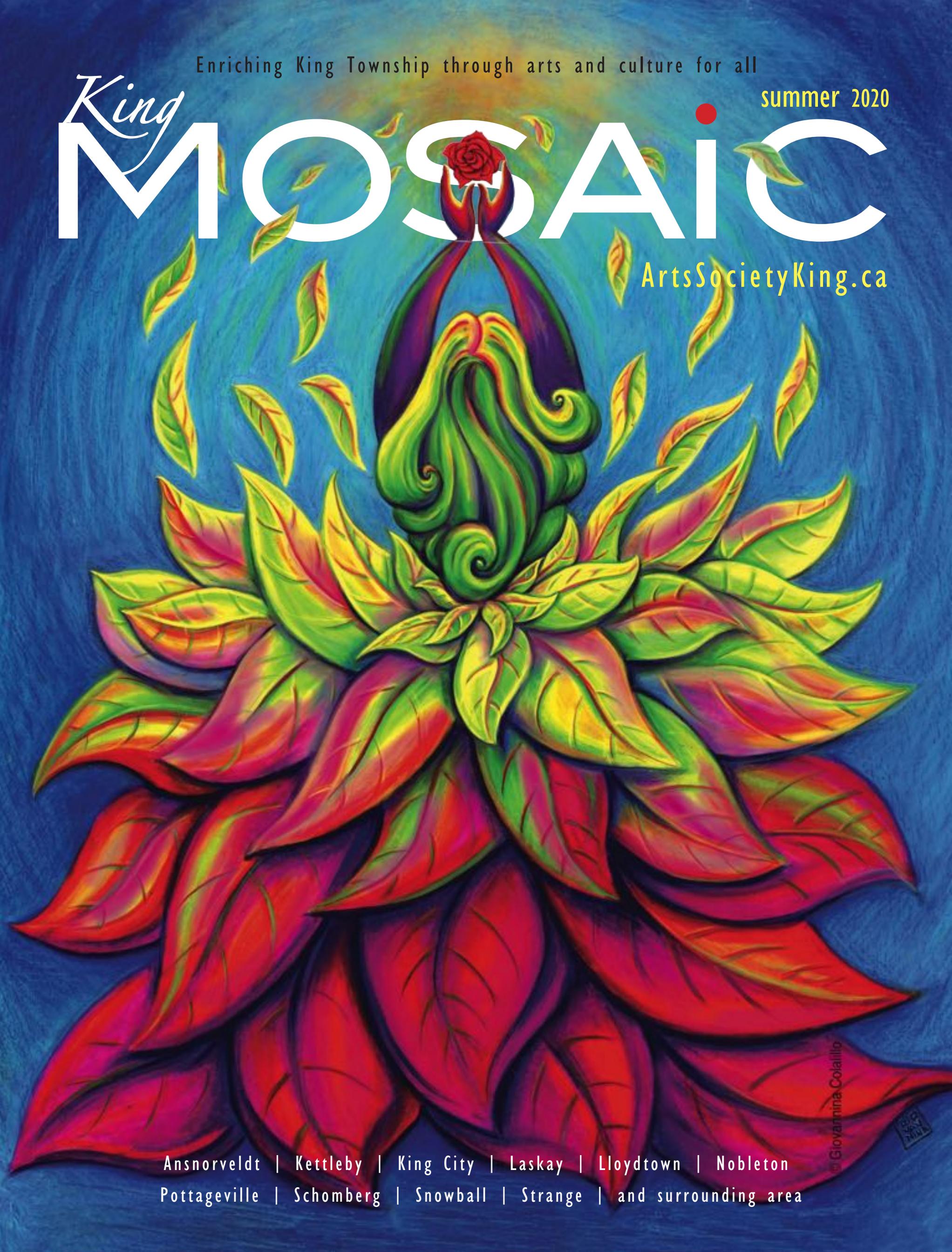


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summer 2020

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ArtsSocietyKing.ca



Giovanna Colalillo

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# CDS

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CONTRIBUTING WRITERS AND ARTISTS

Irene Bayer

Meline Beach

Giovannina Colalillo

Inge Dam

Andre Flys

Julia Galt

Ann Love

Liza Mallyon

Henry Mahncke

Hans Martin

Michele McNally

Augusto Nalli

Dorita Peer

Ivanka Pipinikova

Kalli Secord

Patti Skrypek

Casey Sokol

Cheryl Uhrig

Phyllis Vernon

Susan Walmer

Arthur Weis

Viktor Zuckerandl

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We welcome your feedback and suggestions.

Write to us at

**info@artsocietyking.ca**

FEATURED CONTRIBUTOR:

**JULIA GALT**



Since graduating Queen's University in 2018, Julia has enthusiastically thrown herself into the English and film worlds she's consumed so voraciously her entire life. She currently works as a journalist for Newmarket Today and the King Weekly Sentinel, and operates a freelance writing business that has seen her write for film production groups, national magazines, anthologies, multinational tech companies, and more. Her poetry is a particular source of pride, with the poem "The Bookstore" being awarded two national awards when she was eighteen. Julia's greatest passion of all lies in the Township she calls home, where she's always looking for the next local hero, good deed, or small business to shine a light on. Julia can typically be found scribbling down ideas between scenes on set in Toronto, where she acts in several TV shows and films. She's currently combining her passion for writing and moviemaking by working on a feature-length screenplay, due to be completed this year. Read Julia's article on The Story of Pioneer Brand on page 9



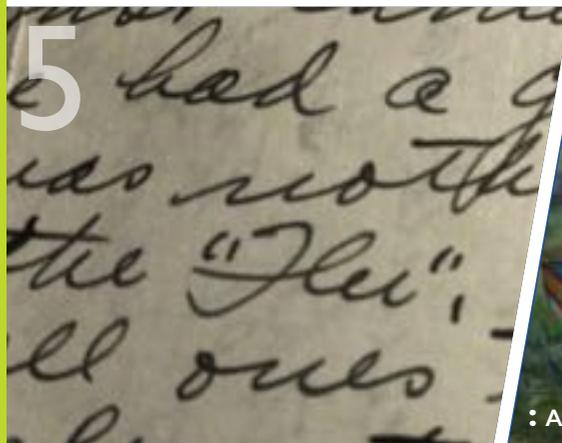
19

LET'S TAKE A SLOW WALK IN THE WOODS!

**OUR COVER GIOVANNINA COLALILLO**

Featured on the cover of the summer issue of MOSAIC is an illustration titled Rising, by ASK member and professional, award-winning illustrator Giovannina Colalillo. Inspired by Gandhi's message: be the change you want to see in the world, Giovannina, who devoted her life to her passion, takes pride in pushing boundaries and drawing energy from bright, bold colours. A graduate of Ontario College of Art (now known as Ontario College of Art and Design University), Colalillo's career highlights include a regular editorial illustration commissioned by Cosmopolitan magazine in New York in the 1990s followed by designing the International Women's Day posters for the Ontario Federation of Labour for past ten years.

Read more about Giovannina on page 4.



5

COLLECTING COVID-19



13

: Art by Hans Martin

LET ME ASK YOU...

**contents**

**THE ARTS:**

- 4 For the Love of it
- 6 Word has it... The Magic of Storytelling
- 15 Playing Our Song

**HERITAGE:**

- 5 Collecting Covid-19
- 5 How to Designate a Heritage Property

**NATURE:**

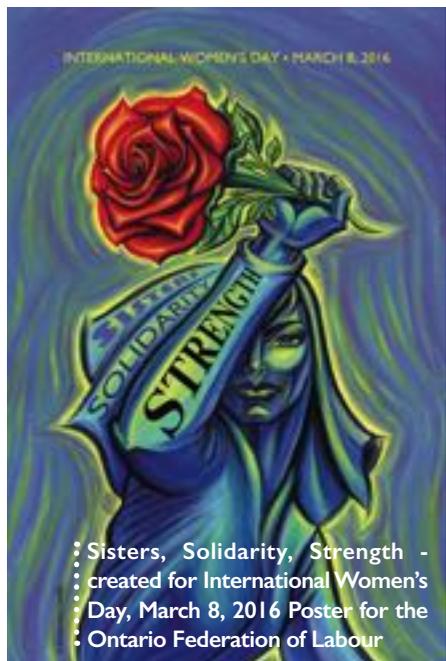
- 17 Biologist at the Table: Peanuts: By any Other Name, Just as Good
- 19 Let's Take a Slow Walk in the Woods!

**AROUND THE NEIGHBOURHOOD:**

- 9 Sweeter Than Honey: The Story of Pioneer Brand
- 13 King Township Public Library's Most Popular eResources
- 13 How To Keep the Mind Active During the Time of Coronavirus

**WHAT'S HAPPENING IN KING:**

- 11 Arts Society King
- 12 Events in and around King Township...just ASK!



