER KING

Take Out • Dine In • Catering

Serving quality food at fair prices, we are counted among the best restaurants in Nobleton

NOW SERVING HALIBUT FISH & CHIPS

DINER KING BREAKFAST	DINER KING FAMOUS
OMELETES	RIBS & SIGNATURE STEAKS
BREAKFAST SANDWICHES	CHICKEN & PORK
EGG BENEDICT	CATCH OF THE DAY (Sea Food)
SALADS	

SANDWICHES & PASTA

OPEN HOURS:
Monday - Thursday: 9:00 AM to 8:00 PM
Friday - Saturday: 9:00 AM to 9:00 PM
Sunday: 9:00 AM to 6:00 PM

13065 ON-27, Nobleton, ONT, L0G 1N0
905-558-5800 • www.dinerkingtakeout.com



905.770.4704

70 BERNARD AVE., RICHMOND HILL, ON

verveseniorliving.com

RICHMOND HILL
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH



To our Healthcare community,

Richmond Hill Retirement
Residence would like to say
Thank You.

Our most heartfelt gratitude
goes out to all the doctors,
nurses and front line staff,
including our own for their
honourable efforts to keep
everyone healthy, safe and in
good spirits during this
difficult time.

Let me
ASK you...



DONNA GREENSTEIN
donnagreenstein.com



LOUISE GARIN
louisegarin.com



CLARE ROSS
clareross.ca

As we head into winter and hunker down amid a global pandemic, we reached out to ASK artists to learn a little more about their craft.

For her image “Bloom Pop”, Clare Ross, currently the President of the Ontario Society of Artists, took a close-up look at a natural form that had died, and she rebuilt and recorded it in her studio using macro lens photography. Donna Greenstein was on a trip with painting friends to Mountsberg Raptor Centre in Halton where she captured the image of the red-tailed hawk. She and her husband then photographed a picturesque farm near Lisle (west of Barrie) and she magically blended the two images into “Split Rail Fence – Red-Tailed Hawk.” Louise Garin loves to create large and colourful paintings. For her portraits, she enjoys painting them by saturating them with vivid colour. She finds portraits are a great challenge and, when done in this manner, they become true originals.

featuring Clare Ross, Donna Greenstein and Louise Garin

by Patti Skrypek

What is the best thing about being an artist?

Clare - I think being an artist is a way of processing the world around you. I think you are just born that way, whether you produce work or not. If you can produce work then you have the privilege of devoting time to self-expression, and that does feel like a privilege to me.

Donna - Always having an activity waiting for me that I am dying to continue.

Louise - Being able to create something that hopefully people will enjoy as much as I enjoy making it, but also spending time finding a way to feed one's creativity, learning and growing as an artist.

What is the hardest part of creating your art?

Clare - Not feeling guilty about taking the time.

Donna - Having enough time to paint. This past summer, my creative juices went into creating a half-acre bird and pollinator native garden. That took up most of my time.

Louise - Sometimes you hit a wall. By that I mean you need to figure out how to solve a problem in a painting. I don't always find a way out and, if not, I will scrap it and begin again.

How do you know when a piece is finished?

Clare - It tells me.

Donna - When it has enough detail that I don't want to create anymore.

Louise - The piece is finished when I feel happy with it. I hang the painting up and look at it for a period of time, and then I can pick out some things I want to change, or not.

What inspired you to pursue art?

Clare - I wasn't inspired to pursue art. For me, not pursuing art was a road to depression and hopelessness.

Donna - I drew and painted as a child, teenager and young adult. I taught computers in high school, married, raised two boys - thus having little spare time. Then I retired, et voila, I can create to my heart's content.

Louise - I travelled quite a few times to the American Southwest (Albuquerque, Santa Fe and Taos) and went to all the galleries. I ended up taking painting workshops with some of the artists I admired. I also lived in Mexico for 8½ years and had the opportunity to meet some very special artists there. One of them, in particular, helped me learn techniques, etc., and critiqued my work and then encouraged me to paint on my own.

Which artists are you most influenced by?

Clare - I am influenced by the work/life practices of the late painter Doris McCarthy. Other than that, none really.

Donna - I adore hundreds of artists such as van Gogh, M.C. Escher, Robert Bateman, Dennis Sheehan, Andrew Wyeth, Cindy House, Mort Solberg.

Louise - So many! John Singer Sargent, Andrew Wyeth, and some contemporary artists such as Voka and Brian Ruttenberg.

Is it hard to part with one of your pieces?

Clare - No, but I am often astonished that anyone wants it! I just hope it won't end up in the recycling, but worse would be having it returned to me because the purchaser no longer “has a place” for it. That hasn't happened yet, but I know it happens.

Donna - No, I have so many. It's like having a litter of puppies that you want to go to good homes.

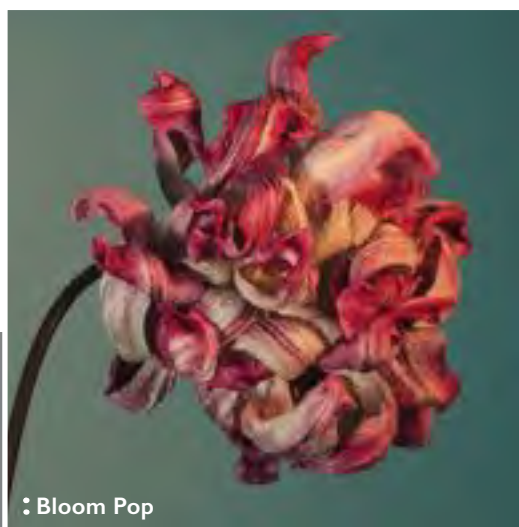
Louise - No, not really but if I particularly like one of them, I keep it.

What advice would you give to your younger self?

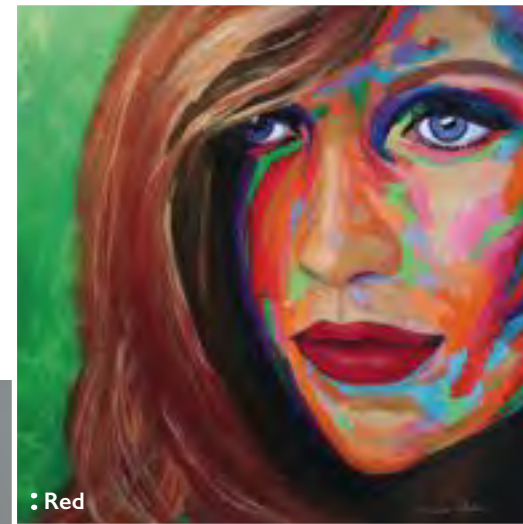
Clare - Don't take your own ideas so seriously, they will change. Put your heartbreak and loss into your work only, not into your life. Remember, everyone is looking at themselves, not you. You are essentially invisible, so proceed on that basis and value it.

Donna - Go into architecture. I think I would have loved that discipline. Then I could have done my art on the side.

