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summer 2021

*King*

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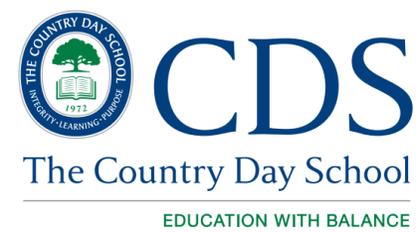
# DISCOVER

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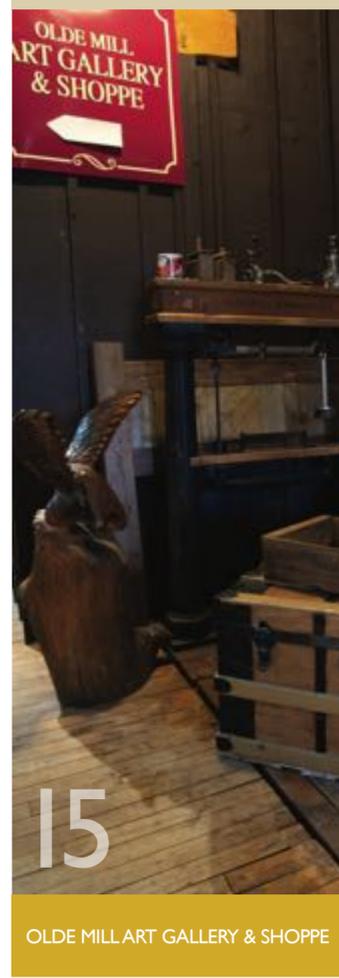
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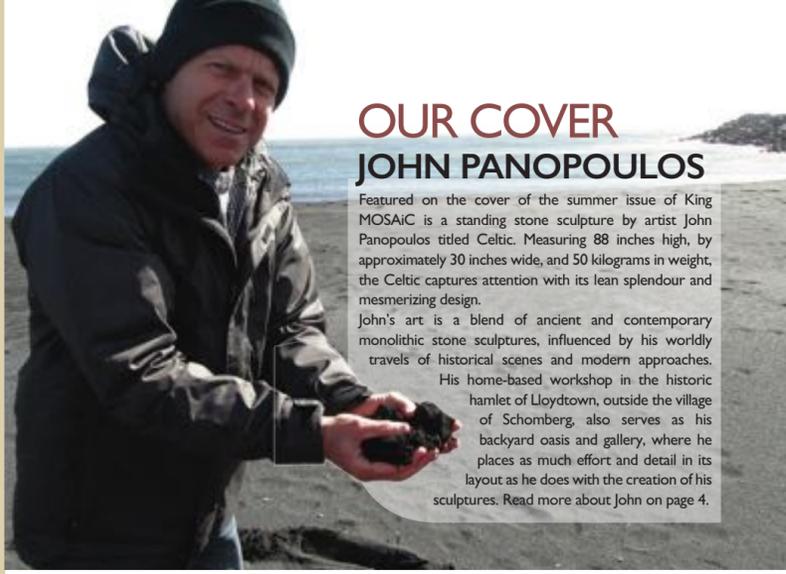
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**LESLIE HOBSON**



Leslie Hobson is the founder of The King City Angels and has been an active volunteer and philanthropist in King Township for more than 25 years. She served Hope House Community Hospice as both a visiting volunteer and Board Chair. An award winning writer and avid photographer, she now looks for ways to turn her passions into profits for those charities she supports. See her article on a new Children's book with a charitable connection on page 11.



15 OLDE MILL ART GALLERY & SHOPPE



### OUR COVER

#### JOHN PANOPOULOS

Featured on the cover of the summer issue of King MOSAIC is a standing stone sculpture by artist John Panopoulos titled Celtic. Measuring 88 inches high, by approximately 30 inches wide, and 50 kilograms in weight, the Celtic captures attention with its lean splendour and mesmerizing design.  
 John's art is a blend of ancient and contemporary monolithic stone sculptures, influenced by his worldly travels of historical scenes and modern approaches. His home-based workshop in the historic hamlet of Lloydtown, outside the village of Schomberg, also serves as his backyard oasis and gallery, where he places as much effort and detail in its layout as he does with the creation of his sculptures. Read more about John on page 4.



13 LET ME ASK YOU...



21 FINDING SHELTER

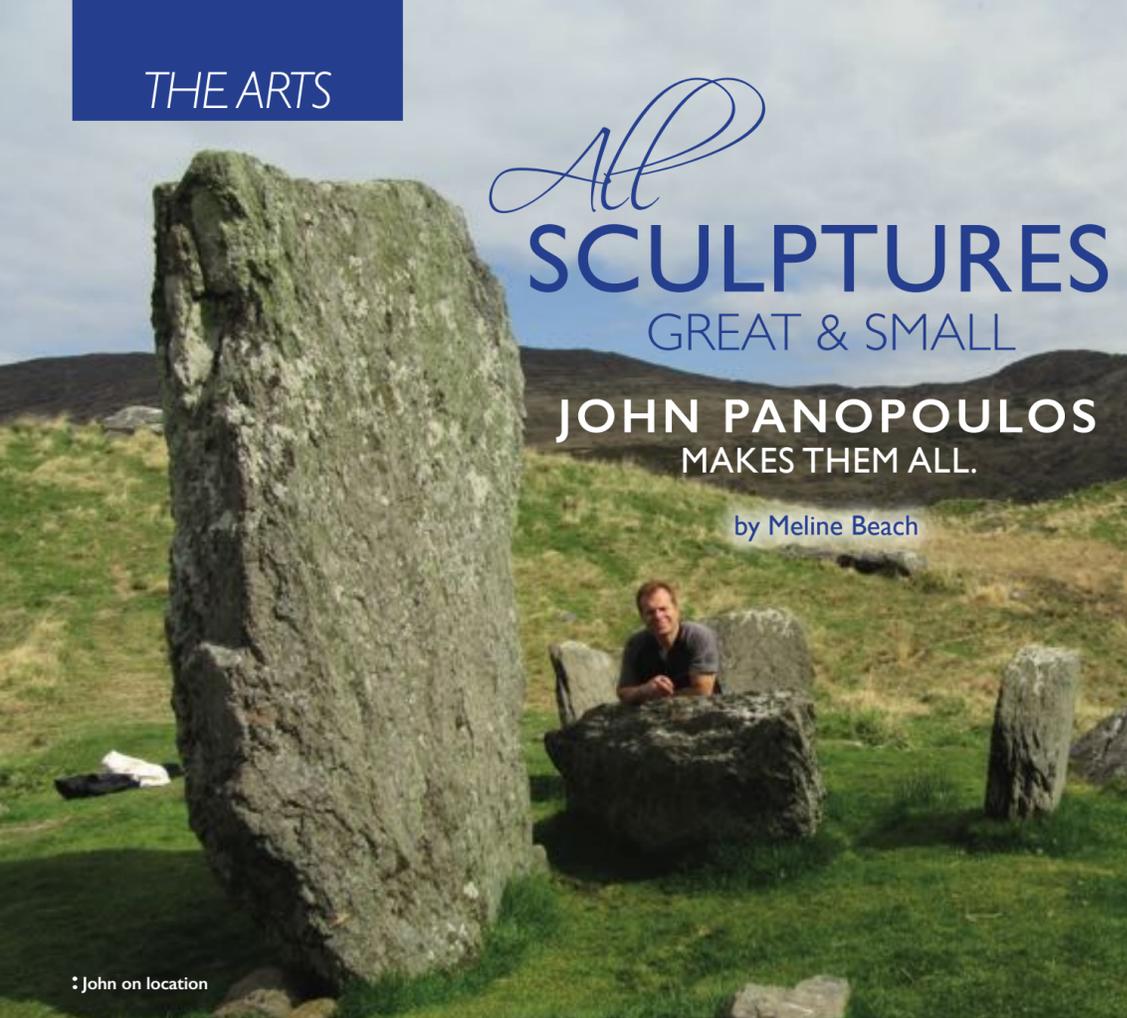
# contents

- THE ARTS:**
- 4 All Sculptures Great and Small
  - 6 Word Has it... Three Letter Word
  - 11 Going Beyond the ABC's
- HERITAGE:**
- 5 Preserving the Past by Embracing the Future
  - 17 Aliens Invade King Township
- NATURE:**
- 5 Getting Off Gas
  - 19 Biologist at the Table: Matters of Taste
- AROUND THE NEIGHBOURHOOD:**
- 9 Art for Every Wall
  - 9 King Township Public Library: Your Library In Action
  - 15 Olde Mill Art Gallery & Shoppe
  - 21 Finding Shelter
- WHAT'S HAPPENING IN KING:**
- 13 Arts Society King: Let me ASK you...
  - 15 Events in and around King Township... just ASK!