• Sisters, Solidarity, Strength -  
 • created for International Women's  
 • Day, March 8, 2016 Poster for the  
 • Ontario Federation of Labour



• There's No Place Like Home - created for  
 • the Canadian Association of Professional  
 • Image Creators Double Vision show and  
 • competition - Won 1st Popular Vote,  
 • People's Choice and 2nd Juried Vote

## An artist's career based on virtue, determination and perseverance.

The art of freehand drawing develops spatial imagination and enables creative communication and problem-solving skills, which **Giovannina Colalillo** applies to her award-winning illustrations.

by Meline Beach

The Schomberg-based visual artist and illustrator starts with pencil to paper and works through her thoughts. Whether the subject is biblical prose, a children's story or a labour movement, Colalillo gives each illustration appropriate contemplation. And then she draws – by hand. Rapid yet conscious flowing movements that bend, curve and curl, she captures surreal, dreamy, and paradoxical concepts that grab your attention and make a lasting impression. Colalillo's illustrations, though each have a mission to support a message, showcase detailed designs that do more than decorate written text. They are stand-alone works of art that are subject to interpretation and entertainment.

One look at her online portfolio and you'll notice she is drawn to bright, bold colours and dynamic movements. She leans towards a signature palette of cool tangerine, royal purple and fresh garden green that she says gives her a sense of energy.

Her style and level of detail have caught the eye of various editors, agencies and corporate account managers. As a freelance artist, Colalillo is hired on a contract basis to produce illustrations for magazine editorials and advertising, book publishing, business branding, corporate materials, exhibits, events and private collections. Her work has covered people, portraits, products, children, animals, nature and other lifelike characters and occasions.

She stays focused and doesn't procrastinate. She's devoted, disciplined and determined to get her drawings done right. Despite her numerous awards, it's not as easy as it looks. Some editorial clients expect a quick

turnaround while bigger advertising projects can take a few weeks to complete. She knows the drill. Every step of the way requires client approval – from initial concept to completion, which could include multiple revisions.

"Never throw away your mistakes," says Colalillo. "We learn by trial and error and it takes several steps to get to a finished product." She's referring to the various tweaks she makes along the way to reach her desired outcome. "Sometimes the magic comes quicker."

Colalillo pushes boundaries not only in the way she draws, but also in what she draws. Not one to conform, she challenges the status quo and tries to be as inclusive as possible by driving more images of women and multiculturalism in her works of art. She's also refused work that doesn't fit her style or goes against her moral grain. She lives and works by her values and doesn't rest on her laurels.

### Only the strong survive.

Illustration is one of the oldest forms of art dating back to cave drawings and wood etchings. These images captured a story in time and were relied upon as a means of visual communication well before photography was introduced in the 1800s. Since then, this visual art form gained popularity with the introduction of magazines, newspapers and books until the internet took over. Like many illustrators who create attention-grabbing images for the print industry, Colalillo has been affected by the decline of print production while digital internet publishing took rise.

Be it as it may, Colalillo is not one to sit idle and has taken the initiative to learn digital illustration skills to enhance her creative

output. She has gained the trust of a steady stream of clients while attracting the interest of new ones through constant self-promotion and networking.

"I make an effort to maintain some sort of balance between the mad rushes with the slower periods and between work and personal life," says Colalillo. "During slower periods I get organized with the self-promotion, bookkeeping and creating new artwork."

During busier times, Colalillo reminds herself to get up and out of the studio for healthy exercise and social interaction. She has a strong network of friends and family and enjoys Hatha Yoga and Zumba at the Trisan Centre.

Visual arts is an incredibly competitive industry in which illustrators develop their own unique style in order to be successful. It also takes a lot of hustle and art muscle to stay relevant.

"I'm constantly looking at new sources for inspiration, experimentation and collaboration," says Colalillo, who enjoys reading, research and visits to museums, art galleries and gatherings with fellow artists. "I particularly love the dynamic colours, swirls and movement found in impressionism expressionism and surrealism art, especially works of art by Emily Carr."

Colalillo divides her time between freelance illustration and design work and teaching art to students of all ages across the Greater Toronto Area, and most recently, particularly King Township.

"I find it important to give back to my community by sharing my passion, experience and knowledge of art," says Colalillo, who has taught at schools in Schomberg, Nobleton and Newmarket through the Ontario Arts

Council's Arts in Education program and the Artist-in-the Library program at the King Township Public Library. Colalillo has also taught art at the Schomberg School of Art, the Aurora Cultural Centre and year-round art programs and summer art camp through the Township of King. "I have also created web banners, logos and product illustrations for local businesses."

In order to sustain a career in illustration, Colalillo advises aspiring artists to stay constantly motivated, determined and be proactive in promoting themselves. She also encourages them to be well-educated and flexible with a back-up plan related to the art field.

"It is important to learn multidisciplinary skills, such as graphic design, type design, social media and web design, advertising, photography, video and digital image manipulation," says Colalillo. "Having an understanding and appreciation for complementary fields will provide more opportunities."

With a career spanning over 30 years as an illustrator, could she still be happy?

Colalillo says, "It is extremely rewarding to have my work published for projects around the world and to be able to communicate important messages through my art. Equally rewarding is running into former students from my art programs who tell me how much they've benefitted from our experience together."

Some of them are pursuing art in university with the hopes of becoming an artist – just like her!

To learn more about Colalillo, commission some art or see samples of her work, visit [www.giovannina.com](http://www.giovannina.com).



Photo Courtesy  
of Library and  
Archives Canada

## COLLECTING COVID-19:

### RECORDING HISTORY IN THE MIDST OF A GLOBAL PANDEMIC

by Liza Mallyon, Collections & Exhibitions Coordinator,  
King Heritage & Cultural Centre

As we rung in the New Year, just after midnight on January 1st, 2020, few would have imagined the current situation that the world is facing.

Travel is banned, schools are empty and stores are closed. Across the globe, there is an overlying feeling of fear as friends, family and colleagues self-isolate to stay safe from an invisible threat.

As the full force of COVID-19 hits North America, there has been a realization that we are amidst history in the making and that the impact of this virus will be felt for years to come. Museums in Canada and across the world are collecting responses from their local communities in different ways. As historians, it is our duty to record it.

Ironically, as the COVID-19 crisis was unfolding staff at the KHCC were already studying the 1918 Spanish Flu epidemic as part of a partnership with the Aurora Museum & Archives for an upcoming exhibit.

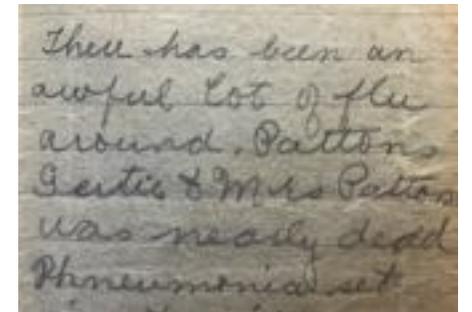
Recognizing the similarities to a century-old event, we realized that future historians would appreciate personal stories to glean a more local understanding of the pandemic.

When the crisis comes to an end, there will be a multitude of statistics available on how it has affected the global population. But the King Heritage & Cultural Centre is interested in capturing personal experiences on how COVID-19 is affecting the citizens that live in the Township of King. For the upcoming Spanish Flu exhibit, letters from the collection provide a glimpse into how the 1918 flu epidemic affected local families but these letters were saved as an afterthought. The KHCC is being more proactive by recording local history as we are in its midst. The year 2020 may well be remembered

as the year that the Coronavirus made the world stand still and we want to record how it affected King.

Anyone who lives, works or spends time in King may participate in this project. People of all ages are encouraged to make contributions because a wide range of experiences will be most valuable. In some circumstances, donations may be accepted from the greater surrounding region. The King Heritage & Cultural Centre is asking for personal responses in any form – letters, journals, poetry, art, social media posts, etc. – and will use donations for future research and/or exhibit purposes. Participants will have the option to have their contributions opened immediately or closed in the archives for up to one hundred years.

For more information on the Collecting COVID-19 project, please email the King Heritage & Cultural Centre at [kingmuseum@king.ca](mailto:kingmuseum@king.ca)



Letters from the Earl Campbell Collection,  
King Heritage and Cultural Centre

## How to Designate a Heritage Property

by Augusto Nalli, Heritage  
Advisory Committee Chair

The owner of one of the more distinctive historical properties in Kettleby has requested designation of her property under the Ontario Heritage Act. It's distinctive, as a stranger would easily pick out what was once the blacksmith's shop, a very important workshop in that bustling village around 1900. What that stranger would not likely guess is that the gothic vernacular house to the east was where the blacksmith lived. The fact that these two buildings still exist on the property is a testament to all the owners who have maintained it for over 100 years. It is wonderful that the current owner wants to ensure its conservation for future residents and visitors to Kettleby seeking an understanding of our collective past.

Requesting designation of a property is a bold step; it's driven by a personal value system and a desire to be a good steward of the property.

Section 29 of the Ontario Heritage Act details the designation process. First step is confirmation that designation is merited; specifically, that it meets at least one of three criteria: unique design, historical/associative value, and/or contextual value. Next step is

the determination of those heritage attributes which must be conserved. What is not identified as an attribute can be modified to meet needs and wants of future owners through a defined permitting process. Once merit of designation is confirmed and attributes are determined, the administrative part of the exercise can commence including creation of a bylaw, reports with recommendations to Council, and notifications in local papers.