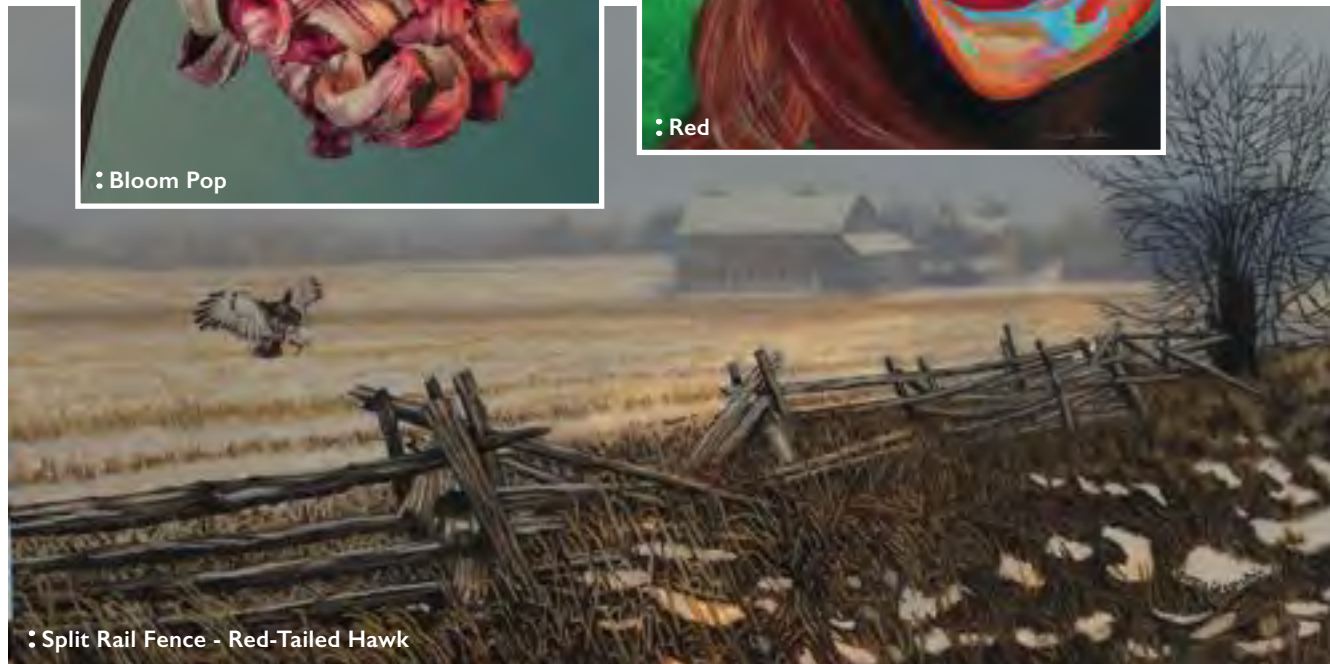
Louise - I started painting late in life, but I would say don't give up, have faith in yourself and work at it. You need to work at it regularly and you eventually get better. I stopped painting for a year as I was not happy with my work and then started again with renewed energy.



: Bloom Pop



: Red

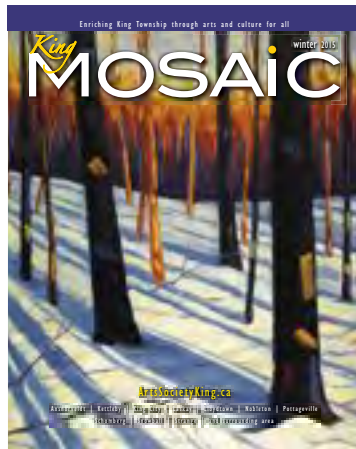
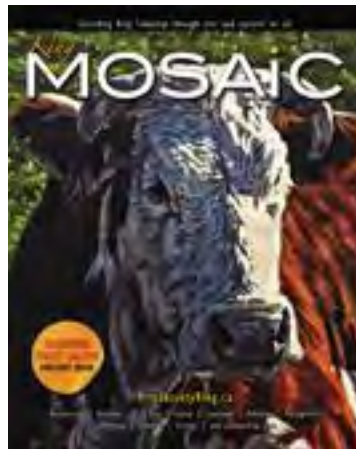
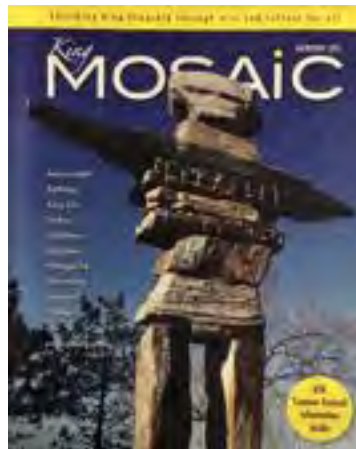
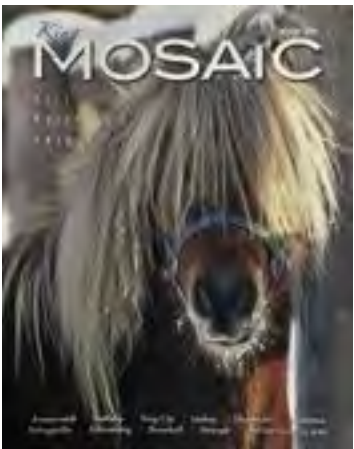
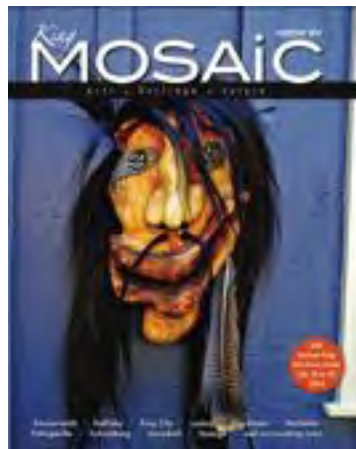
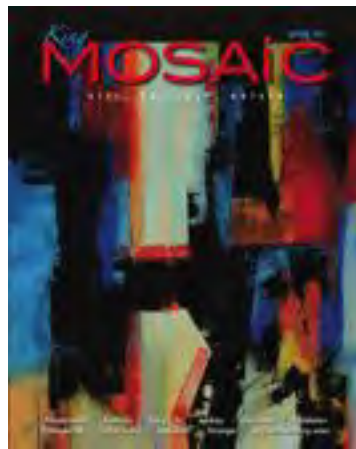
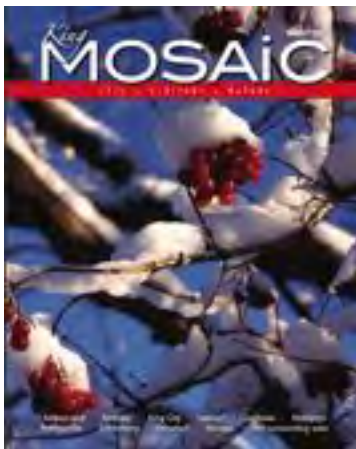
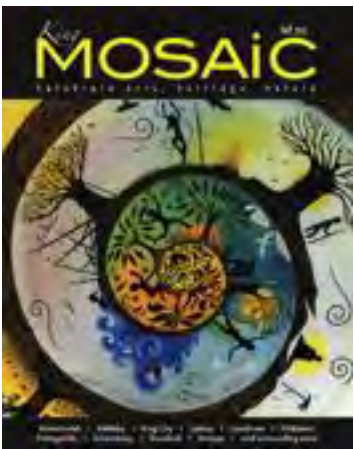
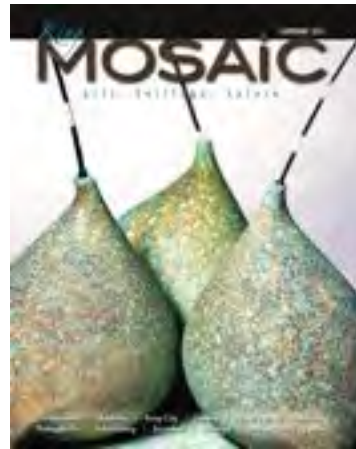
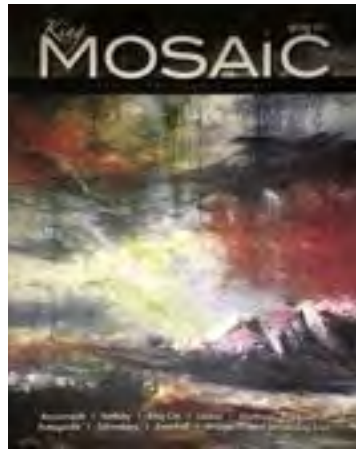
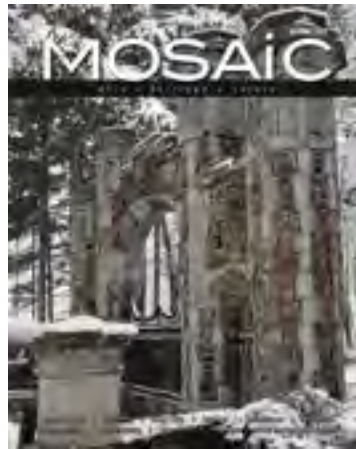
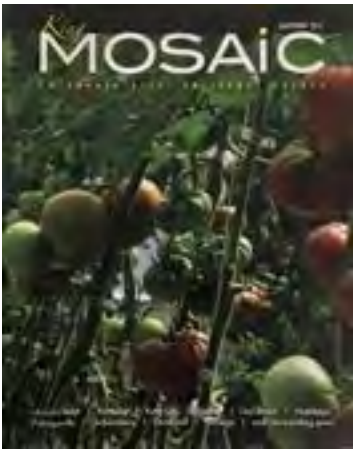