# All SCULPTURES GREAT & SMALL

JOHN PANOPOULOS MAKES THEM ALL.

by Meline Beach



John on location



Ouroboros at Carrowkeel



Splendor Iceland



Coffee Table

A kaleidoscope of interests and experiences, both intentional or happenstance, creates chain reactions in our way of being and seeing the world.

Graphic designer, faux finisher, history buff, globe trotter, gardener, bee and bird enthusiast, environmentalist, nutritionist, and spiritual being – John Panopoulos is many things, but his most favoured designation is artist. This King Township resident and Arts Society King member is best known for his blend of ancient and contemporary monolithic stone sculptures. His ‘aha moment’ to creating faux stone structures catapulted from a simple observation while working on a job site one day where he witnessed a landscaping company struggle to install large stone columns in a yard for a Japanese garden design.

“It had me thinking,” says John. “I was already working with material that could mimic stone, be strong and weather-resistant, yet made to be much lighter and in any shape, size or colour required. So, I started making rocks and soon after developed into more interesting rock features – experimenting with a combination of different types of aggregates to achieve remarkable results.”

Since then, John has entered a vortex of endless sculptural possibilities. He relies on his imagination, experiences, and human ingenuity to sketch out his concepts and form mini models to achieve a semblance of the desired outcome.

From tables and benches to water features and lawn ornaments, John enjoys experimenting with form, shape, texture, and colour. As a sculptor, John’s ever-evolving one-of-a-kind works of art incorporate a variety of raw materials, including some salvaged from landfills. Granulated quartz, marble dust, fine sand, and

crushed glass combined with polymer resin and synthetic fibres coat a base component of high-density Styrofoam. Tried and true unique combinations replicate the look and feel of natural stone at a fraction of its weight yet more durable across the elements.

“Because these sculptures are much less in weight than real stone, they can be easily transported and incorporated into spaces that might have otherwise been impossible or extremely expensive to attain,” says John. “My art has also survived the test of time across extreme temperatures and weather patterns, requiring no maintenance in its preservation or enjoyment.”

Admired up close or from afar, John’s sculptures have form and function. Each piece is an introduction of an expanded family, with an element of surprise.

“My base construction allows me to be as creative as I wish,” says John. “Not only do I carve its exterior to take on a specific rock formation, but I can also carve a cavity and create a time capsule full of treasures.”

With a slight smile and a sparkle in his eye, John shares stories of embedding various messages and personal items, including family photos, a copy of the local newspaper, and other pop culture, that one day, years from now, might be found and pondered upon. If you’re lucky, you might also notice his signature statement nebulously carved on his sculptures – that being his name in Celtic alphabet.

John’s sculptures are inspired by the past and present – an interesting dichotomy between

historical scenes and modern approaches. His work is heavily influenced by mysterious, megalithic standing stones and ancient monuments explored on his global adventures, particularly fond memories from Ireland.

“Nature, geography and historical places with mysterious ancient civilizations have always fascinated me and stirred my creative juices to create sculptures,” says John, who is particularly enchanted by the monolithic enigmas scattered throughout the world, at a time when tools were limited and artisans used simple forms to convey a message or propose a function. “I believe everything we invent derives from existing things all around us that are blended and manifested, evolving into something else.”

Between his worldly travels and his backyard oasis, which also serves as his gallery, John dives deep into his surroundings and applies observation and experience in his creations. While the garage is his workshop, with the door open John is privy to the sights and sounds of nature – all living creatures, horticulture, weather, and the earth’s magnetic frequency fuels his energy to create.

John’s home-based workshop in the historic hamlet of Lloydstown, outside the village of Schomberg, is home to buzzing bees, nesting bats, chirping birds, and blooming flowers. When the weather is favourable, he prefers to work in shorts and bareback and revel in nature’s sensations around him. John has consciously designed every aspect of his backyard gallery with as much effort and detail as he does with his sculptures. Fragrant honeysuckles, climbing

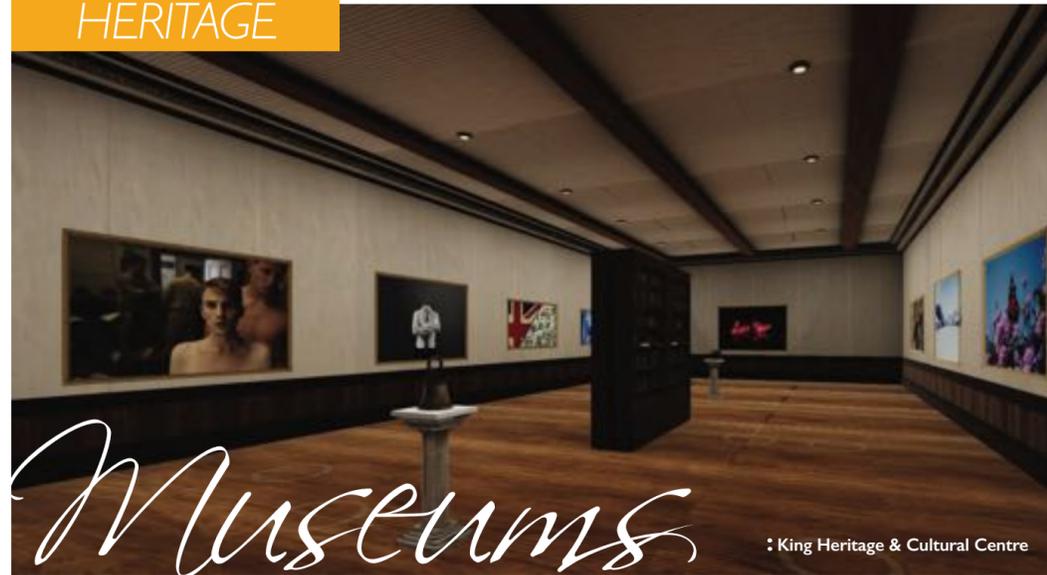
rose bushes, and poised purple ground covering flowers imported from England serve as a beautiful backdrop and natural environment for John’s creations – each sculpture intentionally placed throughout the property based on ground elevations and the sun’s shadows.

At 88 inches high, approximately 30 inches wide, and 50 kilograms in weight, the Celtic standing stone, as shown on the cover, captures attention with its lean splendour and mesmerizing design, featuring carved swirls and three spirals – a powerful Neolithic symbol displayed on monolith relics that represents creation and growth used by many ancient cultures and religious traditions. Priced at \$3,500, the Celtic is an investment for one’s own indoor or outdoor oasis. It would look lovely in the accompaniment of many of John’s other creations, including the grand Majestic – a 136 kilogram, 12-foot-long monolithic stone bench, which serves as a lovely resting place for relaxation and contemplation.

Not interested in mass production, John creates each piece out of love with the expectation that any prospective buyer would love it equally. Considering each piece can take anywhere from three weeks to a few months to complete, depending on its size and complexity, John’s art is truly a labour of love.

He says, “When someone connects with a piece of my art that I have put my heart and soul into, I’m more than happy to see them take it home.”

For more information, or to view John’s portfolio, visit [www.classicartisansculptures.ca](http://www.classicartisansculptures.ca).



# Museums

King Heritage & Cultural Centre

## PRESERVING THE PAST BY EMBRACING THE FUTURE

by Erika Baird, King Heritage & Cultural Centre

When discussing forward-thinking industries, who use innovative technology, museums are not necessarily the first ones to come to mind. But they should be. Over the past year, the meaning of a museum visit has quickly evolved. The King Heritage & Cultural Centre (KHCC) has embraced the changes brought on by Covid and is going full-steam ahead into a digital future.

When the KHCC first closed its doors in March 2020, staff turned their attention inwardly towards the collection, thinking they would open again soon enough. As it became clear that “soon enough” was NOT happening, our focus became staying engaged with the community and the best

way to do that was online. And we were not the only ones. Museums all across the world quickly began creating new content to remain relevant and use culture to lift people’s spirits.

This led to hashtags like #MuseumFromHome, an increase in video programs and sharing of content on social media. Many sites and museum professionals already had the appetite to start these kinds of initiatives; they just needed the push to make them a top priority.

Of course, not every site has the means to leverage technology in the same way. Tight budgets and limited staff have always been an uphill battle in the industry, but

## GETTING OFF GAS CLIMATE ACTION KING

by Keith Beckley



Those interested in new technologies for our homes cannot help but notice the abundance of new ideas concerning how we use energy. These ideas have coalesced into a theme: ‘electrify everything’. In other words, we can swap any energy use over to electricity.