Although not yet approved, the King Township Heritage Advisory Committee (HAC) believes that this property meets 2 of the 3 criteria required for designation and, with the owner, has started to identify the attributes. Interestingly, although the property is not yet designated, the property owner has already been confronted with the false news that her insurance premium must increase because of its age and the designation. When she confirmed that coverage, in case of fire, is not to include rebuilding her house with period materials the premium was lowered.

HAC, with the Heritage Planner, will work through the process of designation and will

assist with other matters related to heritage. Designated properties are also eligible for a maximum \$6,000/year grant to assist and provide maintenance for their home. In the end,

the current owner can benefit from designation and reap the satisfaction that important and valuable heritage has been protected for future generations.



Kettleby Property - a blacksmith's shop around 1900

My friend, Phyllis Vernon is an adventuresome ASK artist with a love for old barns and their stories. She has been behind many King musical events and plays a mean piano herself. Dancing with her dressage horse "Jeri" completes her very creative life.

Dorita Peer

# THE MAGIC OF storytelling

by Phyllis Vernon



• Baltimore Orioles and a nest  
• sketch by Phyllis Vernon

This has been a time of challenges not dreamed of in our busy modern lives, impacting each age group in different ways. I worried about my son and his family sequestered in their tiny apartment in Brooklyn New York, five weeks already cooped up with active daughters, aged eight and four. Both parents work full-time from home and have been playing touch-tag with each other between working and offering enriching activities and homeschooling for the girls.

Although a retired elementary and secondary school teacher, giving lessons in math or literacy did not interest me. What I could offer the girls was something special: oral stories. *Stories with Nana* was born out of the time shared online with the girls.

All peoples have their own stories, passed down through the generations -- stories that teach and entertain, that make us laugh or cry, that preserve cultural and human values, that are alive. Think back to the earliest people, gathered around their fire on long winter evenings, recounting tales that taught children best behaviour, that told of heroes, of animals, of mystical beings, of relatives remembered and celebrated, of past events...

As I told the African/Caribbean Anansi story of *Why Spiders Live in the Corners of Ceilings*, I did simple pen sketches on the whiteboard in my studio. Later, I emailed the little drawings with a task, their homework. My son suggested Nanabush stories from our own indigenous peoples' cultures. It was such fun exploring *How Nanabush Made the World* and *Why Porcupines Have Quills*. The girls learned about the thorns

on hawthorn trees, and dogs getting quills in their noses, and how to draw porcupines, and how to say it in French. The eldest told me that she is making a book called *The Book Without Words*. Pictures only. And that she will tell the story to Mama and Papa. I sent along some cartoons of porcupines to colour, and to creatively name. Then I asked them to draw a picture of a Porcupine Fish. Next time I will show them the pufferfish.

Stories connect us to a time before writing, to the magical world of imagination. To share a story in the oral tradition is to share a living experience. Tomorrow, I think I will tell them

#### How the Oriole Got its Beautiful Feathers...

*Sun was just spreading his first rays across the world when he noticed a little grey bird crying in a treetop.*

*"I wish so much I had a golden dress like yours," sobbed the bird.*

*"Promise me you will always sing a beautiful song in the morning and I will grant you your wish."*

*Oriole promised and kept his word and as a reward, Sun gave him a special gift ~ a secret way to make a very special nest to keep his family safe.*

*The intricately woven nest hangs like a pouch, high in the tree and well hidden in the leaves.*

We will move on to Dragons next.



• Spider sketch  
• by Phyllis Vernon



Despite the daily stream of bad news, I'm proud to say King Township has shown its spirit over the last two months.

A spirit of positivity, empathy and co-operation.

During this pandemic, King's citizens have taken the physical distancing guidelines to heart. Although we've tragically lost two citizens to COVID-19, I have no doubt that the efforts by all of you have helped us flatten the curve in King. That being said, we need to continue our vigilance by continuing to practice good hygiene, physical distancing and only leaving your home for essential items like food and medicine.

Turning to good news, we've launched a program called #StayKingConnected! This page will feature positive community stories from around King Township. Do you have a positive story to share? Is someone going above and beyond to uplift the community spirit? Please e-mail us at [communityservices@king.ca](mailto:communityservices@king.ca) to share your story and have it featured on King At Home and our social media channels.

I've already heard many stories about how we're coming together to help one another, including a 13-year-old boy in Schomberg who was dropping off toilet paper and other necessities at random doorsteps with a note saying pay it forward.

The Scruffy Duck in Schomberg has been handing out soup to those in need on Wednesdays.

Many citizens have been dressing up to put out their garbage on the Facebook community groups.

People have been painting rocks and leaving them at the side of trails and sidewalks to brighten people's day.

These are the kind of stories we'd like to hear about.

Now, more than ever, we need to support each other. I'm optimistic these challenging times will bring out the best in us.

For many years now, I've asked our citizens to buy locally as much as possible. I'm asking you to make that a priority in the coming days and weeks. If a local restaurant is offering pick-up or delivery, consider patronizing that business. Try to fill up your tank at a local gas station. Every little bit will help not only the local business owners but the staff members of these businesses too.

For the latest information on how King Township is taking actions to protect the community, visit [www.king.ca](http://www.king.ca).

Please take good care.



Sincerely,

Steve Pellegrini  
Mayor, King Township

**KING AT HOME**  
#StayKingConnected

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- And much more

**SHARE THE POSITIVITY!**  
Do you have a positive story to share? Is someone going above and beyond to uplift the community spirit during these hard times?

**WE WANT TO HEAR ABOUT IT!**  
& FEATURE IT ON OUR SOCIAL MEDIA AND KING AT HOME PAGE

Email us: [communityservices@king.ca](mailto:communityservices@king.ca)  
Or Tag us!