: Split Rail Fence - Red-Tailed Hawk



Arts Society KING

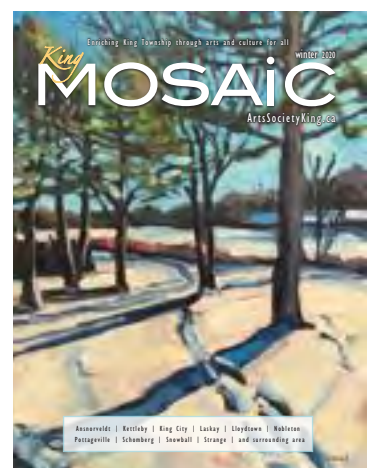
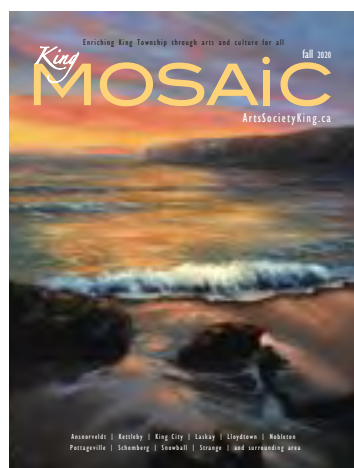
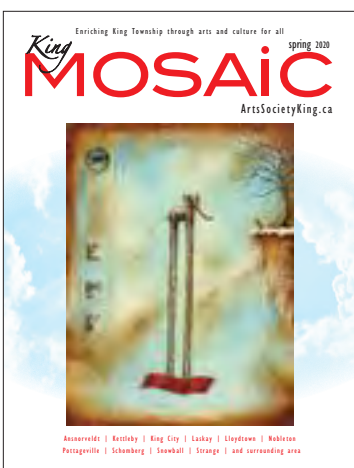
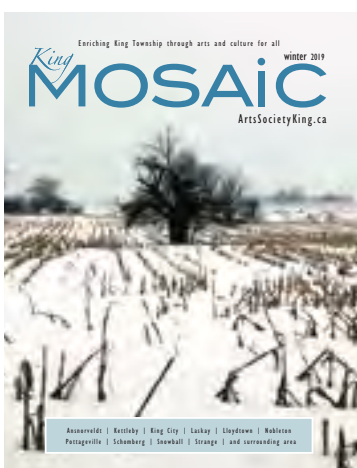
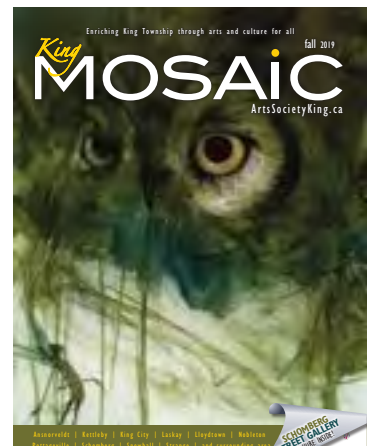
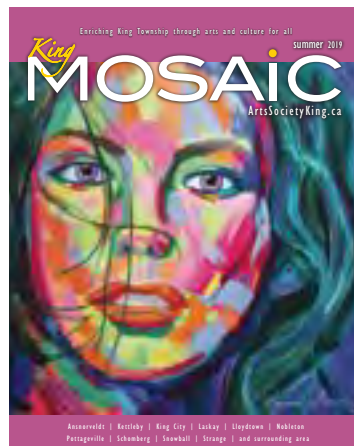
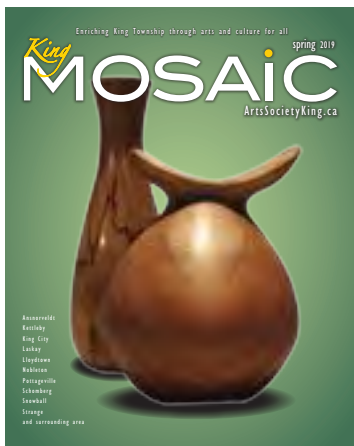
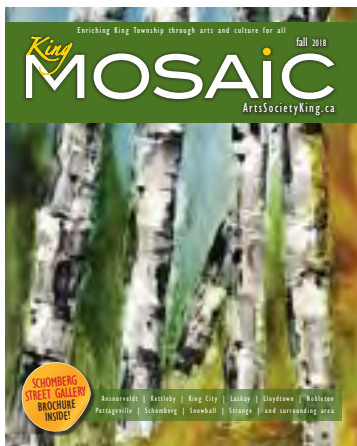
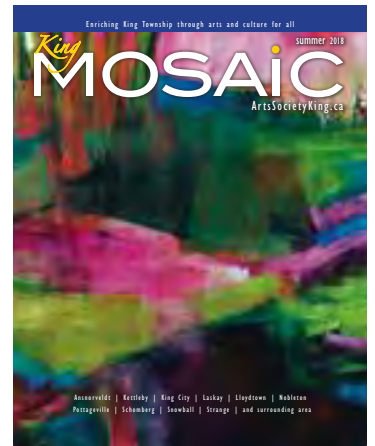
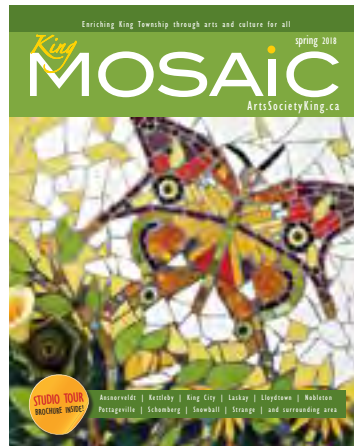
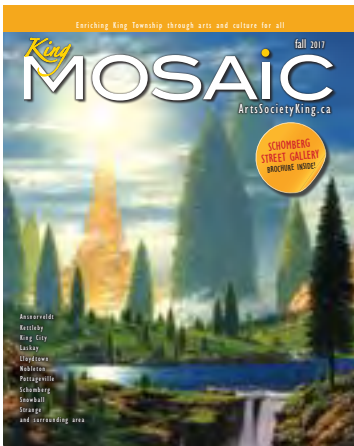
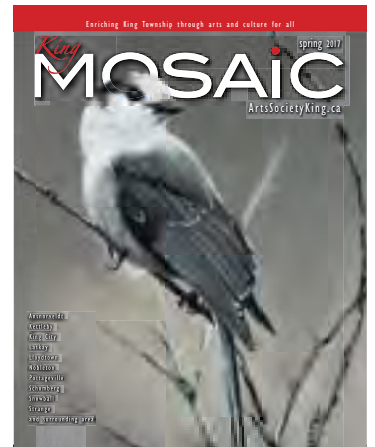
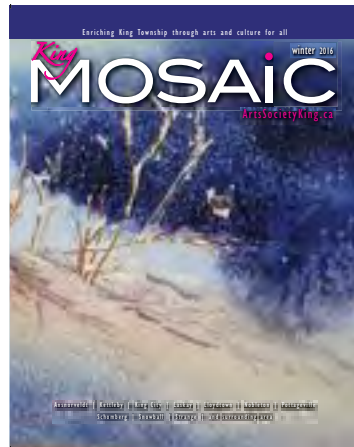
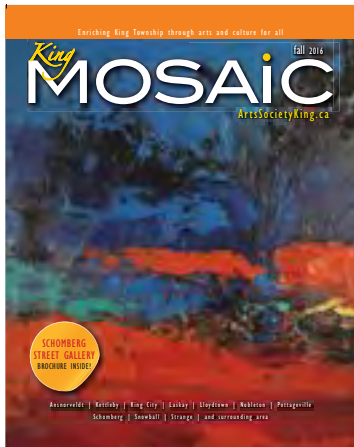
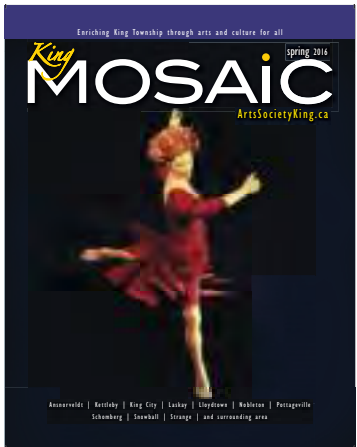
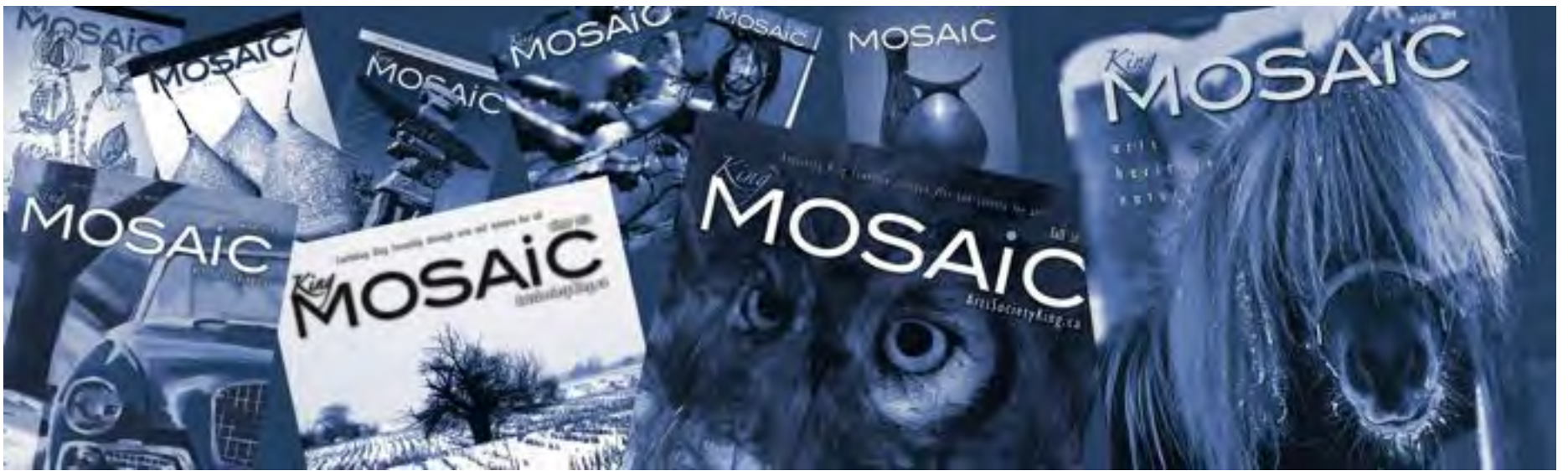
CELEBRATING 15 YEARS