Why electrify everything? It turns out that if we electrified all our direct energy consumption then we would have a much more comfortable home; be saving money; and, eliminate our direct greenhouse gas emissions. This is especially true in places like Ontario whose energy supply is already 95% carbon-free.

For most households the following list shows the main sources of energy consumption (in order of most energy used to least):

1. Heating and cooling
2. Transportation
3. Water Heating
4. Cooking and refrigeration
5. Washing and Drying
6. Small appliances and tools

Some of these are already electrified but typically the biggest ones are not. The

good news is now there are better electrical options for all.

Heating in northern climates has usually been a choice between electric baseboards or natural gas, with some homes supplementing with a wood stove. Oil is now rare for home heating. As electric heating is more expensive than natural gas, natural gas is now very common in urban areas of Ontario.

Now there is a new home heating option in Ontario – air source heat pumps – that results in a comfortable home, is inexpensive to operate and reduces greenhouse gas emissions. Air source heat pumps provide heat in the winter and cooling in the summer. In the winter they work by removing heat from the outside air and pumping that heat into your home. That sounds counterintuitive but think of it this way: start with air that is -10C, remove some of the heat and make it -13C. While we do not feel it is ‘warm’ there is still significant energy in -10C air and we can use some of that heat to heat our home. This is what an air conditioner does in reverse. An air conditioner takes warm air in our home and removes some

heat and ejects that heat outdoors. The key is in the summer an air conditioner makes the outside hotter and in the winter a heat pump makes the outside colder.

Up to now, air-source heat pumps have not been efficient enough for our climate. But that has changed. In 2019 Keith (author of this paper) swapped an old gas furnace for an air source heat pump. The unit went exactly into the same spot and tied into the same ducting. After two winters, and without a doubt, the heat pump maintained a warm cozy home with better heat. Instead of cycling on and off like a gas furnace, heat pump units run at a lower rate so they are quieter and keep the heat more even. Heat pumps begin to lose their efficiency when it gets really cold outside but Keith’s unit kept the house beautifully warm even with a number of -20C days.

Heat pumps are cheap to operate because the electricity they use only compresses the coolant and moves the air through the ducts. All the heat itself comes for free from the outside air. Not magic, just thermodynamics. Heat pumps typically give you 3-5 units of heat energy

with a little ingenuity, it can be done. Grants, such as the recent digital funding from the Community Museum Operating Grant through the Province of Ontario Ministry of Heritage, Sport, Tourism and Culture Industries, can open up new doors. Public-private partnerships, such as the one between the KHCC and Treasured Inc. on the 3D virtual exhibition, Stories of King, are also worth pursuing.

With this increased online presence, you can now visit museums all over the world, right from home. The Louvre has put its entire collection online, the Virtual Museum of Canada has always been digital and now the KHCC has joined the ranks with online exhibits, virtual galleries, interactive walking tours and video programs.

While Covid was the push to prioritize these projects, it just got the proverbial ball rolling. Museums worldwide are embracing technology for the long term. At the KHCC, it is a way to interact with new audiences, be open 24/7 and increase accessibility. It allows us to extend the life of our exhibits by “flipping” them to online when we need to make space in the physical gallery for new opportunities.

This is not to say that there is no place for brick-and-mortar museums. Nothing can quite replace seeing an artifact or work of art in person. But technology can create a new experience that enhances the in-person visit or extends it long after we’ve gone home for the night.

Welcome to the future of the past!

To see what new online initiatives the KHCC have coming up, visit [www.king.ca/khcc](http://www.king.ca/khcc) or contact [kingmuseum@king.ca](mailto:kingmuseum@king.ca) or (905) 833-2331.

# Three letter word

by Lorne Macrae

Shirley glanced at the hallway mirror thinking that she really must get her hair trimmed. Her forehead was partly hidden by an auburn fringe. Looking at oneself while standing in front of a mirror brought on other thoughts that popped up from nowhere special: yet didn't have any connection with her hair and the need for a bit of tidying up. She folded her arms in front of her and felt slightly lonely. She muttered to herself.

"Now where did that come from."

Thoughts like that appeared as from a little box that was barely open.

She was busy with her work in decorating. She had customers who became friends so there was lots of activity but... somehow, she needed contact, personal contact... a hug. A warm understanding tight hug, maybe the kind her mother used to give her as a child at bedtime. Comforting, loving and secure. That was all history now that mother had passed over ten years ago.

Shirley sat down on the green upholstered chair. She could still see her face peeping back from the foot of the mirror. So... what kind of hug did she need.

Her friendly customers would greet her with a forward leaning clasp, a cheeks almost touching welcome, a friendly connection, a show of togetherness for the moment, a way of saying welcome, even on occasion extending to a goodbye hug as she went on her way.

She'd had the sympathetic hug when her favourite uncle had been diagnosed with dementia. She needed that support when she shared that news. Tears flowed and the support embedded itself in that sharing hug. It didn't matter whether it was a him or her. The hug carried the same message, caring.

Some people attempted a hug which was unwelcome. The man she bought her supplies from was always trying to be a bit more than friendly and she had to watch out not to get too close. One of the assistants had warned her.

She had to admit that she really missed her boyfriend, Peter, who was serving overseas. His full body embrace of security and love accompanied by a warm kiss brought a wholesome togetherness that she treasured. Shirley wondered what he was doing right now. Sleeping, patrolling?

"Be safe dearest," she said out loud.

She drew her crossed arms together tightly around herself as she stood up. The mirror seemed to smile back at her as she turned away. Yes...

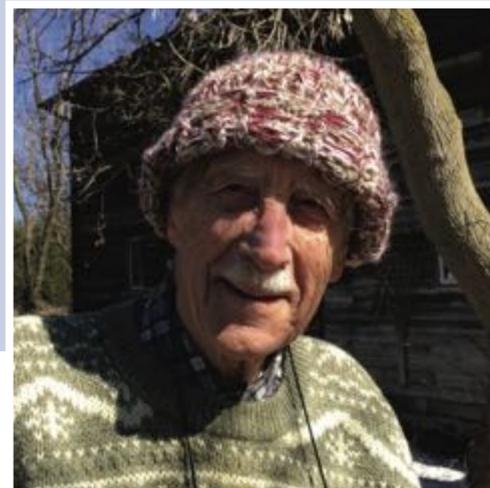
Lifting her hand, she brushed aside that fringe.



: Float - Veronica Meloche

Lorne  
Macrae

Lorne Macrae, an original member of WriteNow!@King, was born in Edinburgh, Scotland. After compulsory army service during his late teens, spent tramping through the jungles of Malaysia, he returned to earn his MA from Cambridge. When North America beckoned, he worked off his steamer passage then hitchhiked through the USA before settling into his dream life in Canada. He spent the next 50-plus years working in the financial sector while raising a family in their Heritage King farmhouse. The barns may sit empty now, but the thousands of trees the family planted in their park of a garden ring with bird songs. Lorne's writing trove of bedtime stories, fanciful tales and what he calls "silly fictional characters" have been a delight to his readers who appreciate his fine sensibilities and genteel humour.



On behalf of King Township council, welcome to the Summer edition of Mosaic.

I'm happy to report that our Township-run COVID-19 vaccination clinic at the Trisan Centre in Schomberg has been an unqualified success. The clinic is being run by King Fire and Emergency Services—along with other municipal staff members—local medical professionals and community volunteers.

We've managed to put thousands upon thousands of shots into the arms of people living and working in York Region helping us work toward the end goal of herd immunity. For information on the clinic, including hours of operation, booking information and eligibility requirements, please visit [www.king.ca/covid19clinic](http://www.king.ca/covid19clinic).

While I'm on the subject of our website, I'd like to let you know about our constantly expanding online services. When the Municipal Centre closed last year due to the pandemic, staff was able to quickly pivot by adding many new online services, including things like building permit applications, pet licences, engineering plans and drawings, garbage tags and parking tickets.

We've also introduced e-billing for water and property taxes. Simply fill out the online form and your bill will be sent to you directly by email. Due dates can always be found on our website at [www.king.ca/propertytaxes](http://www.king.ca/propertytaxes) or [www.king.ca/waterbilling](http://www.king.ca/waterbilling).

Our recently launched mobile recycling app has received a make-over and a long list of new features.

We recently partnered with Recycle Coach to launch the mobile app to help residents become expert recyclers and reduce the amount of waste going to landfills.

Some of the improvements and new features include:

- Completely new look
- Revamped home page that includes a weekly 'We Wanted to Know' question and links to blog articles
- Profile where users can update their settings and preferences
- Residents can now earn badges for taking actions that contribute to their knowledge or the health of the platform. An example is a Promoter Badge that is issued to people who recommend friends download the Recycle Coach app.