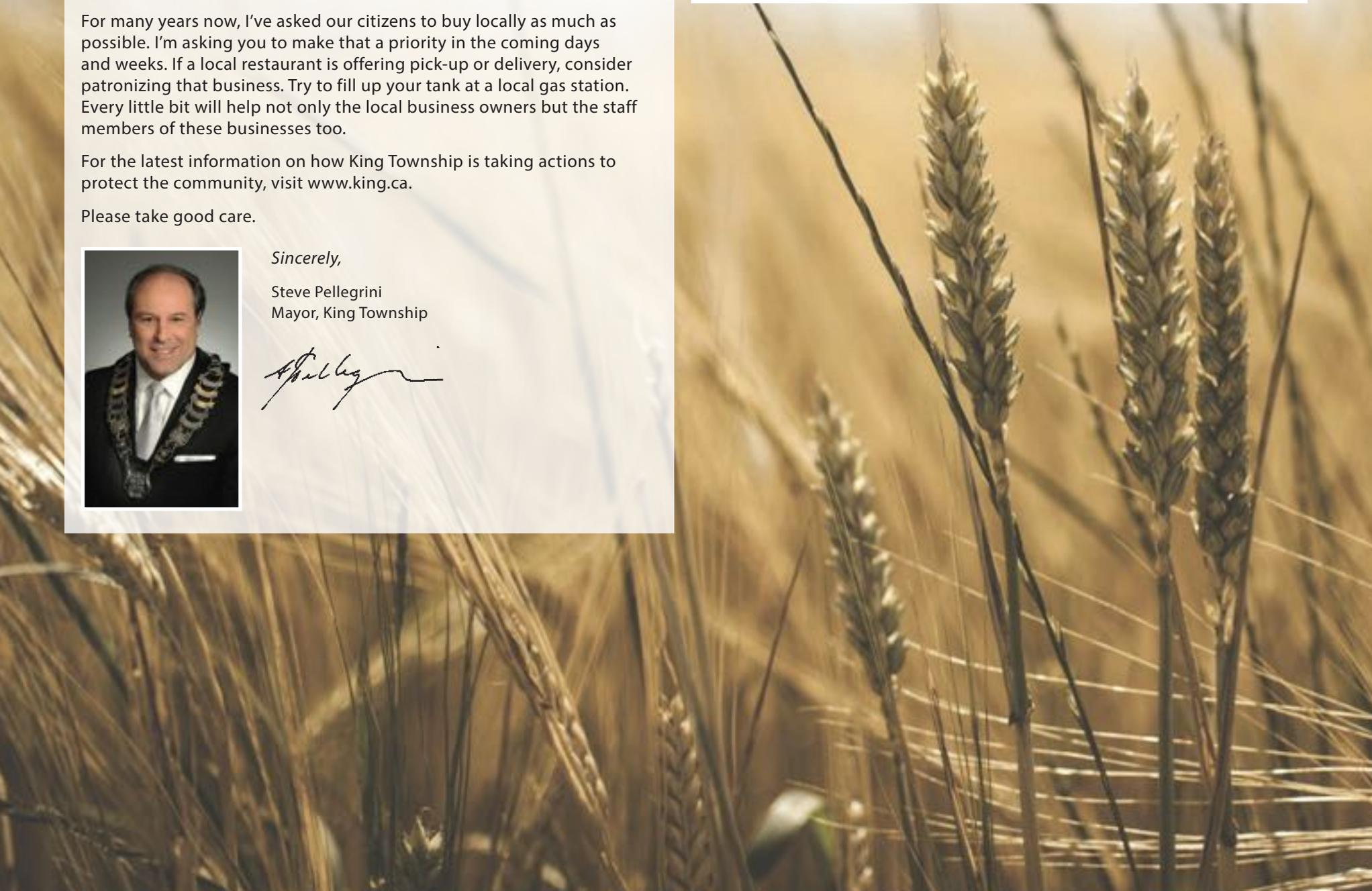
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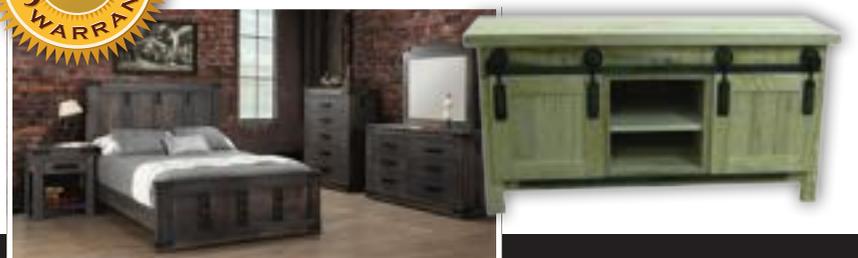
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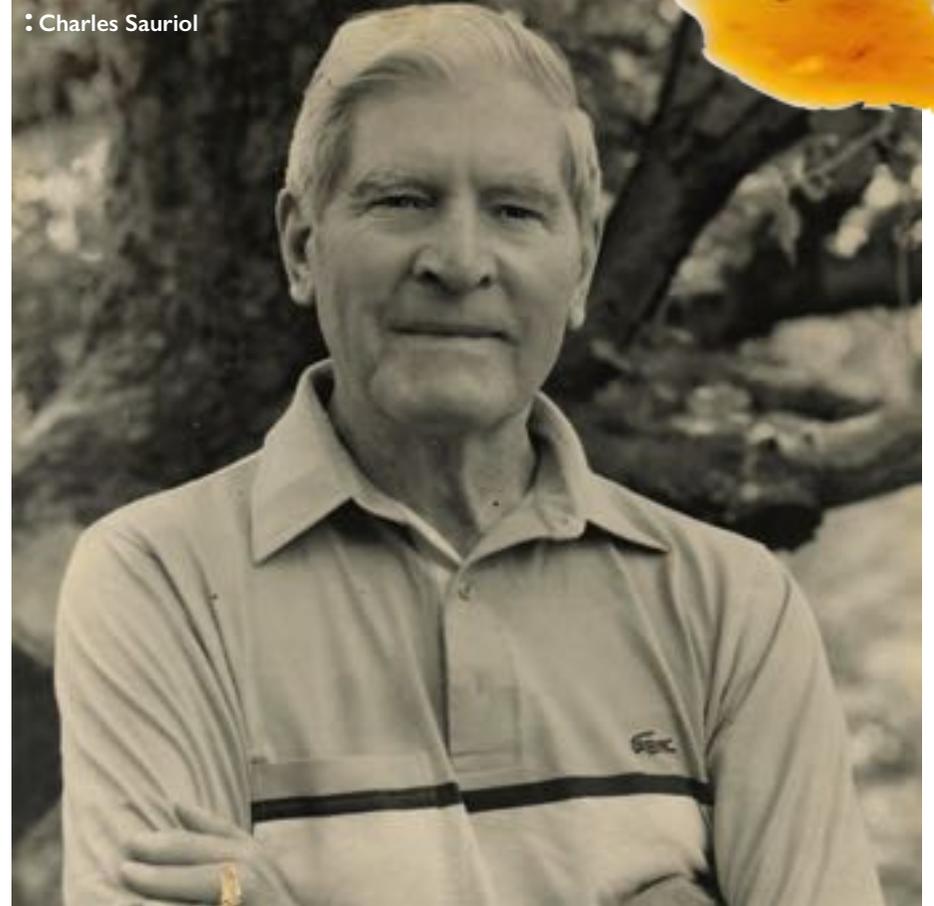
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## Around the Neighbourhood



• Andre Flys in the  
• Pioneer Brand  
• Honey storefront



• Charles Sauriol

# SWEETER THAN HONEY

— THE STORY OF PIONEER BRAND —

by Julia Galt

When eight-year-old Andre Flys first followed his grandfather out towards the beehives scattered on the precipice of Don Valley wilderness, he had little idea he was taking the first steps towards what would later not only become a career, but the continuation of a rich family history stretching back to the early 1900s. What he did know, in typical childhood fashion, was that if his grandfather liked beekeeping, well, then he did, too.

Today, forty six-year-old Flys is the owner of Pioneer Brand Honey, a local gem nestled on the outskirts of Nobleton suburbia. Pioneer Brand sells all manners of bee-centric products, from their bestselling wildflower honey, to beeswax-based lip balm and deodorant, to handmade honey soap, beeswax candles, and ever so much more. Stepping into their farm gate store is like stepping into a time long past, when simple, natural, and sustainable products were the go-to for any ailment or need.

Flys' story in honey can be traced far before his birth, all the way back to a brisk April day in 1936. It was the day his grandfather, famed naturalist Charles Sauriol, received his first beehive from "Old Murph" Murphy, a friendly semi-recluse beekeeper living in the lower Don Valley near Sauriol's home. Murph was convinced that a career man like Sauriol needed a good hobby with which to pass his time, and so gifted Sauriol the equipment, advice, and assistance needed to tend a successful hive of his own. Murph's love for bees soon rubbed off on Sauriol, and for decades after Murph's death he continued to care for them, increasing his hives from one to ten- the cut-off, he believed, for what constitutes a hobbyist beekeeper.

Sauriol's passion for beekeeping is well documented. He was a lifelong member of the Ontario Beekeeper's Association, of which his grandson Andre is now President, and contributed numerous articles to the American Bee Journal. His self-published books, *Honey Is My Hobby* and *A Beeman's Journey*, detail a lifetime of peaks and valleys, beekeeping tips and tricks.

But what Sauriol is undoubtedly best known for, and what has seen his name immortalized in Canadian environmental history, are his lifelong efforts in preserving the Don Valley and other natural areas. His founding of the Don Valley Conservation Association in 1946 was instrumental in stoking public support for the area's conservation, and during his tenure at the Metropolitan Toronto and Region Conservation Authority he acquired most of the current conservation lands in the Toronto area. Sauriol is responsible for preserving over 500 properties in Ontario alone; Cold Creek, Black Creek Pioneer Village, and Bruce's Mill are some noted acquisitions. To honour a lifetime of conservation efforts, Sauriol was, in 1989, made a Member of the Order of Canada,

and has been awarded both the Governor General's Conservation Award and Parks Canada's Heritage Award. A section of the Don Valley where Sauriol cottaged for thirty years today proudly bears the name Charles Sauriol Conservation Reserve.

Flys recalls a famed incident in which his grandfather, eager to convince the Metropolitan Toronto Parks Committee of Todmorden Mills' value, bequeathed to the members eight precious jars of honey. The quality of his Don Valley honey, Sauriol asserted, proved there must be something special about the area. Quite aware that if Charles Sauriol was giving away his honey, then he must mean business, the Chairman acquiesced and the area was approved for preservation.

As Old Murph had with him years before, Sauriol made sure to pass along his passion for beekeeping. Son-in-law John Flys, husband to Sauriol's daughter Denise, was among his more dedicated learners. On the Nobleton family farm where he and Denise have lived for over fifty years, Flys began hobbyist beekeeping himself, enlisting his young son, Andre, for help on occasion. It was there, happily working beside his father, and during trips to his grandparents' Don Valley home, that the sparks for the modern day Pioneer Brand Honey were set.

It was a series of happenstance that prompted Andre to become the family's first commercial beekeeper. He, his father, and grandfather had long contented themselves with selling the occasional jar of honey from their hobbyist hives, but Flys' printing business was struggling and it was time for a change. He registered Pioneer Brand Honey as a business in his late 20s, and, when a local beekeeper retired, jumped at the chance to grow his colonies from 30 to over 500. Hitting the farmer's market circuit to sell his products and talk about the benefits of honey, Flys built the brand up, and had established his Nobleton storefront within the decade. Today, the business remains family-centric to the core, with his parents running the 15th Sideroad farm gate store, and wife Kerrie, daughter Peyton, and sons Wesley and Breen helping out in any way they can. Flys operates today with a scaled back 200 colonies, scattered throughout the surrounding countryside. He's eagerly awaiting the grand opening of his new storefront, where he plans to expand his honey products into mead, sauces, and cosmetics.