Events in and Around King Township just by Arts Society King

DECEMBER 11, 2020 - COMMUNITY CHRISTMAS CAROL SING – All Saints Anglican Church, 12035 Keele Street on lawn in front of the church. Everyone who loves singing Christmas carols is invited to join our congregation in a rousing outdoor winter candlelight sing-a-long on the front lawn of the church with warm seasonal refreshments served. Further info: allsaints3@bellnet.ca

JANUARY 2021 – MARCH 2021 – CANSKATE (LEARN TO SKATE PROGRAMS) Monday, Wednesday and Saturday classes available. Learn to skate programs offered in small group sizes; skaters are with a coach at all times. Contact: nobletonskatingclub@outlook.com Website: nobletonskatingclub.com





Plan for Spring and Call Now to Book Your Complimentary Landscape and Garden Consultation!

905-939-8680



Landscape Design Landscape Construction Garden Renovation

www.pathwaystoperennials.com
4681 Lloydtown Aurora Road



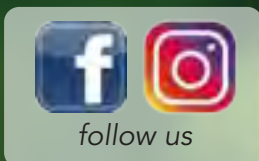
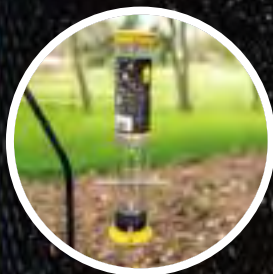
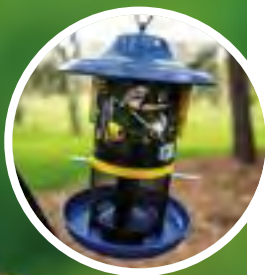
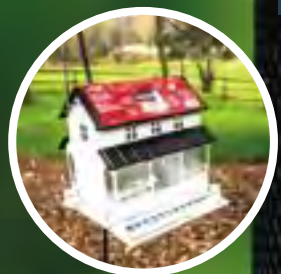
Let the magic of the season surround you!
Seasonal giftware & decor,
florals, greenery, garlands & wreaths,
fresh urn arrangements,
corporate & party designs,
gourmet foods & gift baskets.

Caruso & Company
Est. 1913
Florals & Home & Garden Decor

Proudly serving Aurora - November 1913 to January 15th 2021
carusoandcompany.ca 15210 Yonge St, Aurora 905-727-6441



Treat your Birds this Winter



Shop Local - Shop Canadian 

All of our premium bird seed mixes are developed, sourced and packed locally by our specialists.

We also stock and supply a wide range of unique Canadian made feeders and accessories.



PROVISIONS FOR

NOBLETON FEED MILL
—SINCE 1945—
COUNTRY LIVING

www.nobletonfeedmill.com • 12 Old King Road, Nobleton, Ontario L0G 1N0 • T: 905 859 0762

Mysterious Lake Schomberg

by Ann Love

• Len Vernon, pilot, and Phyllis Vernon, photographer, caught this aerial view looking south from the Holland Marsh. In the foreground, the Marsh is the old lakebed of glacial Lake Schomberg and later Lake Algonquin. The ground rises south towards Highway 9 beyond the golf course which lies on the old shoreline of Lake Algonquin. The next rise, about two thirds up the photo, is near the shoreline of Lake Schomberg. Beyond that, the forested swath running at an angle, left to right, is the height of the Oak Ridges Moraine. The Moraine then slopes away to the horizon, Toronto, and Lake Ontario.)

• Happy Valley
• Forest canopy,
• 2020



Last winter, all dressed up with dancing shoes, my husband and I drove to the Mayor's Cultural and Heritage Gala at the Cardinal Golf Club. As we headed north, the wind blew harshly from the northeast sending snow streamers across the beam of our headlights.

When we turned onto Highway 9, gusts picked up off the Holland Marsh while the Oak Ridges Moraine loomed darkly to our south. Then I remembered the highway ahead followed an old shoreline of glacial Lake Algonquin. Nearby, archeologists had unearthed sites where ancient Paleoamerican hunters had butchered game and scraped the hides clean. If Lake Algonquin had not drained away, the wind would be howling off the ice this Gala night.

The Oak Ridges Moraine

Determined to find more about the late Ice Age in King Township, an online search highlighted Dr. Riley Mulligan and the Ontario Geological Survey. Dr. Mulligan applies new technologies to study the retreat of the Wisconsin Glacier from Ontario and the changes made to our landscape.

Before about 17,500 B.C. the thinning Wisconsin Glacier cracked open southwest

of King. The fracture spread and widened northeast across the Township, eventually reaching Peterborough. The glacier split into two "lobes," one to the north and one to the south, both towering hundreds of meters high. Glacial silt, sand, clay, and gravels, picked up by swelling meltwater, were deposited into the gap to form the Oak Ridges Moraine.

Lake Schomberg

The melt quickened and the north lobe started to retreat towards Lake Simcoe while, at first, the south lobe held tight to its Moraine edge. The Simcoe lobe shed vast amounts of water that couldn't drain away because the Niagara Escarpment and the Oak Ridges Moraine, braced by the south lobe, acted as natural dams. After about 13,700 B.C., enough meltwater rose behind the dams to create glacial Lake Schomberg.