Please visit [www.king.ca/waste](http://www.king.ca/waste) to learn more. Recycle Coach is available on desktop and mobile. The free app is available for download on iOS and Android devices.

Finally, I'm pleased to report that our new website has won two awards.

The first was a gold award in the 2021 international Hermes Creative Awards program.

King won a gold award in the category Website Overall – Government.

Hermes Creative Awards is an international competition for creative professionals involved in the concept, writing, and design of traditional and emerging media. Several thousand entries are received each year from the United States, Canada, and dozens of other countries. Hermes Creative Awards is administered by the Association of Marketing and Communication Professionals (AMCP).

The second was an Award of Distinction at the Communicator Awards in the general category of Government – Local.

The Communicator Awards is dedicated to recognizing excellence, effectiveness, and innovation across all areas of communication. The Award of Distinction is given to those that exceed industry standards in quality and achievement.

If you haven't visited [www.king.ca](http://www.king.ca) I encourage you to stop by and see how much it has to offer.



Our new Municipal Centre has also garnered an award for us. The centre was given a wood design award from the Canadian Wood Council. When the Municipal Centre re-opens after the pandemic is behind us, I encourage you to drop by for a tour.

Please stay safe and now, more than ever, shop local as much as you can.

Mayor Steve Pellegrini

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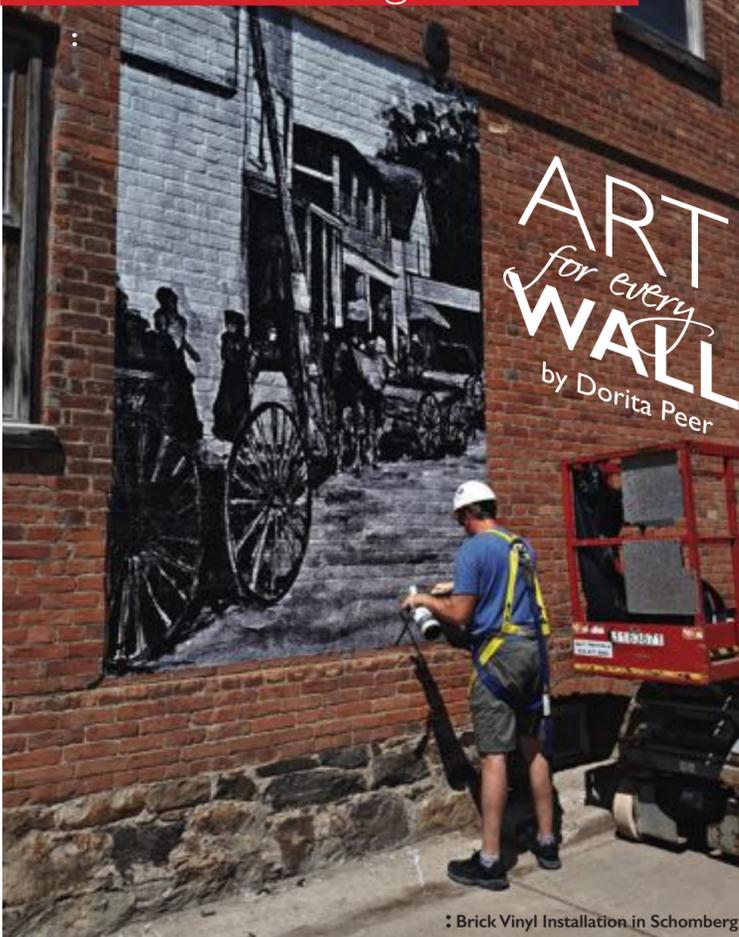
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*Around the Neighbourhood*



**ART for every WALL**  
by Dorita Peer

Brick Vinyl Installation in Schomberg

A wall without art seems somehow...undressed.

Every caveperson knew that. Back then, originals cost...well, nothing. Today, art collecting is a most lucrative hobby, but it was never for the faint of pocketbook. Then prints came into the picture. Even so, limited edition lithographs can be pricey luxuries. Twenty years ago, it was the only way to go for the quality valued by galleries and collectors, though it meant an outlay and hundreds of prints to recoup the expense of the plate required for stamping just one out.

Tom Wray of Schomberg knows that a photographer lives by his prints, and he wants artists to see the possibilities offered by high-quality reproductions called giclee.

What began with inkjet and the fun of photoshopping soon disappointed. A palette of cyan, magenta, yellow and black simply could not rise to the scope and precision of artists' colours. And they faded all too quickly.

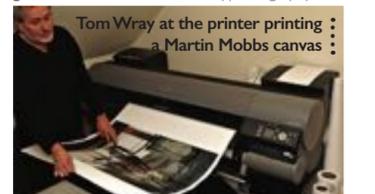
Ah, but then came twelve-ink cartridges with inks so tenacious they are called hundred years ink. Giclee, from French, means "to squirt out" onto specialized substrates designed to work with these inks. A bamboo fibre environmental paper is a favourite of watercolourists. Cotton canvases near the look and feel of the real thing. And translucent Japanese washi papers can delight and surprise. Twelve inks can come so close yet elude the nuances of the artist's palette. "Out of gamut," Tom calls those colours impossible for inks alone to capture. That is where his skills come in. In a long process learned online and through experimentation, photo-shopping, getting familiar with his media, the first step is to choose the right day. A big sky and cloudy day are best for controlling reflection and harshness, he says. Using a hi-res camera with a telephoto lens on a tripod, he must also choose just the right filter for **colour balance**. He will take his shot, **colour balance**, print three or four proofs to show the artist, get approval, or tweak it, before he prints the final edition. Tom works with artists to educate them

on the benefits of giclee prints in their business plan. If a popular original sells, then a reproduction is available. And what better keepsake than that a giclee print? A truer reference than a glaring computer image or a shiny print.

Sizes range from 8 X 10 to 40 X 60 inches. A 16 X 20 canvas gallery wrap might cost \$100. Watercolour paper runs about \$12 a square foot. Some projects are simple, others complicated. The cost depends on the size and the substrate, never on how much time Tom spends on a piece. An artist's outlay remains low because, unlike lithography, giclee is printing on demand: order one or many on as-needed basis. Affordable verisimilitude: that's giclee. "It's better than the original," one artist commented wryly.

Tom has recently ventured into brick vinyl printing. The Schomberg Main Street Revitalization Project funded a fine example on a wall at Main and Church Street. It is 22' by 11' – now that's BIG! The mural effect is made by using photos of an original, upping the resolution, then printing sections 4' wide. Outdoors, it takes a windless day on a scissor lift or scaffolding, plus a torch, a roller, and an extra pair of hands. For example, a 20-foot image is cut into five 4-foot sections with an adhesive backing. The tiles overlap slightly for accuracy. The heat melts the vinyl just enough to stick it to the bricks. Lifespan depends on the amount of ultraviolet exposure, but around ten years. And yes, it is removable.

A few artists have also ventured forth by overpainting their giclees. And some might have to: "I can't reproduce metallic paints," says Tom. So no gilded Gustav Klimt's for now. But you can tell his imagination is already turning to the next generation of inks. [www.tomwrayphotography.com](http://www.tomwrayphotography.com)



**MAXINE M. KERR** Executive M.B.A., LL.B., BA

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Maxine M. Kerr is a senior family law lawyer and mediator with an expertise in both the financial and parenting aspects of family law. She is formerly a partner of one of Canada's largest law firms. Maxine is accustomed to dealing with challenging and complex matters, but knows every case is about family. Depending on the needs of the case, Maxine will negotiate, mediate, arbitrate or litigate a resolution of it.

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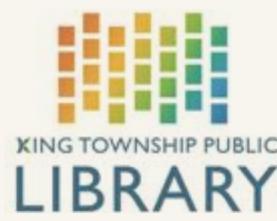
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**Your Library IN ACTION**

by Kalli Secord, Librarian | [kinglibrary.ca](http://kinglibrary.ca)

The King Township Public Library (KTPL) has strived to respond to the COVID-19 pandemic quickly and with everyone's health and wellbeing in mind.

We had to ensure that our core services continued to operate in the safest way possible. As a result, Curbside Service was created to allow our patrons access to materials contact-free. Additionally, we had to uphold our connections to the community and our patrons through the development of online virtual programming. The Library quickly started to develop virtual programming to keep groups connected by creating programming for all ages.