If one was to place one of Flys' glass honey jars next to his grandfather's clay pots, they'd find little in common but the name emblazoned across: Pioneer Brand Honey. Yet the 84 years behind that name carries a story as sweet as honey itself.

• The Pioneer Brand Honey storefront -  
• 5815 15th Sideroad, Nobleton



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

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Other Federal Government Supports

#### REMINDER:

Income Tax filing deadline has been extended to June 1, 2020 and the payment period has been extended to September 1, 2020.

### DO YOUR PART TO STOP THE SPREAD OF COVID-19:



PRACTICE FREQUENT HAND WASHING



PHYSICAL DISTANCING



WHENEVER POSSIBLE -STAY HOME

WE ARE ALL IN THIS TOGETHER, AND TOGETHER WE WILL GET THROUGH THIS.



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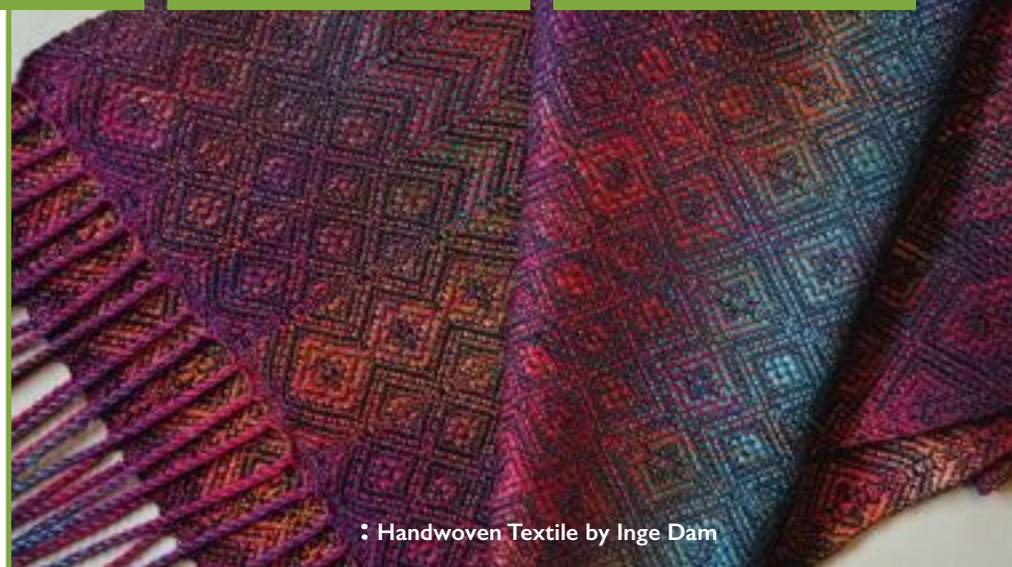
# Let me ASK

With the third edition of Let me ASK you, the world has shifted so significantly that the questions now pose a much different and deeper meaning compared to when those questions were asked in our more "naive" days. For instance, Inge Dam's answer to "What is your idea of perfect happiness?" never rang more true to many of us, especially now, when being with family and traveling seems so far out of reach.

*you...*

featuring  
Inge Dam, Hans Martin  
and Ivanka Pipinkova

by Patti Skrypek



• Handwoven Textile by Inge Dam

## What is your idea of perfect happiness?

- Inge Dam (ID) – Being with my family and traveling
- Hans Martin (HM) – I have no idea. But it sounds boring, unchallenging and stagnant.
- Ivanka Pipinkova (IP) – To help others and not waiting for something in return. To watch and be happy for the achievements of others.

## What is the trait you most deplore in others?

- ID – Discrimination
- HM – Smugness, also dishonesty
- IP – Lying, betrayal and hypocrisy

## What is your greatest extravagance?

- ID – Buying my computer-assisted loom and buying expensive knitting yarns
- HM – I mostly do what I want
- IP – Unfortunately, I have none

## What is your current state of mind?

- ID – Anxiety because of COVID-19 and sadness because I can't be with my family
- HM – Anxiety, impatience, anger
- IP – I am content and happy being with my family and knowing that they are healthy

## When and where were you happiest?

- ID – Richmond Hill when my daughters were born and Ottawa when my granddaughters were born
- HM – At the end of my career, in the 1990s
- IP – When I met my husband and fell in love with him 56 years ago. I also fondly remember my happy childhood in my home village with my parents and sisters.

## What do you consider your greatest achievement?

- ID – Writing and publishing my book "Tablet-Woven Accents for Designer Fabrics: Contemporary Uses for Ancient Techniques"
- HM – The development of one of the finest air research programs anywhere
- IP – Becoming a mother and raising my kids to become good human beings and supporting them in acquiring higher education. I am very proud of them.

## If you were to die and come back as a person or thing, what would it be?

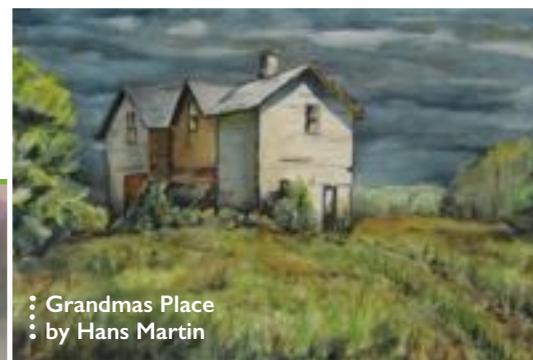
- ID – A concert pianist and/or a soprano
- HM – Mozart's assistant
- IP – I like my life and I am happy with what I have achieved. If I could come back to life I would like to be me again. The one thing that I would change is to have more time to learn more.

## What do you most value in your friends?

- ID – Honesty
- HM – Honesty
- IP – Sincerity, honesty, loyalty

## What is your most marked characteristic?

- ID – Creativity
- HM – It depends on who you ask:  
for me, irritability
- IP – Caring



• Grandmas Place  
• by Hans Martin



• Morning Mist by  
• Ivanka Pipinikova



# Events in and Around King Township

by Arts Society King



Due to the current and unforeseen circumstances - most events are postponed or cancelled until further notice. If you require more information on an event you usually attend over the summer, please contact the event provider directly.

Listed below are a few of the many King Township Community Groups that host a variety of engaging social activities and events.

**ARTS SOCIETY KING** – ASK is in its 15th year! ASK promotes, supports, advocates and celebrates arts and culture within King Township. Enriching King Township through arts and culture for all. Events such as Studio Tour King, Schomberg Street Gallery, Mayor's Celebration of Youth Arts, Write Now! @ King, King's Feet Underground Sound & Literary Festival and MOSAiC magazine. Further info: [ArtsSocietyKing.ca](http://ArtsSocietyKing.ca); [info@artsocietyking.ca](mailto:info@artsocietyking.ca); 905-833-2331

**DUFFERIN MARSH** – The Dufferin Marsh Nature Connection is a crew of committed individuals that care about the Dufferin Marsh and the community of Schomberg. We provide opportunities for people to reconnect to nature through events such as our Community Skate and Bonfire, Earth Hour celebration, Frog Watch Training and workshops on birds, moths and butterflies. Further info including FB link: [DufferinMarsh.ca](http://DufferinMarsh.ca); Charles Cooper – 905-939-9297

**KING CHAMBER OF COMMERCE** – Your voice for business in King. The chamber is a voice for Businesses by lobbying the Township of King, York Region and other levels of Government and Government departments on behalf of local Business. This is especially valuable for Small Businesses that don't have the resources to do this on their own. Researching and Implementing – Strategies that promote local business retention and expansion. Media Connection – The Chamber Board helps local businesses connect with the local media as well as the Mayor's office to help promote their Grand Openings, Anniversaries and other events. Further info: [KingChamber.ca](http://KingChamber.ca); [info@kingchamber.ca](mailto:info@kingchamber.ca); 905-717-7199

**KING TOWNSHIP FOOD BANK** – Our mandate, every month, is to provide a week of non-perishable foods, food cards, fresh produce, pet kibble and paper products to residents of King Township who seek assistance through registration with us. Always the third Saturday of the month – whether you need help or want to help. Events such as monthly food distribution and Sip & Savour. Further info: [ktfb.ca](http://ktfb.ca); [ktfoodbank@gmail.com](mailto:ktfoodbank@gmail.com); 905-806-1125

**KING HERITAGE AND CULTURAL CENTRE** – Owned and operated by the Township of King, the KHCC is home to the King Township Museum, the King Township Archives, the King Township Historical Society, and Arts Society King. You can currently keep up with history in King through our History at Home Series, found on Facebook @KingHeritageandCulturalCentre, Instagram @KingMuseum, or at <http://king.ca/LivingInKing/ParksRecreationCulture/kingathome>.