Dr. Mulligan describes Lake Schomberg as mysterious, not clearly understood. But its waters may have risen 300 meters above sea level at times, washing over the Moraine near Nobleton and Palgrave. The lake's wave action and changing water levels carved the steep valleys now seen on the Moraine's north face. Dr. Mulligan found fine sand near Kettleby, likely from a Lake Schomberg beach.

Glacial Lake Algonquin

Around 13,000 B.C., the Simcoe lobe had retreated so far north that Lake Schomberg could spread west, drop in height, and join an enlarged Lake Huron. Now called Lake Algonquin, this vast glacial lake ultimately included Lake Michigan and stretched as far west as Lake Superior.

In King Township, a southern bay of Lake Algonquin covered the Holland Marsh, crossed highway 400 near highway 9, curved south into the Pottageville Swamp, then west almost to Schomberg before turning north. The lake lasted for so long in King that geologists can trace its ancient shoreline. It started to drain down between 10,800 and 9,700 B.C. when the Wisconsin Glacier's retreat approached North Bay.

The First People

Before Lake Algonquin drained, hunters moved into southern Ontario. The warming climate supported subarctic spruce parklands in King and offered prime habitat for caribou. Archeologists have discovered several Paleoamerican sites in the Township, the largest one close to the Cardinal Golf Club above the shoreline of glacial Lake Algonquin.

A trove of projectile tips, scrapers, and flakes of chert, basalt, and quartz suggested to researchers from the Royal Ontario Museum and Trent University that the main King site had seen butchering, skin preparation, and the repair of weapons and blades over a long period. No bones nor ash from a fire-pit were recovered to help date the site. At a similar site along another Lake Algonquin shoreline in Georgina Township, Dr. Peter L. Storck with the R.O.M. found caribou, snowshoe and arctic hare, as well as arctic fox bones that radiocarbon calibrate to 10,600-9,400 B.C. From the tools found at both sites, archeologists suspect that the early King hunters were after caribou too.

Imagine those people crouched around a campfire, sheltered from the prevailing winds. Were they watching a wintery frozen bay for caribou passing by – light of step – seeking

refuge in the spruce on the Moraine? Or early spring when caribou migrated north to calve on open tundra closer to the receding glacier? Perhaps it was autumn when caribou filed down from the Moraine to drink water from Lake Algonquin.

The hunters depended on their keen observation, craft skills, and traditional knowledge – their culture and heritage. They would have understood and maybe even enjoyed our Gala near their ancient campsite 12,000 or so years later – especially the dancing.

Caribou, arctic hare, and arctic fox left King Township long ago to follow the tundra and spruce parklands north. Their memory whispers to my imagination.

Ann Love, Past President
King Township Historical Society,
www.kingtowshiphistoricalsociety.com
Author's website, www.nonfiction4kids.com

A Note on Dates: Dr. Mulligan kindly helped decipher the numbers, radiocarbon calibrations, and abbreviations used to report dates in scientific papers. Who knew 13 14C ka BP (15 700 cal year BP) corresponds to roughly 13,700 B.C.? Any mistakes in transcribing dates are mine.

• Looking north up Jane Steet from the shoreline of ancient Lake Schomberg down to the shoreline of Lake Algonquin near Highway 9 and beyond to the Holland Marsh, the lake bed of both glacial lakes.



TOWN & COUNTRY
LUXURY FIREPLACES

BRING
light and luxury
HOME THIS WINTER WITH A
TOWN & COUNTRY FIREPLACE FROM
THE FIREPLACE STOP!

Our showroom is open by appointment only.
Monday - Friday 9:00AM - 6:00PM
Saturday's 10:00AM - 4:00PM
(Closed Long Weekends)



(905) 939-8758 • 1 (800) 843-1732 • Email: info@fireplacestop.com

6048 Highway 9 & 27 (Northwest Corner) • Crossroads Mall • Schomberg, ON L0G 1W0



ROOFING

YOUR LOCAL ROOFING EXPERTS!
FOR ALL YOUR ROOFING NEEDS

CALL FOR:
FREE ESTIMATES
FREE ROOF INSPECTIONS

905-713-6837

1-888-713-6837

Financing Available. For more information visit
www.guaranteedroofing.ca/request-a-quote.html

GREAT NEWS!
WE ARE CELEBRATING!
WE'VE MOVED TO A NEW OFFICE AND
SHOWROOM SPACE TO BETTER SERVE YOU!
CALL FOR MORE INFORMATION.



Chic Eyes
OPTICAL

Shop downtown
eyewear styles
uptown!

Many high end
styles including:

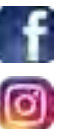
FACE A FACE
PARIS

GUCCI
SAINT LAURENT



10-1700 King Rd., King City
289.467.6000

NEW FASHIONS FOR THE WHOLE FAMILY IN STOCK
ONSITE EYE EXAMS





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.



CABBAGE FAMILY PORTRAIT
CIRCA 2020

Mashed Cauliflower

I first made this dish as a substitute for mashed potatoes when we were on a zero-carbohydrate diet. But don't be fooled, this rich concoction is definitely not diet fare.

INGREDIENTS: One head of cauliflower, ½ stick of butter, ½ brick of cream cheese, ¼ C grated Parmesan cheese, salt, pepper and ¼ t nutmeg.

DIRECTIONS: Break up the cauliflower head and steam in a little water using a pan with a tight lid. Cook until the pieces break up when pressed lightly with a fork. Drain. Return to the pan on very low heat in order to drive off excess moisture, being careful not to burn. When dry, mash with a potato masher. I use a potato ricer, which makes for a fine grain. A food processor works too. Add in the butter and cream cheese and beat with a spoon, and follow with the parmesan. Season with nutmeg, and add salt and pepper to taste. It's like mashed potatoes with a college education! Serves 6-8.

— Illustration by Cheryl Uhrig
cuhrig@rogers.com

ALL IN THE FAMILY

LOTS OF KIDS HATE VEGETABLES, BUT THAT WASN'T ME.

Growing up in the 1950's I learned that most vegetables come in a can. Every evening, mom would warm up a tin of green beans or spinach or diced carrots or sweetcorn to go with the meatloaf and mashed potatoes. I loved them and passed my plate for more. One evening when I was 5, my older sister ignored my desperate pleas for a second helping. Denied service, I threw a monumental tantrum. It came to blows. I spent the rest of my evening facing the corner in the living room, contemplating my transgression. All from my passion for canned peas.

Once in a while, we had fresh veggies, but I wasn't a fan. My dad tried to entice me into eating broccoli by pretending to be a giant gobbling down entire trees. He hoped I would play along, but it didn't work. On St. Patrick's Day I would nibble on the cabbage boiled with the corned beef, but grudgingly so. Brussel sprouts or kohlrabi fresh from Uncle Fred's garden? No way. And cauliflower was just plain creepy, even

when fancied up with a can of Campbell's cheese soup.

Years later it occurred to me that the problem was not "freshness." Rather, it was a childhood dislike for the flavour of *Brassica oleracea*. For you see, broccoli, cauliflower, brussels sprouts, collard greens, kohlrabi, kale and cabbage are all the same species of plant! It's called wild cabbage in nature. But if you were ever to see one, you wouldn't see the slightest resemblance to cabbage. It's a non-descript weed, native to the western Mediterranean coast, with a biennial life cycle. In its first year, it grows from a seedling to a rosette of leaves; larger, but not too different from a dandelion. After it passes through winter, the genes for flowering 'turn on' and it sends up a long, spindly stalk that bears clusters of pleasant, though not beautiful, yellow flowers. If you have ever seen a field of canola - a very closely related species - you will get a good idea of what wild cabbage looks like. So, how did this undistinguished wildflower give rise to such a diversity of edibles?