The King City, Nobleton and Schomberg book clubs were amalgamated to create a Virtual Book Club, new members are always welcome! This book club meets virtually on the first Monday of the month to discuss a mutually chosen book. To ensure that the pandemic restrictions don't inhibit access to books, all titles chosen are eBooks and found on Hoopla, a database the library subscribes to and available with a KTPL Library card.

The Write Now @ King group, in partnership with Arts Society King, responded quickly and with the help of the library, managed to turn their bi-monthly meetings to virtual. Meeting the first and third Thursdays of the month, this group has continued to work on their writing and provide feedback to other members. The Library has arranged for several author presentations to help hone their craft.

For the youngest patrons of KTPL, they are now able to 'attend' their regular weekly story times virtually. All programming is available through the Library's YouTube (King Township Public Library) and Instagram (@king\_township\_public\_library) accounts. Library staff, Miss Kalli (Circle Time) and Miss Luisa (Read and Sing), offer weekly story time videos. You can enjoy fun and energetic songs, stories and rhymes to help your little ones achieve their early literacy goals.

Last summer KTPL launched Beanstack, a great resource available online and as an app it enables you to participate in Library reading challenges for all ages, including the Summer Reading Club and 1,000 Books Before Kindergarten. Earn badges for reading, completing activities, writing reviews and more!

The Library is hopeful to be able to offer, provincial health guidelines permitting, in-person and outdoor programming. Please stay tuned to the Library website for further information regarding these programs.

**KING TOWNSHIP PUBLIC LIBRARY**

**YOUR LIBRARY IN ACTION**

**VACCINE BOOKING**  
The Library has assisted the community in booking their vaccination appointments. Especially helpful for those that don't have access to a computer or need help with the process.

**VACCINATION CENTRE**  
Select Library staff have been re-deployed to the Triun Centre to help get the community vaccinated.

**COMMUNITY PARTNERS**  
The Library has continued to work with various members of the community to best serve you!

**VIRTUAL PROGRAMS**  
The Library has continued to offer a variety of virtual programs for all ages.

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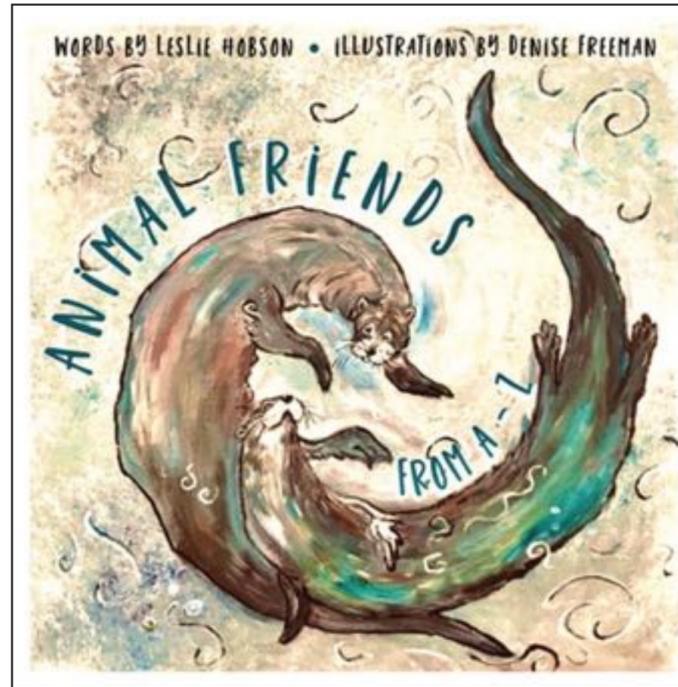
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## THE ARTS



# GOING BEYOND THE ABC'S

by Leslie Hobson

When is a book more than a book? Could it provide more than just entertainment - could it illustrate inclusion and acceptance? And could it possibly raise some needed funding at the same time? For these two women, it turns out the answers were as easy as A B C.

### THE BACKGROUND

After more than 30 years as a psychiatric nurse in York Region, Denise Freeman had dealt with every psychological condition and family issue. She always fought for her patient's humanity and had a strong belief that people were more than just their diagnosis. When she retired, she was looking for something completely different to fill her days. She reignited a lifelong love of art and began to paint in earnest. Her work is whimsical, bright and engaging. She very quickly became a local favourite and support for her work grew.

Leslie Hobson is an award-winning local writer. After 20 years as an active volunteer for Hope House Community Hospice, she published a book of poems and photographs about loss. This book was used as a successful fundraiser by the Hospice. (Mosaic Fall 2020). When the Covid lockdown hit, she was looking for another project. Entranced by Denise's drawings, she approached her old friend to ask if she could try her hand at writing some children's poems to go along with her wonderful drawings of animals. Denise agreed and the result is Animal Friends from A - Z.

### THE BOOK

Animal Friends from A - Z is a collection of 26 imaginative and delightful creatures, with each named for a letter in the alphabet. Each character tells a compelling story, sometimes thoughtful, sometimes hilarious.

While their appearances can seem magical or otherworldly, their life experiences are very real. The book has a modern slant, with drawings that capture the imagination, words that please the reader and concepts that engage the mind.

While it helps teach young readers the alphabet, it also sends a gentle message on inclusion and acceptance. There are more than six million Canadians living with a disability, yet only two percent of books on our shelves include a disabled person.

It was this feeling about inclusion and acceptance that led the creators to seek out a partnership in publishing the book that would benefit children with special needs in our area.

### THE BENEFICIARY

Holland Bloorview Kid's Rehabilitation Hospital provided the perfect fit. They offer exceptional care for kids with disabilities, kids

needing rehabilitation after illness or trauma, and kids with complex medical issues. Their frontline staff champion kids with their incredible potential and work closely with their families to help them achieve their goals.

Bloorview is a marvellous combination of elements. On the one hand, they are creating groundbreaking medical and technological advances using high-tech equipment and research. On the other hand, they provide priceless human support to the kids, and their families, with Workshops, financial assistance and more.

Animal Friends from A - Z is available only from Holland Bloorview Kid's Rehabilitation Hospital. \$24.00 with 100% of the proceeds going to the hospital.

Order your copy here:

<https://hbstore.ca/collections/accessories/products/animal-friends-by-leslie-hobson-and-denise-freeman-soft-cover-book>



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## Federal Budget 2021 Delivering for Seniors

- **10%** permanent increase in July 2022 to the Old Age Security benefit for seniors 75 and over
- A one-time payment of **\$500** in August for seniors who are 75 and over as of June 2022
- **\$3B** to support provinces and territories, ensuring standards for long-term care are applied
- **\$90M** to launch the Age Well at Home Initiative - assisting community-based organizations in providing practical support that helps low-income and vulnerable seniors
- **\$2.5B** to build, repair, and support an additional 35,000 affordable housing units for vulnerable Canadians including seniors



**Hon. Deb Schulte**  
MP King-Vaughan

9401 Jane Street, Suite 115, Vaughan ON L6A 4H7  
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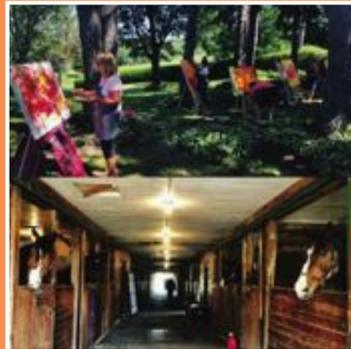
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Let me  
**ASK** you...

Cathy Ball's work reflects the inspiration she finds in the beauty of nature.

Her mother enrolled her in an adult painting class at the age of 10 and her passion for creativity in the arts blossomed from there. "Starry Night" was inspired during a drive back from a friend's place in the Thousand Islands. A beautiful sunset was starting but the moon was very large and bright. Cathy had her husband pull over so she could grab a picture for her to paint when she got home. George Burt, co-founder of the Olde Mill Art Gallery & Shoppe on Main St. in Schomberg, has been turning wood for more than 40 years. He sources his wood locally and because people know about his love of wood, materials show up at his house on a regular basis. He recently received a 10,000-year-old Tamarac from the Holland Marsh which he has made into gavels for the Mayor of Bradford and gifts for visiting dignitaries. Alexandra K. Conrad was inspired by one of her friend's daughter, Michelle, not only by her beauty but by her spirit. Michelle, who was born with Cerebral Palsy, found her passion in swimming and, representing Canada on the Canadian National Team, went on to win a bronze medal at the 2019 Para Pan-American Games in Lima, Peru.

featuring Cathy Ball, George Burt and  
Alexandra K. Conrad

by Patti Skrypek

### What is the best thing about being an artist?

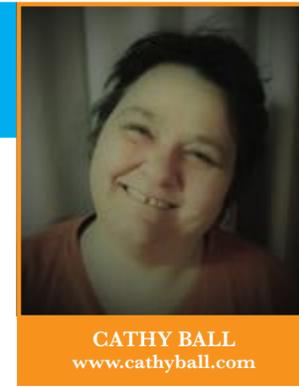
**Cathy** – The best thing about being an artist is invoking memories and feelings of love, when people view my work.  
**George** – The satisfaction of being able to produce something and the pleasure it gives someone else.  
**Alexandra** – Being an artist gives me freedom of expression and an interpretation of any subject I decide to paint. Only a few professions enjoy such freedom.