**KING TOWNSHIP HISTORICAL SOCIETY** – To encourage research in the history of King Township. To secure and preserve an accurate account of the progress and development of the Township. To promote public interest in the history of King Township. Events such as Lecture Series, Holiday Concert, Doors Open – King Township. Further info: [KingTownshipHistoricalSociety.com](http://KingTownshipHistoricalSociety.com)

**KING CITY LIONS CLUB** – Events such as the Annual Easter Egg Hunt, Beef Dinner & Silent Auction and Christmas Skate. Further info: [contactus@kingcitylionsclub.com](mailto:contactus@kingcitylionsclub.com)

**KING CITY SENIORS' CENTRE** – The King City Seniors' Club is tasked with providing recreational programming for area residents. The King City Seniors Club provides local seniors with an opportunity to be physically and mentally active while enjoying a variety of social activities. Regular activities include euchre, bridge, bowling, and a variety of fitness groups. Monthly potluck lunches, movie nights and guest speakers provide opportunities for stimulating conversations and learning experiences. Day trips to various entertainment venues are also a regular feature. All activities are run by volunteers with support from King Township. Further info: [KingCitySeniors.ca](http://KingCitySeniors.ca)

**KING CITY SKATING CLUB** – King City Skating Club is a non-profit, community based organization run by a Board of Volunteers. The Club offers accredited lessons to skaters of all ages and abilities from pre-schoolers to adults. We are pleased to offer skating services once more in the communities of Oak Ridges and King City. Our goal is to continue to offer professional skating services as provisioned by Skate Canada in a positive learning environment. Further info: [KingCitySkating.com](http://KingCitySkating.com); [info@kingcityskating.com](mailto:info@kingcityskating.com)

**KINGCRAFTS STUDIO** – Our mission is to promote the various crafts in King and surrounding districts, promote the skill and artistry of those practicing the crafts and foster a community

spirit through the medium of handicrafts. We are located at 12936 Keel St., King City, L7B 1H8. Events such as Workshops Available this Summer and Fall. Check our website for further information: [www.kingcrafts.ca](http://www.kingcrafts.ca), 905-833-1897

**NOBLETON & KING CITY GARDEN CLUB** – To encourage interest in Horticulture and related Environmental Stewardship initiatives, through sharing the theory and practice of gardening with our membership and the wider community. Organize diverse speaker events, demonstrations and workshops. Participate in Plant Sales and community beautification projects. Partake in seasonal flower, vegetable and floral arrangement design shows. Enjoy conversations with knowledgeable club members and be part of evolving horticultural practices and environmental stewardship. Further info: [nobletonkingcitygardenclub@gmail.com](mailto:nobletonkingcitygardenclub@gmail.com), Kelly Lavis President. Visit our website at [www.gardenontario.org/site.php/nobletonking](http://www.gardenontario.org/site.php/nobletonking). Follow us on Facebook and Instagram.

**NOBLETON CHILDREN'S THEATRE CO.** – We are a non-profit children's theatre company which provides local children, aged 6 to 14 years, with the opportunity to participate in plays, musicals and variety shows at various community events. Events such as Nobleton Tree Lighting, Nobleton Victoria Day Parade and Celebration and Tasca Park Grand Opening. Further info: [nobletonchildrenstheatreco@gmail.com](mailto:nobletonchildrenstheatreco@gmail.com)

**JUNE 22 – THE EVENING GARDEN** at Nobleton Community Hall – 19 Old King Rd, Nobleton, 7:30 – 9 PM. Renowned garden designer, Wolfe Bonham, will be enlightening us with innovative and creative garden design for after dark. Come ask questions and see how you might expand the potential and the enjoyment of your garden, longer and later into the evening and nighttime hours. Contact Nobleton/King City Garden Club at [nobletonkingcitygardenclub@gmail.com](mailto:nobletonkingcitygardenclub@gmail.com). Visit our Facebook page!

**NOBLETON LIONS CLUB** – The Lions Club of Nobleton was formed in 1962. In 2020 we celebrate 58 years of proud history and local support which has enabled us to make significant contributions to our community. Events such as Dog Guide Walk, Annual Golf Fundraiser, Fundraising Ticket Draw and Santa Skate. Further info: [NobletonLions.com](http://NobletonLions.com)

**NOBLETON SKATING CLUB** – Nobleton Skating Club (NSC) is dedicated to enabling life-long participation in skating for fun, fitness and achievement. Our goal is to provide quality, affordable skating instruction to all club members in an environment that promotes personal achievement. Further info: [NobletonSkatingClub.com](http://NobletonSkatingClub.com); [nobletonskatingclub@outlook.com](mailto:nobletonskatingclub@outlook.com)

**SCHOMBERG AGRICULTURAL SOCIETY** – The Schomberg Agricultural Fair is a heart-warming (and fun!) local tradition that has been upheld for 170 years. Every May, rain or shine, Schomberg plays host to a colourful celebration of local agriculture, art and talent. This year the members of the Schomberg Agricultural Society have made the very difficult decision to cancel the 170th Schomberg Agricultural Spring Fair.

**SCHOMBERG HORTICULTURAL SOCIETY** – Since its inception in 1935, the Schomberg Horticultural Society has been an integral part of King Township. The objectives of the society are to hold meetings with guest speakers that will encompass all aspects of horticulture, to encourage all types of gardening. It promotes the protection of the environment through good gardening practices, tree plantings, public beautification, and educational materials. We hold monthly meetings on the 4th Tuesday in the months of March, April, May, June, Sept., October, with a speaker, refreshments, flower show, and social time. A Plant Sale is held in May, and a Garden Tour (within the King Township area) is held in June\*\*. We also maintain a number of Gardens in the Schomberg area (\*\*meetings and events are cancelled until further notice, due to COVID-19). Further info: Contact Jill Watts-Hayward, President 905-939-2781 [haywatts@yahoo.com](mailto:haywatts@yahoo.com) Website: [gardenontario.org](http://gardenontario.org)

**SCHOMBERG LIONS CLUB** – To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions club. Events such as Annual 50/50 Raffle Draw, Main Street Christmas in Schomberg, Soupfest, Hockey Day in King, Skate with Santa. Further info: [www.SchombergLions.ca](http://www.SchombergLions.ca)

**SCHOMBERG SKATING CLUB** – Our vision is to inspire a love of the sport of skating and healthy, active lifestyles in our local community. Our purpose is to support all skaters in achieving their skating goals by providing quality coaching, programming, and facilities. We offer Skate Canada programs for all skating purposes, including CanSkate, PreCanSkate, Star Skate and Power.

**SCHOMBERG VILLAGE ASSOCIATION** – The Schomberg Village Association is devoted to improving the quality of life within the Village of Schomberg. Our main event is A Main Street Christmas. We also do the Schomberg Scarecrows in October, the Annual Christmas Tree Lighting Ceremony and Singalong on Main St in November and help with the Schomberg Street Gallery in September. Further info at: [Schomberg.ca](http://Schomberg.ca); Charles Cooper – 905-939-9297

**TRCA (TORONTO AND REGION CONSERVATION AUTHORITY)** – To protect, conserve and restore natural resources and develop resilient communities through education, the application of science, community engagement, service excellence and collaboration with our partners. Events such as Guided Bike Tour, Beautiful Native Plants Online Webinar and Workshop: Dragonflies and Damselflies. Further info: [trca.ca](http://trca.ca); [info@trca.ca](mailto:info@trca.ca)



## KING TOWNSHIP PUBLIC LIBRARY'S Most Popular eResources

by Kalli Secord, Librarian | kinglibrary.ca

King Township Public Library (KTPL) closed its doors on March 14th to help slow the spread of COVID-19. At the time we had no idea this closure would go on for as long as it has. Following government regulations, we knew that it was what was best for our patrons, our community and our staff.

Closing the libraries' doors did leave many patrons without access to the library materials, programs, and services they love. How could KTPL continue to serve our patrons in a way that was meaningful if we weren't able to see them in person? Our answer was our eResources. KTPL is always committed to providing our patrons with a variety of options to access materials and resources online, but in this time of social distancing, it was even more important. These eResources include eBooks, eAudiobooks, music, movies, TV shows, language learning and more!

For community members that might not have had a card before the closure, you can obtain an eLibrary card. Just fill out a quick application on our website and you will be granted immediate access to all our eResources. When the library re-opens your eLibrary card can be converted into a physical card to access all materials.

Here is a list of the eResources that have been the most popular to-date with our patrons:

### ANCESTRY.COM

The library has long been a subscriber to Ancestry.com, but up until this extended closure, it was a resource only available within a KTPL branch. During this time many patrons have more time on their hands and genealogy is a popular past time. So KTPL opened up this resource to any patron with an active library card or eLibrary card. Allowing access from anywhere.

### OVERDRIVE AND LIBBY

Overdrive and its companion app Libby have long been a staple in Library eBook and eAudiobook lending. They have a variety of titles for all ages and all interests. All you need to access this amazing eBook resource is an active library card or eLibrary card. That and a device that you can read or listen to books on.

### HOOPLA

Hoopla has always been a popular resource. It has a variety of eBooks, eAudiobooks, TV shows, movies, and music. Hoopla also differs from similar content loaning resources by never making you wait! But there is a limit in how many you can borrow in a given month. But again, KTPL helped patrons by temporarily increasing the limit from 10 checkouts a month to 15. This combined with Hoopla's "Bonus Borrows" (titles that do not count towards your monthly limit), makes Hoop-



la even more popular. And all you need is your KTPL library card or eLibrary card and you too can access everything available on Hoopla.