I would argue that wild cabbage's simple, compact structure made it ripe for exploitation. Culinary cabbage is but an overzealous leaf bud. Cut one lengthwise and you will see numerous leaves folded one over the other, all attached to a very short stem (the core). In normal plant development, that core would grow to three times the length, and the leaves would unfurl. But some mutations suppress stem elongation, and others stimulate leaf production, making that bud grow into the familiar head. A similar thing occurs to produce Brussel sprouts, which develop from the leaf buds that normally give rise to the branches along the main stem;

All the buds work normally in broccoli, but the flowering stalks go into overdrive. The stem of wild cabbage is about as thick as a pencil at its base, then tapers to the thickness of a matchstick at the top, where it bears flower buds. In broccoli, the stems grow thick, fills with pithy tissue, and makes a profusion of normal flower buds at the top. Kohlrabi likewise is an overly ambitious stem, but lower down on the plant.

Then there is Cauliflower, which Mark Twain described as "a cabbage with a college education." This vegetable, first recorded from Cyprus in the 13th century, is the most elaborate transformation of the wild cabbage. The head develops from embryonic tissues that would normally differentiate into flower buds. But in cauliflower, these cell packets continue to proliferate without maturing. The gene causing this deformation has just been found. Botanists working on thale cress, the plant biology equivalent of the white rat and a cousin in the cabbage family, noticed a mutant plant that made flower heads like cauliflower. After identifying the specific piece of DNA behind this deformation in their plant, they looked for the same piece in Cauliflower...and there it was.

I eventually grew out of my 'I hate cabbage' phase. Now I love it. But of course, when my sons were 5, they hated the cabbage vegetables too. Wouldn't even try. So, I pulled a page from my father's playbook: "Hey, look at me! I'm a Giant! I eat trees! Num, num, num." Yeah, they didn't buy it either.

WE'VE LAUNCHED!



this is the perfect Holiday gift, a floral subscription... create 12 months of the year



FLORAL SUBSCRIPTIONS

Monthly, seasonal wreath and Holiday subscriptions
All the ingredients delivered right to your door
We cover the GTA and it's extensive surroundings
*shipping is included in most areas

To get first informed & early bird incentives, join us on social:

@petalacademy **PETALACADEMY.COM**

INTEGRITY. EXPERIENCE. AFFORDABILITY.



*Olivio Fatigati, B.A., LL.B., L.L.M.
Barrister & Solicitor, Notary Public*

Office 905-939-4004
Cell 647-829-5560

314 Main Street,
Village of Schomberg
King Township, Ontario, L0G 1T0
PO Box 263

www.Fatigatilaw.com

Email: info@fatigatilaw.com

**Child Today,
Leader Tomorrow**



**NOW
ACCEPTING
ENROLMENTS**

Virtual and In-Class
Private Montessori
Education for
Students Aged
2-12 Years

*the Montessori
Country School*

montessoricountryschool.ca



Providing Families with Peace of Mind

By providing quality, personalized private care our trained staff will ensure a level of professionalism that allows for healthy, safe and positive interactions. We provide a variety of services to suit the needs of you and your loved ones.

Private Home Care

We specialize in, but are not limited to, providing live-out support including short-term postoperative care. We also organize and assist clients with daily activities to help stimulate their mind and enrich their interests. We are flexible in building a care plan that is best suited for our clients.

Respite Care

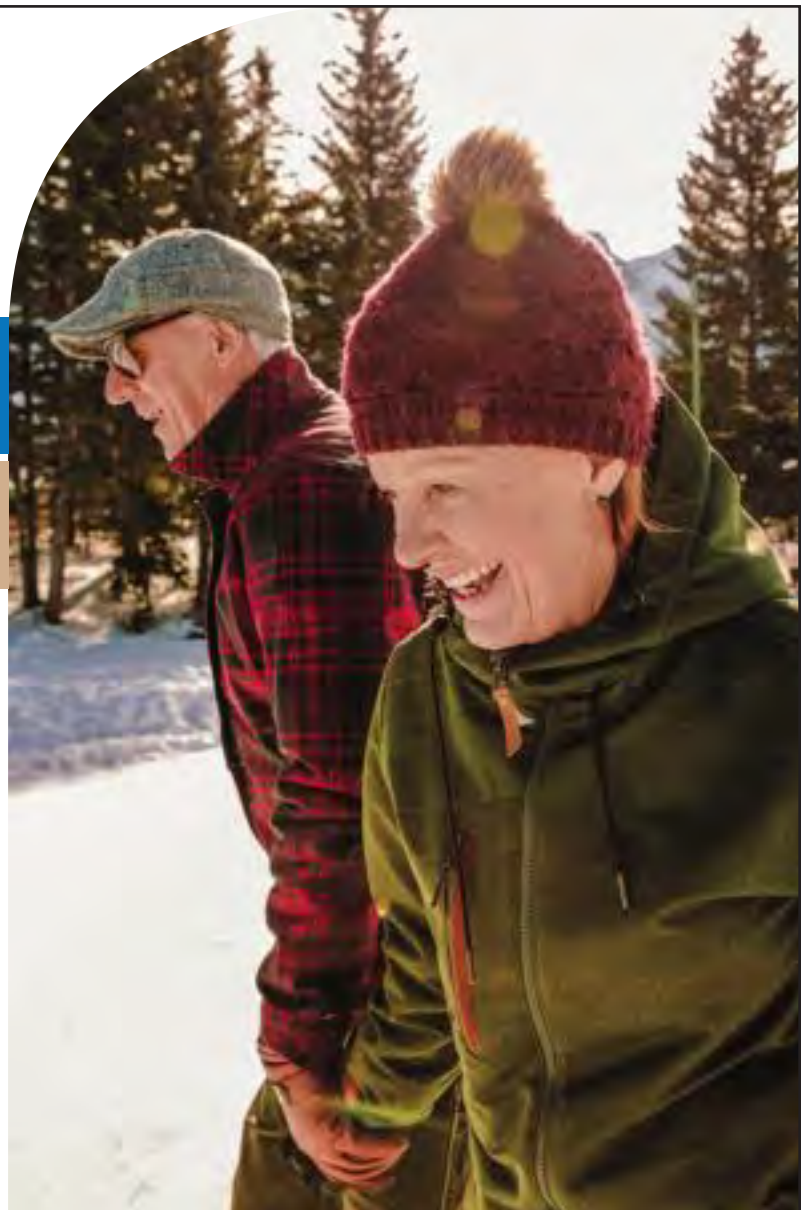
Caring for loved ones can be a full-time job – we recognize it can be exhausting at times. When you need a rest, our team is here to relieve you. Our staff is able to provide 24-hour care in the comfort of our client's own home.

Home Medical Services

Our team of skilled professionals provides both medical and personal home care services. In addition to helping maintain personal hygiene, we also regulate and provide medical services such as bloodwork, medication administration, and accompanying clients to appointments.



For more information:
1.800.208.8480 | hospall.com |





COZY UP BY THE FIRE

FEATURING KING TOWNSHIP PUBLIC LIBRARY STAFF FAVOURITES!

The global pandemic and now the cold weather have driven us all inside. The Library is here to help! Is there a better way to pass the time than with a great book, a warm blanket and a toasty fire? We don't think so, let us help you find some great reads for the cold winter months.

Working at the Library, we are often entrusted with assisting patrons find something new or something that is reminiscent of an old favourite. Especially now when access to the library has been limited. Staff members will not only pull ideas from our own preferences, but also from suggestions

that patrons give us on a variety of topics and genres. We really do have something for everyone!

In continuing our tradition of "Staff Favourites," we have asked the staff to submit some of their cherished books. Whether they hold sentimental value or are just for pure entertainment, the library staff have selected some of their favourites! All available at your Library in a variety of reading and listening formats: books, audiobooks, eBooks, and eAudiobooks.

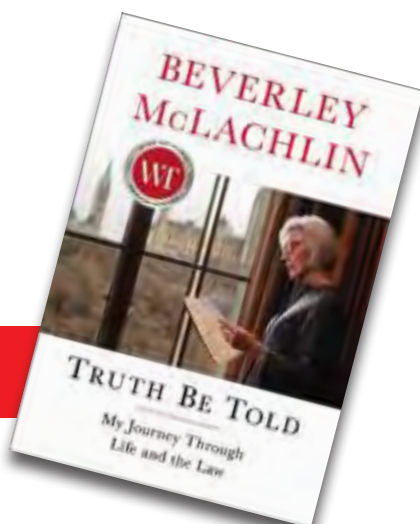
Happy Holidays to you and your family from all the staff at the King Township Public Library!