### What is the hardest part of creating your art?

**Cathy** – The hardest part of creating art is making the time to devote to it and keeping cats out of the wet paint!  
**George** – The satisfaction of being able to produce something and the pleasure it gives someone else.  
**Alexandra** – Painting portraits is most difficult to paint. In spite of existing challenges, I enjoy doing them.

### How do you know when a piece is finished?

**Cathy** – It can be difficult at times knowing when to stop on a piece, but you generally reach a point when you know inside that the piece is complete. It can also be helpful to step back from a piece briefly to reflect on it another day.  
**George** – When the final form pleases me..  
**Alexandra** – When I look at my artwork and see everything that I originally imagined, then I consider it finished.



**CATHY BALL**  
[www.cathyball.com](http://www.cathyball.com)



**GEORGE BURT**  
[cdnnoble@rogers.com](mailto:cdnnoble@rogers.com)



**ALEXANDRA K. CONRAD**  
[akconradart.com](http://akconradart.com)

### What inspired you to pursue art?

**Cathy** – Initially the inspiration came from my Mom who encouraged my artistic development.  
**George** – I've always been interested in what I can do with abandoned wood to create something. I started with making Christmas gifts for friends. I made some dried flower vases out of 200-year-old farm fencing. They were very popular, resulting in a huge demand for more. I started entering gift shows and soon had an order for 550 pieces for 12 galleries in France.  
**Alexandra** – My mother inspired my love of art by showing me paintings of great artists. She especially brought my attention to Renoir and van Gogh. Since a young age, I have always felt an internal need and pleasure to draw and paint. This led me to graduate from the Ontario College of Art and Design with honours.

### Which artists are you most influenced by?

**Cathy** – The Group of Seven has always been a strong influence on me, but also other landscape artists whose work moves me.  
**George** – One of my favourites is Maurice Gamblin, a wood-turner extraordinaire from New Brunswick. I had the opportunity to live with him for a week to watch him hone his craft.  
**Alexandra** – I love most of the works of van Gogh, Group of Seven, Mary Cassatt, Picasso and Willem de Kooning.

### Is it hard to part with one of your pieces?

**Cathy** – No, I love placing my work in a person's hands. It gives me joy to know my painting will be enjoyed and transmit spiritual enrichment to the buyer.  
**George** – Yes, most definitely. However, it's always a good feeling to have one of my treasured pieces go to someone I know who appreciates the work.  
**Alexandra** – Occasionally it is difficult, but I enjoy when others like my work.



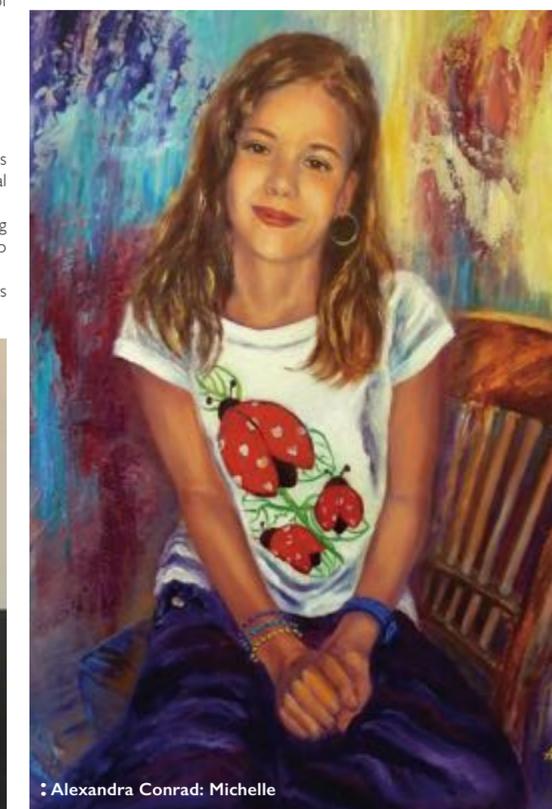
**George Burt:**  
• The wood grain influences the shape and size of every piece

### What advice would you give to your younger self?

**Cathy** – My advice would be to keep painting, to not give up and to persevere amid life's ebb and flow. Also, DON'T eat the yellow snow!  
**George** – To myself I'd say "learn to say no." I have a difficult time resisting a challenge and I sometimes get pressured into something I should have said no to in the first place. I take on a little bit more than I should.  
**Alexandra** – If I had a second chance, I would concentrate mainly on art studies and would give up on other faculties, which I completed earlier.



• Cathy Ball: Starry Night



• Alexandra Conrad: Michelle

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## Events in and Around King Township just

by Arts Society King

**JUNE 3 – 6, 2021 – GOOD TO BE BACK ~ AGAIN!** A welcome back to the Gallery event, highlighted with artists demonstrations all weekend and a Father's Day draw for a basket full of Gallery goodies! Olde Mille Art Gallery & Shoppe, 357 Main St., Schomberg 11 – 5 pm. For further info call Pat Earl at 647-523-3275. See us on Facebook: Olde Mill Art Gallery and Shoppe

**JUNE 3 – 17, 2021 – MAYOR'S CELEBRATION OF YOUTH ARTS** Virtual Mayor's Celebration of Youth Arts is taking place on the Arts Society King website. Explore the many varied artworks that King Township's secondary school students have been able create this school year. View Mayor Steve Pellegrini's inspiring speech. [ArtsSocietyKing.ca/events](https://www.artsocietyking.ca/events)

**JUNE 16, 2021 – HOW CAN YOU HAVE TOTAL HOME COMFORT WITHOUT FOSSIL FUELS** Climate Action King via Zoom link. Time: 7 pm. A webinar to find out how air source heating and cooling pumps can keep you comfortable at home. Email contact for further information including website: [climateactionking.ca](https://climateactionking.ca); [climateactionking@gmail.com](mailto:climateactionking@gmail.com)

**JUNE – SEPTEMBER, 2021 – WRITENOW!@KING** Ongoing Virtually – First and Third Thursday of Every Month 2 – 4 pm – New and experienced writers alike are invited to participate in simulating writing exercises, hearing guest speakers share their knowledge, read their works, and receive feedback from peers. A collaboration between Arts Society King and King Township Public Library. For information contact [k.second@kinglibrary.ca](mailto:k.second@kinglibrary.ca)

**JUNE 3 – SEPTEMBER 1 2021 – ARTIST EXHIBITION AND SALE** Carrying Place Golf & Country Club. Artwork of some Arts Society King members will be showing their art for Exhibition and Sale in the clubhouse. Members of the community are welcome to enjoy the display as Covid protocols allow. 16750 Weston Road, King For more information visit [ArtsSocietyKing.ca](https://www.ArtsSocietyKing.ca) or email [info@artsocietyking.ca](mailto:info@artsocietyking.ca)

**JUNE 28, 2021 – SPECIALTY AND HEIRLOOM CUT FLOWER VARIETIES** Nobleton King City Garden Club via Zoom link. Time: 7:30 pm. Antonio is a market gardener who grows a wide range of specialty and heirloom cut flower varieties and foliage. He employs small-scale/high-output techniques. He deals exclusively in wholesale to high end floral shops in the downtown Toronto area. He is a regular contributor on CTV's 'Your Morning'. Email [nobletonkingcitygardenclub@gmail.com](mailto:nobletonkingcitygardenclub@gmail.com) to register.

# OLDE MILL ART GALLERY & SHOPPE

The Olde Mill Art Gallery & Shoppe is located in the quaint village of Schomberg - in the former Schomberg Feed Mill, built-in 1870.

by Pat Earl



The Schomberg Feed Mill was especially prosperous in the early 1900s with the connection of the railway from Richmond Hill and Schomberg. Schomberg was a thriving agricultural trading centre at the time. "Farmers brought their produce to the local market, grist mill and this feed mill where wagons lined the Main Street" (King Township: History and Heritage). The agricultural sector's growing reliance on the trucking industry in the late 1920s and early 1930s changed the reliance on the railway as a mode of transporting goods out of the area. The railway connection between RH and Schomberg no longer exists but many of the original buildings such as the Feed Mill, still stand today.