### LYNDA.COM

Lynda.com is an online learning database that allows users to watch videos on over a hundred professional development topics. Users can learn a new skill or upgrade their current talents. Lynda.com's courses include professional development courses, hobbies and personal interest courses. To have full access all you need is your KTPL library card or eLibrary card.

This is only a sampling of KTPL's most popular resources. There are countless more available to our KTPL library cardholders. All you have to do is go to kinglibrary.ca to find a resource that suits you! We do our best to ensure we have something for everyone!

## How To Keep the Mind Active During the Time of Coronavirus

by Dr. Henry Mahncke

As we enter another week of the stay-at-home order, it's easy for one day to seem just like another.

The monotony of life confined to your house is not just boring, it's actually not healthy for your brain, which thrives – chemically, functionally, and physically – from stimulation, from learning new things, and from solving problems.

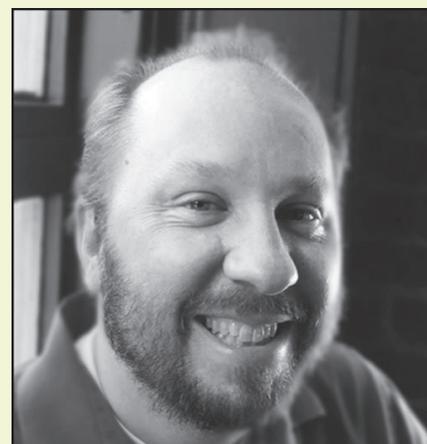
Here are six tips to keep your brain fit, healthy, and happy:

**LEARN.** This is a great time to start a new hobby, learn a new skill, or maybe dust off that guitar, paint set, or language tapes that have sat unattended for years. Doing new things that demand attention and are progressively challenging flood your brain with beneficial chemicals and fine tunes its

operations. Extra tip: the less familiar you are with the activity, the better.

**SOCIALIZE.** After a while under lockdown, a sense of isolation sets in. While you can't go to physical gatherings, this is a great time to reconnect with friends by video or even by phone. Extra tip: When you talk about how things are in your location try to be very descriptive and when others talk try to visualize what they are talking about. Studies show visualization activates many of the same brain circuits as actually being there.

**WORK.** Perhaps you're working from home. The problem-solving,



**DR. MAHNCKE** received his PhD in neuroscience in the UCSF lab that discovered that the brain remains plastic — capable of change — throughout life, before being asked by his academic mentor to lead the science team that makes BrainHQ.

accomplishment, socialization, and even routine of work are good for the brain. If you don't have work to do at home, make some. It's a great time to take care of home projects you never have time for. Extra tip: Approach it like a job, with a schedule, and with reports to a friend about progress.

**SLEEP.** A good night's sleep is essential for brain health. During sleep your brain engages in housekeeping – consolidating useful learnings of the day and discarding irrelevant information. To get a good night's sleep, it's a good idea to disconnect from your devices and switch to something relaxing – perhaps an hour with a good book and some herbal tea.

**WALK.** Most places let you wander about the neighbourhood for physical exercise (maintaining physical distancing and perhaps wearing a mask). It's not just that physical exercise is good for your brain; there is stimulation from observing your changing surroundings. Extra tips: Change your route; make note of things you learned on the outing and describe them to a friend.

**BRAIN TRAINING.** I've spent the past decade with a global team of scientists making the brain exercises in BrainHQ and validating them in studies. Such online exercises continuously challenge your brain to stay fit. You can access them for free through many libraries and you can try them for free at brainhq.com.

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# PLAYING OUR SONG

by Dorita Peer

*(My thanks to Casey Sokol, professor, improv pianist and composer extraordinaire, mentor to many; and to Viktor Zuckerkandl, a most intriguing read.)*

## THERE IS SOMETHING ABOUT MUSIC...

It is a presence at our rites of passage. Imagine a wedding without it, or a high school prom. Little kids chant their ABC's. Music accompanied cinema before it learned to speak. When film scores amplified our emotions, they imprinted us. Wagner's *Ride of the Valkyrie* might evoke a swarm of helicopters, or Mancini's *Pink Panther* theme bring on a smile. Imagine them switched. Why are some melodies pleasing and others creepy? A soft science like psychology might answer how but not why music is such a powerful mood-altering non-substance.

Physics likes sterner questions. It looks back in time for causes and effects. We know the Big Bang was anything but. More a single inaudible bong—well below the range of our hearing—as if from a gigantic gong vibrating outward. Boney fishes were first to pick up sound. Then we came along with ear bones and a drum. A whole orchestra! As if we knew music was just around the time corner. "The sense of hearing fulfilling its destiny," writes Viktor. That unknown reaction between the forces of matter and

antimatter is still making waves. That coming and going tick-tock action of opposing forces—that even the deaf can enjoy as good vibrations—can be measured. "A sensual mathematical experience," Casey calls music.

But not all sound waves are equal in character. Each tone is an individual that relates to other tones the way soldiers march and folk dancers dance. Tones are sounds with attitude, and without the "coming and going" relationship between one tone and another, no melody. A chromatic scale's neat line of tick-tick-ticks "going away" is tonal chaos. Unless you are a Metalhead, chaotic sounds arouse reaction rather than response.

"The bones of music," Casey calls tones. Tidy physics lays out the way tones relate to make music. For the intrepid musicophiles, the study of acoustics explores families of tones we call chords. Songbirds sing no chords. Though not all music has chords, theirs is language rather than composition, instinctive or lifted from their environments. It is we who get to create music from the

ordered behaviour of tones. We invented chords. The result of co-creation resonates—"re-sounds"—within us. Chords grow out of the life in their root tones, which promise more to come, and the resonance in a chord delivers a sum greater than its parts. But why one chord is *The Holy* and another is *The Lost*—there's the rub.

Darwin called music, "Incomprehensible." Viktor calls music magical and miraculous. After physics comes metaphysics, which thrives on posers for the Quixotic at heart. There is no rational basis to explain the arrangement of tones in our scales. We expect closure at the end of a musical sentence: "the Amen" sound. A Chinese musician would not expect it, though east and west do meet in pleasure once the exotic shock is overcome, because music evolved through us. We name our historical musical emotions Baroque, Jazz, Minimalist, Folk, Rock, Carnatic, Hogaku, etc.

English: a million-plus words. Music says it all in twelve tones. Or, in the case of Indian

Carnatic music, twenty-two, where pitch is an expression of the mind. Experiments measuring groups of singers revealed them—remarkably and blithely—off pitch, said the oscilloscope. To those musicians and the audience essentially there was no right and wrong.

What then is music?

The dimensions we ascribe to tones—height, depth, length, timbre, movement—are more metaphorical than real. Colours vibrate measurably, and artists see tones of hue and value. To say that music is sound waves is to say that pigment is art. Set as music, a tone is also evidence of the non-material world, of life itself; we expect first contact will be a far-reaching tone.

Most of our reality is sense experience. Mathematics is symbolic of what is outside of us. Music is symbolic of what is in us as feeling, which is not sensation. When elegant mathematics melds with intuitive metaphor, it is the stuff from which human beings make meaning. The ring of truth is that the song they are playing is always ours.



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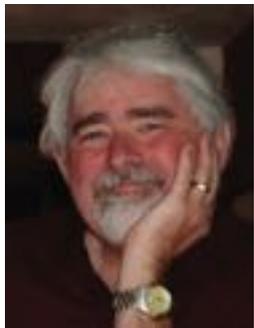
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## BIOLOGIST AT THE TABLE

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.



“REST ASSURED - WE DID NOT COME FROM A LONG LINE OF NUTS”

# PEANUTS:

— BY ANY OTHER NAME, JUST AS GOOD —

When my son Alex was five, I overheard him and a neighbourhood boy giggling, and saying the word “peanut” back and forth to one another as they ate their peanut butter and jelly sandwiches.

Apparently, they had just realized that the “pea” in peanut is the homophone of a bodily function. To a five-year-old, that’s hilarious. Would they have had the same fun with “pindar”, “goober” or “groundnut”, the 19th century names for the plant that botanists call *Arachis Hypogaea*? This plant has an interesting biology. Its history is equally interesting, and sometimes sad.

While the peanut is definitely a pea, it is not a nut. This species stems from the evolutionary branch of plants known as the legumes, often referred to as the pea family. Lentils, beans, soya, and trees like catalpa and locust are also legumes. A quick comparison of pea and peanut pods reveals both are formed of two elongate halves that easily split apart lengthwise to reveal a single row of seeds. The flowers of these two species are also of very similar shape. While peas have tall and vine-like stems, peanuts are knee-high and bushy. Short stems go hand in hand with the plant’s bizarre reproductive

process. Once a flower is fertilized, its stalk bends downward, pointing the ovary to the ground. The stalk, called the “peg”, then elongates, pushing the ovary a couple of inches into the soil. The tiny ovary at the end of the peg then expands to become the pod, and the ovules within it grow into seeds. At harvest, the peanuts are pulled from the soil by their shrubby tops. You can see why they were called groundnuts.