STAFF PICKS by Kalli Secord k.secord@kinglibrary.ca

Sandra suggests:

Truth be Told: My Journey Through Life & Law

by Beverley McLachlin (2019)
– Adult Non-Fiction



This autobiography begins with Beverley McLachlin's humble beginnings in the small town of Pincher Creek, Alberta.

Interestingly she credits her local Library with sustaining her...

"Would I have survived without it? Probably. Would I have grown to be the person I am without it? Most certainly not."

Chronicling her life as a law student, professor and judge, this book describes her appointment to the Supreme Court of Canada in 2000 as a 46-year-old widow with a 13-year-old son.

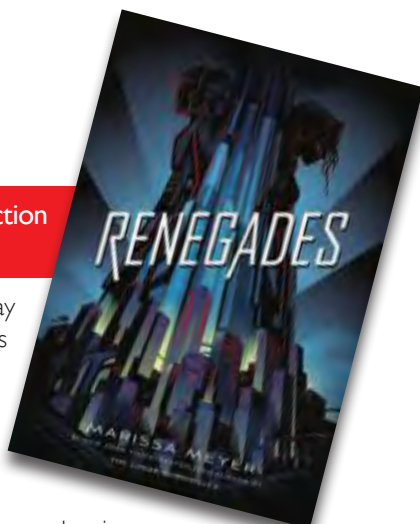
Throughout it balances Beverley's personal story with information about Canadian law and important Canadian cases. This is a well-told story of a woman, Beverley McLachlin, navigating her personal life and legal career, believing passionately in the power of law to make the world a better place.

It is a very relatable, and at times, heartbreaking read.

Daniel suggests:

Renegades:

by Marissa Meyer (2017) – Young Adult Fiction
(print and eAudiobook on Hoopla)



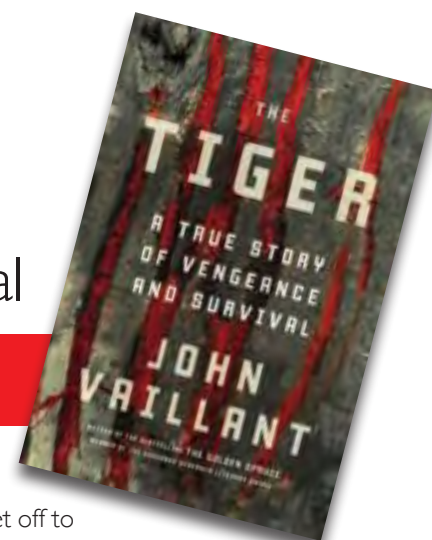
This is not a story about superheroes. It may be a story filled with people that possess incredible abilities – flight, invincibility, telekinesis or transforming into a swarm of butterflies – but it is really about the stories we tell ourselves, and the stories we tell others, in order to make sense of our lives and our history.

It's the story of Nova, a young woman who is determined to do the right thing so that people can live freely and make the world a better place, even if it means becoming a villain and betraying someone she is beginning to fall in love with.

Rathees suggests:

The Tiger: A True Story of Vengeance & Survival

by John Valliant (2010)
– Adult Non-Fiction

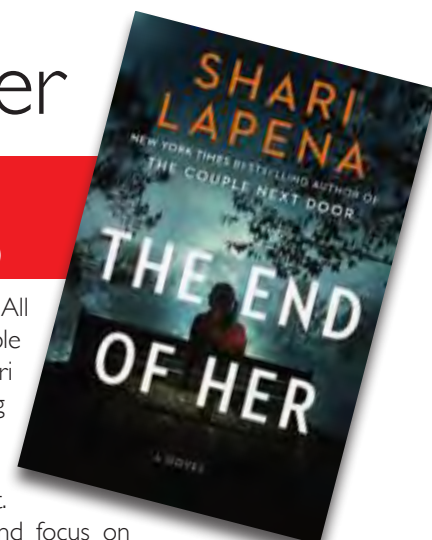


It's December 1997, and villagers in Russia's far east community are terrorized by a man-eating tiger on the prowl. A team of hunters set off to capture the tiger and reveal a horrifying truth: the tiger's attacks are not random, but acts of revenge. What caused the tiger's sudden attacks? In this tale of man versus beast, author John Valliant explores the history of the hunt for the tiger. The book also looks into the history of tigers in the region, giving insight into how the forestry industry has played a large role in the decline of the species. Although a non-fiction book, I found this book reads much more like a thriller. Characters involved in the hunt provide fascinating insight, making the story feel much more personal. The book provides a real-world example of the consequences of ecological destruction, especially when the people's connection to the environment is so delicate.

Peggy suggests:

The End of Her

by Shari Lapena (2020) – Adult Fiction
(print, talking book and eBook and eAudiobook through Overdrive/Libby)



The End of Her is Shari Lapena's latest novel. All of her books have been easy and enjoyable reads and The End of Her is no exception. Shari is a Canadian suspense novelist with a writing style that always seems to add a twist at the end. It has made me look for connections as I'm reading to see if I can predict the twist.

Her books are of a suburban noir genre and focus on interpersonal relationships with events that happen to trigger suspense. Each of her novels have great character buildup and are stand alone-reads. Though each book has its own independent storylines, the author consistently stays true to the way she writes. You anticipate that something unexpected is just around the corner making it hard to put the book down. I would recommend any of Shari Lapena's books and KTPL has them all in various formats.

we're dreaming of a
FRESH CHRISTMAS

Fresh Cut Trees, Fresh Greens & Poinsettias



plant love **ALL WINTER**

Indoor Houseplants, Succulents & Flowering Plants

NEWMARKET

1870 Davis Dr. W, King, ON | 289.803.8088



CONNON.CA

/ConnonNurseries

/connonnurseries

THE TEAM THAT GOES ABOVE AND BEYOND



GRAND CENTURIAN
2012 - 2019



CALL FOR A FREE HOME EVALUATION

Michele
DENNISTON TEAM

BUYING OR SELLING?
 QUESTIONS ABOUT NAVIGATING
 TODAY'S MARKET?
 CONTACT ME TODAY!

c: 416-433-8316

Michele@MicheleDenniston.com

www.micheledenniston.com



COME SAY HELLO TO THE TEAM!
 50 DOCTOR RAY DR., SCHOMBERG

Each office is independently owned and operated. Not intended to solicit buyers or sellers currently under contract.

SUPERIOR SERVICE—INTERNATIONAL EXPOSURE—COMPLIMENTARY STAGING—STRATEGIC MARKETING—HOME WARRANTY

For the *Love* of WALKING

Nordic walking, also known as urban poling or pole walking, is a fitness trend storming across Canada.

by Sandra Stewart

The low-impact exercise originated in Finland in the early 1990's as a way for cross country skiers to train in the summer to prepare for the upcoming cross country season. Since then, it has exploded across Europe, and has become a popular workout for people all over the world. If you enjoy walking, you'll likely love Nordic pole walking.

Just ask Lee Wilson. An Aurora resident for 18 years, Wilson has been pole walking since 2012. After joining a friend at a local introductory Nordic walking clinic to learn the proper technique, she was hooked. "There are so many things about pole walking that I love – being outdoors, walking with friends, and all of the wonderful health benefits," she shares.

While an avid treadmill walker and aerobics participant for many years while she was working, Wilson took up pole walking in retirement and hasn't looked back. "I'll pole walk anywhere, but some of my favourite places are Sheppard's Bush and Willow Farm in Aurora, and of course, at the cottage." As it turns out, any route can be a pole walking route - sidewalks, grassy fields or trails will all do. All you need are ordinary walking or hiking shoes, and a pair of Nordic walking poles with extra rubber feet for alternate terrains that help with shock absorption and forward propulsion.

With a cadence that mimics cross country skiing, Nordic walking yields myriad health benefits. According to Kevin Honsberger, co-founder of Honsberger Physio+ in Aurora, "When you walk without poles, you're using muscles below your waist. As soon as you add the poles, you're engaging your upper body muscles as well, for a whole body, calorie-burning, cardiovascular workout that can help to improve posture, balance, increase your calorie burn and improve your cardiovascular fitness. Nordic walking can be as challenging as you want to make it because you control the intensity by varying your stride, speed and duration, just as you do with regular walking."