The Scruffy Duck Bar and Grill has resided in a large portion of the building for over 15 years, while other uses of the remaining space have come and gone over the years, including Sheena's Kitchen, Piety Ridge and the Miller's Table.

On November 8th, 2018 the Olde Mill Art Gallery & Shoppe opened its doors beside the Scruffy Duck as a popup Gallery, in the area that used to be called Piety Ridge (antiques and gift shop). It was George Burt's vision to showcase local artists and artisans while at the same time add more life to Main Street. Together with Pat Earl and 10 other artists, the Olde Mill Art Gallery & Shoppe opened its doors and due to its continued success, remained open. In two years the Gallery has grown into a thriving cooperative art gallery featuring local artists and artisans, becoming a

year-round attraction and a destination place for those living in King Township, in the York Region, the GTA, and beyond.

Today the original wood floors, walls and beams remain in what was the original Schomberg Feed Mill. The large spaces add charm and warmth, making the transition to an Art Gallery a natural one. The Gallery is a co-op for local artists and artisans where participating artists fill the walls and floor space of the Gallery with unique fine art.

The Olde Mill Art Gallery & Shoppe is run by and features local artists and artisans. Each participating artist specializes in a different art form, ranging from woodturning and wood furniture, watercolour, oil and acrylic paintings, linocut and printmaking, jewellery, quilting, basketry and weaving.

At this time, 9 local artists are being featured in this space. New artists are often introduced to the Gallery so the art keep changing, and interesting. Each artist has a generous space to showcase their work as well as space to demonstrate their techniques.

Being able to talk to the artists themselves makes this Gallery very unique. Inge weaves beautiful scarves and small purses using hand-dyed cottons and silks. People love to ask questions and to watch her at work at her loom. Karen may also be seen demonstrating her skills creating her unique jewelry using a rare metal called Niobium. Pat, Mary and Catharine are often painting while on duty. On learning of the inspiration of a particular painting of interest or the location of the

subject of a painting may also resonate with the visitor. People are often more inspired to enjoy and/or purchase a painting when are familiar with the subject or location. Our woodworker, Dan Glasco, and woodturner, George Burt, always have a story to tell about each piece they have created. Upon learning that the vase or bowl that they are holding in their hand is turned from local wood hundreds of years old is unique! Andrea will be working on the original printmaking technique called Linocuts, a multicoloured print made with the use of a single block. Through a series of progressive cuttings, inkings, and printings, the image slowly emerges while the actual block is destroyed. A reduction print can therefore never be reprinted. Michelle is always busy weaving her hand-dyed reeds into baskets, snowflakes and other decor while at the Gallery. The visitor has a special connection with the artist and/or their work and it makes a difference. Being able to interact with our visitors is rewarding to both the visitor and the artist. Often hearing these stories, and/or knowing the location of the subject of a painting will inspire a patron to buy a piece of art that they can enjoy in their own home or give as a gift. All the art is unique and cannot be reproduced!

The Gallery is a one-of-a-kind location for this one-of-a-kind artisan shoppe.

**Address:** 357 Main Street Schomberg  
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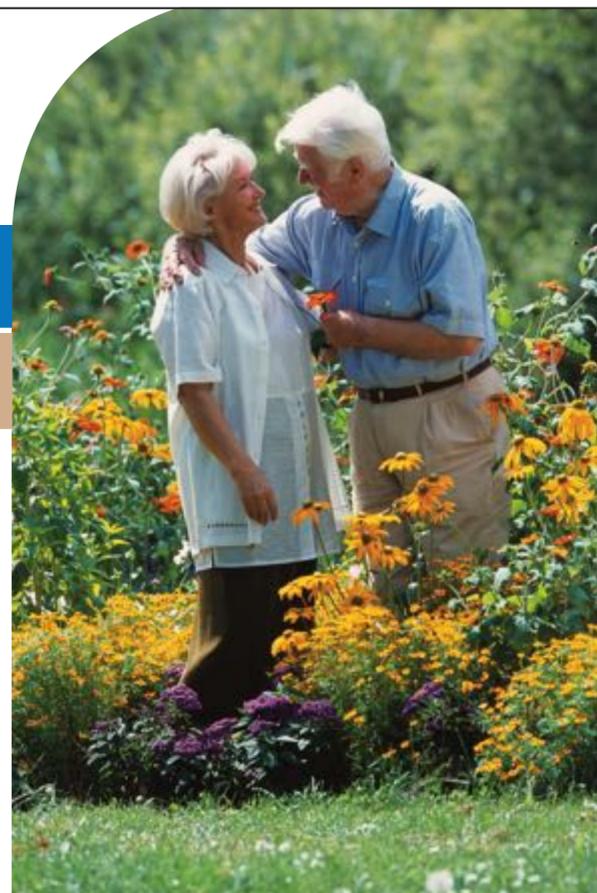
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Quote by Terri Guillemets

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# ALIENS

## INVADE KING TOWNSHIP

by Ann Love

Gardeners, farmers, hikers, boaters, and swimmers all are impacted.

Some frown, others curse, many retaliate. People suffer but wildlife is a greater victim. Who are the villains? Alien invasive species – aggressive plants, animals, fungi, and pathogens not native to King, usually not even to North America.

Alien invasive species have no natural predators, find conditions just right for success, and explode in numbers. They usually arrive as an unintended consequence of human activity – on packing crates; in luggage; on the soles of shoes, bottoms of boats, treads of tires . . .

Some alien invasive species are recent. The emerald ash borer, native to Asia and first recorded in Ontario in 2002, is killing off King's native white ash trees right now. The European beech scale insect in combo with canker fungus causes the beech bark disease currently attacking American beech trees. Beech bark disease first appeared in Ontario in 1999.

Many invasive species have been in King for decades, even centuries, and continue to cause problems. Here are stories of 5 historic aliens still afflicting King.

### STABLE FLY

Think of summer and that housefly lookalike that bites your ankle. You wince, swat it, and wonder when houseflies started to bite.

Stable flies arrived in North America from North Africa and Europe on sailing ships before 1776, probably on the legs of cattle and horses. Because they feed on mammal blood and breed in soiled bedding or manure, these "filth" flies could survive long sea voyages.

Stable flies continue to plague livestock during summer infestations when cattle spend more time trying to whisk them off than eating.

### GARLIC MUSTARD

Deliberately imported to Canada from Europe as seeds in the early 1800's, settlers planted garlic mustard in kitchen gardens. The leaves, stems, and flower buds add flavour to soups, salads, and stews.

However, garlic mustard escaped the gardens and now infests forests, killing native trilliums, dog-toothed violets, and more. Best removed by hand in early spring – but wear gloves, as the garlic is so bitter you will taste it in your mouth even though you only touch it with your fingers!

### SPOTTED KNAPWEED

This meadow weed bears a pretty pink thistle-like flower. Knapweed was introduced from Europe in the 1800's probably among alfalfa and clover seeds and in soil used as ship's ballast.

With no natural controls, knapweed assures its success by releasing a root toxin that kills off nearby native plants. Meadows and hayfields quickly become knapweed monocultures. But neither livestock nor wildlife foragers will eat it – the mature and spent flowers prickle the mouth and throat.

However, cattle and sheep get nourishment from young plants, so one way of controlling knapweed is grazing livestock in infested fields in early spring.

### GYPSY MOTH

In 1869, an artist and astronomer named Etienne L. Trouvelot imported European gypsy moths into Massachusetts where he hoped to breed them with silkworms and start a North



American silk industry. Unfortunately, some larvae escaped his woodlot and spread. We now suffer cyclical gypsy moth infestations.

Successful with no natural predators, gypsy moth larvae are tough survivors that can live in subarctic to subtropical climates and are not fussy about what they eat – they will munch on the leaves of over 300 species of trees and shrubs. To control gypsy moths, foresters have introduced some of their homeland parasites and diseases. But there is a danger in that too because non-native controls can turn invasive too.

### EUROPEAN STARLING

In 1890, Eugene Scheiffelin released sixty starlings into Central Park in New York. He had a romantic notion to beautify the city by introducing every bird mentioned in Shakespeare's plays. His starlings were comfortable with people and thrived. Now there are more than 200 million starlings in North America.

In autumn, starling flocks swarm farmlands gobbling up grain, corn, and ripe fruit. In spring they drive flickers, bluebirds, and swallows from their nesting holes, adding to the decline of these native birds. And year-round, starlings spread filth and disease when they foul public places with their droppings.