Except, as you recall, they are not true nuts. Botanists use a narrow definition for this term: a dry, single-seeded, indehiscent fruit with a hard pericarp. To translate, a nut forms when the flower’s ovary expands after fertilization, fusing its three concentric tissue layers into a solid shell. By these criteria, acorns, chestnuts and pecans are the real thing. Peanuts don’t make the cut. Neither do almonds, cashews or walnuts. In these species only the innermost tissue layer hardens whilst the outer two become fleshy, forming a fruit known as a “drupe”.

We use all of these seeds in similar ways, so why define “nut” so narrowly? The botanist’s goal is to understand the fine details on plant growth and development, not so much on how plants get used.

Peanuts were first eaten several thousand years ago, in Peru, where the plant evolved. Trade among the native Americans took the crop to the Caribbean. In the 16th century, Portuguese traders introduced it from there to their African colonies, where it became a staple. It finally reached North America in conjunction with the slave trade. If you go by the advertising logo Mr. Peanut, sporting his silk top hat and monocle, you might think peanuts were reserved for the upper crust. On the contrary, until the end of the 19th century, they were considered suitable only for the most destitute. Along with okra and black-eyed peas, peanuts were key ingredients in soups and stews enjoyed by the enslaved throughout the American south. It took the US Civil War for European migrants to take the peanut seriously.

## East African Groundnut Stew

You can find dozens of recipes for groundnut stew on the internet, many made with chicken or pork. Some use spinach, but others use collards. They are all pretty simple to make. This one is similar to one made by a university classmate from Cameroon. Don’t skimp on the ginger and coriander.

**INGREDIENTS:** 1T peanut oil; 1 diced onion; 4 minced clove garlic; 2T grated fresh ginger; 2t ground coriander; 1-2 diced chilli peppers; 2 lbs. diced sweet potatoes; 1 can (15 oz.) diced tomato with juice, 4C chicken or vegetable broth, ¾ C of smooth peanut butter; 4C of baby spinach, and juice of 1 lemon.

**DIRECTIONS:** Sauté the onion, garlic, ginger until they soften. Add the spices and sweet potatoes and continue cooking for another 2 min. Pour in the tomatoes and broth, and simmer for 15 min. Remove from heat and stir in the peanut butter. When blended, add the spinach and lemon juice. Serve over rice, and sprinkle with ground peanuts!



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# FOREST BATHING

LET'S TAKE A SLOW WALK IN THE WOODS!

OUR LIVES DURING THE PAST FEW MONTHS HAVE BEEN ANYTHING BUT TYPICAL.



Susan Walmer, CEO • Oak Ridges Moraine Land Trust

*The Oak Ridges Moraine Land Trust is a group of citizens and neighbours working together to protect and steward Moraine properties for our collective benefit. We are a charitable organization, committed to the protection of natural spaces and to engaging our community with nature and the conservation work on their Moraine. Forest Bathing at the Oak Ridges Moraine Land Trust would not be possible without the generous support of the Patrick and Barbara Keenan Foundation.*



OAK RIDGES MORaine LAND TRUST

And when our daily life is turned upside down, it is difficult to feel calm, centred and inspired. Forest bathing, a practice inspired by the Japanese tradition of "Shinrin-yoku", involves mindfully spending time in nature, taking the time to indulge in the sights, sounds, and sensations of the forest. As a slow-moving woodland walk, this activity seeks to draw participants into the moment, to slow down thoughts and ponder quietly while enjoying the nature around them.

The benefits of Forest Bathing are not just for adults - each experience can be tailored for children, teens and retirees, whether that means taking a more accessible path, providing a fun yet mindful experience for children or partnering with health professionals and their patients. It can be done as a family, or on your own to enjoy the sights and sounds of nature. Forest bathing is bound to bring you peace and perspective in a time when we need it.

Prompted by a certified Forest Therapy guide, you are given a series of "invitations" which are suggestions as to how you can use your senses, such as sound, touch, and smell, to experience the forest in a different way. It might seem simple, but research shows that this practice has many positive impacts on your mind and wellbeing, and can often reduce stress, boost your mood, and even improve your immune system.

During my first forest bathing walk, I discovered an entirely new part of the world around me. The thoughtful invitations by our forest guide created space for feelings and sensations and immersion with the forest. The experience was one of peaceful calm and wonder. For the first time ever, I became aware of the small nuances in the woods. I noticed the soft breeze on my face, the slowness of a spider on their web and how long it takes for a leaf to flutter and fall to the ground. I now bring this mindfulness with me every time I go for a walk in the woods.

Forest Therapy and other conscious efforts to promote your own well-being are now more important than ever. The Oak Ridges Moraine Land Trust will be hosting a Virtual Forest Bathing Event to celebrate the Summer Solstice on Friday, June 19 and Saturday, June 20 at 7:00-9:00 pm with additional future dates on our website. Please register at <https://www.oakridgesmoraine.org/workshops-events/> or contact us by email at [landtrust@oakridgesmoraine.org](mailto:landtrust@oakridgesmoraine.org) or phone 905-853-3171x30.

All you need to participate is access to the free web app Zoom, a place to sit, and a quiet space. The virtual forest bathing sessions allow for easier access, as you join within the comfort of your own home or backyard. If you are outside, it will be even better, but please dress accordingly.

These sessions will use technology to help you relax, unwind, and restore on a virtual forest bathing walk. We hope that with the coming of autumn, you will also be able to join us in person for a Forest Bathing program hosted at our beautiful properties, gems along the Oak Ridges Moraine.

No matter where your heart leads you today, I hope you take a moment to reflect on what nature gives to YOU. What is it about our Moraine, our Greenbelt, this spectacular part of the world that you love most? For me, at this time of year... I love to watch the monarchs frolic in the fields, the turtles bask in the sun and listen to the wind in the trees.

I would love to hear from you. You can email me at [swalmer@oakridgesmoraine.org](mailto:swalmer@oakridgesmoraine.org) or you can join the conversation on social media <https://www.facebook.com/oakridgesmoraine.org/>. From my heart to yours, I hope you and your loved ones are safe and well in these unusual and unexpected times. Staying connected to each other - through our love of nature - is another form of hope and healing.



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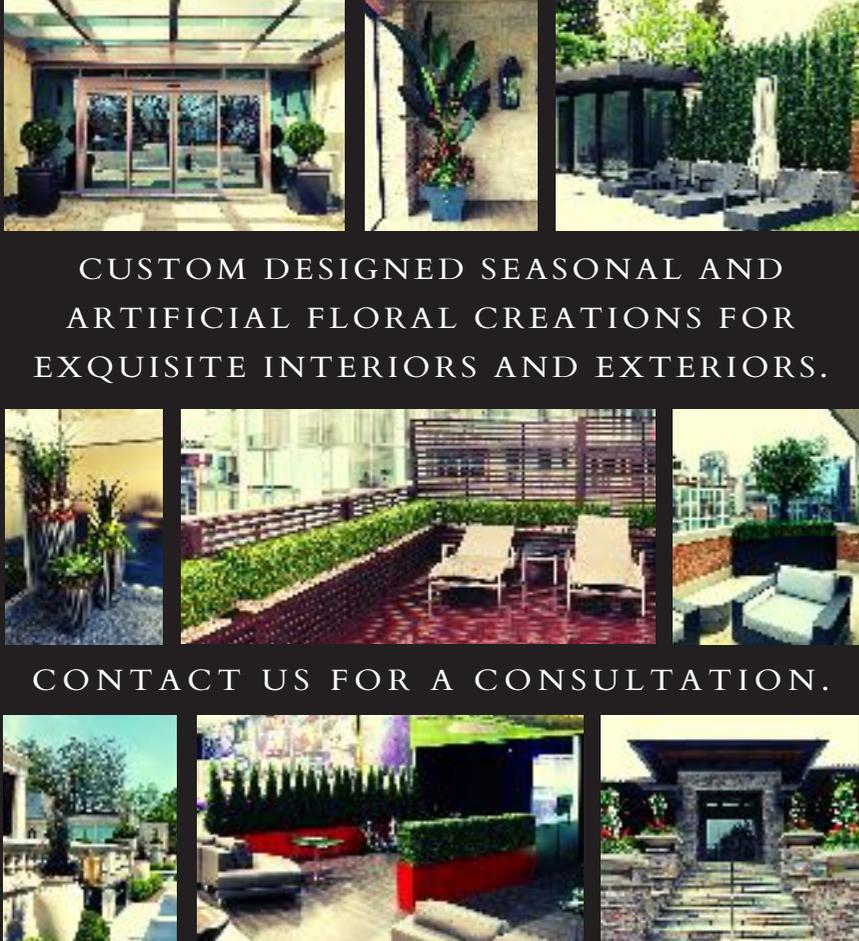
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