Most people are good candidates for Nordic walking, but of course, always talk to your doctor first. Wilson explains that learning the proper technique and form will ensure you get the value out of the exercise. The walking poles will have rubber tips to grab the walking surface, and wrist straps that secure the poles to your arms. With one walking pole in each hand, you

grip the handles and push off with each stride. There are different walking techniques including "single poling", "double-poling", skipping and running with the poles. Most people start out with "single poling", where one pole is in front of you for each stride.

"Pole walking reduces stress on the hips and knees through the propulsion provided by the poles, improves upper body mobility through the enhanced arm action and provides an extra level of security as the poles provide more balance while walking," says Kevin Honsberger of Honsberger Physio+. "It's also an ideal form of rehabilitation therapy for those recovering from injury since there's more ground contact support by using the poles, which improves your balance, allowing you to walk longer and safer."

For many people, the social benefits of Nordic walking are as important as the health advantages. Social exercising is a fun way to enjoy the company of others while reducing stress and improving your health. "I have a great group of friends I walk with a couple of times a week," says Lee Wilson. "We walk and talk, and we cover a lot of ground pole walking through some beautiful trails in King City and Aurora. Being outdoors, moving your body, appreciating nature...it just fills you," she enthuses.

Nordic walking through nature is definitely Wilson's favourite destination. It's where she enjoys "forest bathing" - from the Japanese term "shinrin-yoku" - a kind of forest therapy that promotes wellbeing. Spending time in nature under the canopy of a forest brings rejuvenating benefits to the mind, body and spirit, and lets one think clearly and creatively while increasing focus and energy. Forest bathing is about taking in your surroundings, enjoying the journey and the calming benefits of spending time in nature. For Wilson, it's an unexpected and welcome gift from pole walking.

If you're looking for a workout more challenging than walking, but less jarring than running, Nordic pole walking might just be perfect for you. It's an inexpensive, all-season sport that can be done at any age. Whether you walk to rehabilitate an injury, to improve your health and wellness, or to connect with your social circle, it's a fun way to get outdoors and get some exercise.



Where will **you** walk today?



Secure Your Future

Apply Now for September

At Pickering College, students (JK to Grade 12), faculty and staff live the values that have guided our school since 1842 in a stimulating collegial environment. Pickering College's Global Leadership Program strikes the ideal balance between challenging students to develop critical thinking and real-world life skills that can be applied to their university career and beyond.

As a result of their studies, students develop valuable skills, including:

- time management and self-reliance
- advanced academic ability
- strong research and writing
- critical thinking abilities
- dialogue, communication and presentation
- leadership and mentorship
- design, invent and problem solve

Visit us VIRTUALLY!

Take a Zoom virtual tour of Pickering College's campus and have your questions answered live by a member of our Admission team.

Register:

905-895-1700 ext. 259

Visit us online:

www.pickeringcollege.on.ca/Mosaic

"As parents we are so grateful for the amazing faculty who brings it all together, the lessons, the student body and a sense of community even though we are far apart physically, we are united."
- PC parent



PICKERING COLLEGE

Independent Co-educational Day and Boarding School
Since 1842 | JK to University Preparatory



16945 Bayview Avenue, Newmarket, ON, Canada

HANDCRAFTED BONBONS

CHOCOLATE BARS

CONFECTIONS



COCOA
HANDCRAFTED. JUST FOR YOU.



CHOCOLATE ART

Handcrafted chocolates and confections made from the finest French chocolate and all-natural ingredients. Our products are always made in small batches without preservatives and decorated with coloured cocoa butter because you deserve the best!

WWW.COCOA40.COM @COCOA40INC

A GIFT

just for you

Use promo code: MOSAIC
to claim your free gift!

Offer valid until December 31st, 2020

KOHARU
Japanese Restaurant



50 Dr. Kay Drive Unit A5,
Schomberg, ON L0G 1T0

905.590.2888

We will now be open seven days a week! Come in and see us.

www.koharuschom.com

SCHOMBERG TRU COUNTRY & GARDEN



**YOUR LOCAL STORE WITH GARDENING
SUPPLIES, PLANTS, MULCHES AND SOILS**

WILD BIRD SEED, DOG & CAT FOOD. PET SUPPLIES

LIVESTOCK FEED AND FARM SUPPLIES

WE HAVE BULK LIQUID CHLORINE AND POOL SUPPLIES

17380 Highway 27, SCHOMBERG • 905-939-2911

HOURS: Monday-Friday 8:00am - 5:30pm;
Saturday 8:30am - 5:00pm; Sunday 11:00am - 3:00pm



Aurora
Home hardware



Schomberg
Home hardware

Your Community Hardware Store

BRAND NEW COLOURS

**JAVA, MIDNIGHT BLUE,
BERMUDA WHITE &
LONDON FOG**

**CLASSIC BRANDS ALSO
HAS A WIDE SELECTION
OF QUARTZ VANITY TOPS
& MIRRORS.**

24" to 72" sizes available

**BUY NOW
AND SAVE**

***Come and see
the difference***

**BRAND
NEW**

**CLASSIC BRANDS VANITIES
AVAILABLE**

JAVA,
MIDNIGHT BLUE,
BERMUDA WHITE
& LONDON FOG
COLOURS



London Fog Shown

CLASSIC BRANDS HANDLES & KNOBS INCLUDED

*Faucet extra



We Offer Windows and Doors with Installation

As well as...

**Housewares, Hand & Power Tools, Plumbing & Electrical
Supplies, Vanities and Toilets, Paint & Painting Supplies,
Automotive Supplies, Screen & Glass Repair.**

**We also feature Giftware & Seasonal items,
including Lawn & Garden Supplies.**

We also sell lumber and provide next day delivery.

Do it yourself, Doesn't Mean Do it Alone. Here's How.

Aurora
Home hardware

289 Wellington St. E.
Aurora
905-727-4751

Schomberg
Home hardware

17250 Hwy 27, Unit 1
(in the Beer & Liquor Store plaza)
905-939-HOME (4663)

Aurora and Schomberg Home Hardware Serving York Region and Surrounding Areas

OPPORTUNITY AWAITS.

THREE ▶

BOYS
UNIQUE PERSONALITIES
DIVERSE EXPERIENCES

▶ ONE SCHOOL



THINK YOU CAN'T
AFFORD US?

THINK AGAIN.

\$3 million awarded annually in scholarships and tuition assistance. Learn more at www.sac.on.ca/affordus.

VIRTUAL OPEN HOUSE

TUESDAY, DEC. 8, 6:30 P.M.
TUESDAY, FEB. 2, 6:30 P.M.

REGISTER ONLINE

SAC.ON.CA/ADMISSION/OPEN-HOUSE-RSVP



S|A|C EST. 1889
St. Andrew's College

While St. Andrew's College boys wear a sharp-looking uniform, beneath it no two boys are alike.

Athletes are artists, scholars are quarterbacks, and actors are math wizards. Students are encouraged to explore and develop their interests, passions, and aspirations - whatever they may become.

Is this school right for your son? Opportunity awaits. Contact us to discover the difference a St. Andrew's education can make.

A BOARDING AND DAY SCHOOL FOR
BOYS GRADES 5-12

15800 YONGE STREET AURORA, ONTARIO CANADA
905 727 3178 ADMISSION@SAC.ON.CA

WWW.SAC.ON.CA





VILLANOVA COLLEGE

GRADES 4-12 CO-ED • KING CITY, ON

VOTED
BEST
PRIVATE
SCHOOL
IN KING



- Grades 4-12 Co-Ed
- Catholic Tradition of Academic Excellence
- STEM & AP Programs
- Entrance Scholarships Available
- Tuition Assistance
- University Preparatory

CONTACT OUR ADMISSIONS OFFICE TODAY TO LEARN MORE

905-833-1909 • admissions@villanovacollege.ca • www.villanovacollege.org