### DUTCH ELM DISEASE

In 1931, a furniture company in Cleveland Ohio imported European elm logs, unwittingly importing an Asian tree fungus and its vector, the European beech bark beetle. This deadly duo was first identified in Holland, hence the name Dutch elm disease. The pair spread to Ontario in 1967. In the following years about 80% of our mature elm trees died. American elm trees were elegant shade trees in cities and towns, planted for their beautiful vase shape.

Unsuccessful early attempts to control the disease focused on killing the beetle by aerial spraying DDT. More recently, trees have been saved by attacking the fungus with chemicals. Some mature elm survivors can be seen around the Township. One magnificent elm stands on the south side of King Road near Mill Road. History teaches us that when alien invasive species get a foothold, their damage can be relentless and ongoing. We can beautify our landscape by nurturing native species and by being careful not to introduce non-natives that may become invaders.

Illustrations by Ann Love, except the starling by Mark Thurman from *Alien Invaders: Species that Threaten Our World* by Jane Drake and Ann Love





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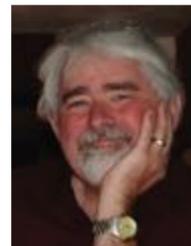
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## NATURE



### 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.



"Good taste is fine, but it's this fine-tuned instrument that brings them to the table."

— Illustration by Cheryl Uhrig  
 cuhrig@rogers.com

## Onion Soup

This classic is easy to make. Be sure to use the basic brown cooking onions. The so-called sweet onion varieties seem sweet because they have less mustard oil, the compound that makes onion hot. But they also have less sugar. When you cook the browns, the oils evaporate, and the sugar remains.

**Ingredients:** 1T olive oil & 1T butter; 4C thinly sliced brown onions; 2 minced cloves garlic, 1t of dried thyme, 1 bay leaf, 1t tomato paste, ½C dry white wine, 1-litre beef broth; salt and pepper to taste.

**Directions:** Sauté onions in oil and butter in a large, covered pot over medium heat for 15 minutes. When the onions start to soften, remove the lid, add the garlic, and stir. Continue cooking for another 20-30 minutes, stirring frequently. Eventually, brown bits will start to appear on the bottom; scrape them up and stir in with the onions. Once the onions are very soft and golden, add the wine, then the herbs, paste and broth. Simmer for another 30 minutes. Serve with crusty bread.

Cheers.

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# MATTERS OF TASTE

I WAS IN THE FIRST WAVE OF COVID-19 INFECTIONS LAST JUNE.

Luckily, the virus didn't settle in my lungs. Instead, it caused the most vicious sore throat of my life. Not only was eating impossible for 4 days, at one point I couldn't even swallow Tylenol to ease the pain. But within a week, things were back to normal - long walks, pattering in the garden, and as always, cooking. French onion soup was one of the first things I made. Jean enjoyed it, but it tasted quite bland to me. The flavours weren't all there. It had the expected sweetness from the caramelized onions, and the saltiness, but the aroma of the thyme was very dim. A similar experience came a few days later, when I made chicken sautéed in butter with lemon and thyme. Could it be, I wondered, that Covid-19 took my sense of smell?

Notice I said sense of "smell" rather than "taste". The flavours of our food come through both senses. We have tastebuds on our tongues, and these detect specific soluble molecules. And the back of our nasal cavity, just above our mouths, is packed with scent receptor cells. These respond to volatile compounds released

as we sip and chew. The two systems connect in the brain, which forms the sensation of flavour. That batch of onion soup had the expected tastes, but was weak on aromas.

So, what flavours do we actually taste? The list is surprisingly short. Our taste buds are tuned to respond to salty, sweet, bitter, sour, or savoury foods. Any one sensory cell responds to only one of these tastes through a type of lock and key mechanism. In the case of salty, for instance, a sodium ion from dissolved salt is the key. The lock is a protein on the cell surface, folded into the right shape. When the key is inserted, the lock "turns" and a message fires to the brain. The sweet and sour surface proteins are unlocked by sugars and acids, respectively. The savoury receptors respond to glutamine, an amino acid. The savoury flavour was first investigated in 1908 by Kikunae Ikeda, a professor at Tokyo Imperial University. He found that broth made from kombu seaweed could be identified by taste alone. And from that, he hypothesized a previously

unrecognized type of cell he called the umami receptor; that being a word translated as "essence of deliciousness". Scientists working in the 1990's confirmed this fifth receptor. Tomato paste and anchovies are rich in glutamine, and some chefs add a bit of these ingredients to a recipe to spark the umami taste buds.

The sense of smell is 8 times more important than taste for flavour perception. And it is many times more complex. Humans have about 400 types of olfactory receptors, so that if smell worked like taste, you would expect us to recognize about 400 odours. Neurobiologists know the figure is at least 10,000, and recent work suggests we may be able to perceive up to a trillion scents! How does that work? Experiments show that any given volatile compound stimulates several different olfactory receptor types. And a single receptor will flash a signal in response to several different compounds. Thus, two similar odour molecules will stimulate two different but overlapping sets of receptors.

When these multiple signals reach the brain, they get sorted and compiled by the olfactory cortex and a scent perception is formed. Thus, our sense of smell relies heavily on the brain's data processing power.

Engineers have attempted to produce a "mechanical nose" to help diagnose disease via the particular compounds we emit when sick. These devices link arrays of electronic sensors, much like those in a carbon monoxide alarm, to computers running machine learning software. Progress has been made with these devices. But behavioural biologists have had much greater success by training dogs, which have over 1000 types of olfactory receptors, to sniff out diseases like cancer and even Covid-19.

So, did my sense of smell fall victim to the pandemic? It eventually occurred to me that my container of thyme was over 3 years old, well past its "best by..." date. Sure enough, when I sprinkled leaves from a fresh new bottle onto a pork roast, my olfactory cortex called "thyme", loud and clear.

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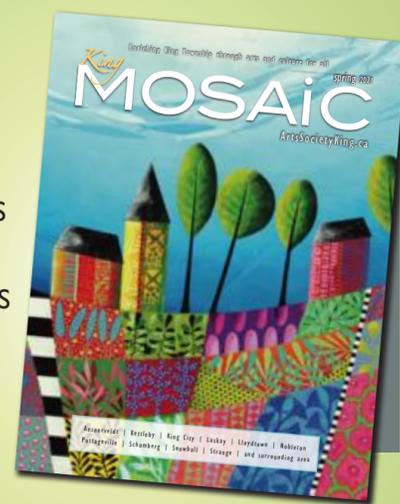
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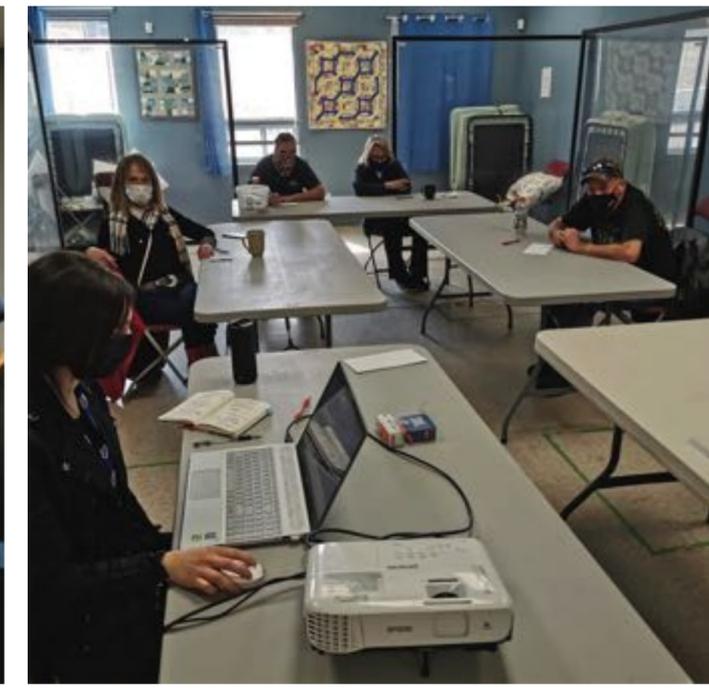
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**Around the Neighbourhood**



**FINDING SHELTER**



by Cheryl E. Uhrig

A young addict has turned down the **love, support and desperate pleas** from her parents to get help.

At wits end they beg her to enter rehab, or find another place to live. A talented young musician struggles with mental health issues. Without professional counselling and support, he is unemployable and homeless. An elderly man loses his job and can no longer make the rent.

It's easy to draw conclusions about the homeless. Yet the reality is members of our homeless community come from all social and economic backgrounds. There is no gender bias. They may or may not have families. They could be young teens, adults or seniors. Everyone has a reason for being homeless. It could be poverty, rising housing costs, loss of job, fleeing a violent home, struggles with an addiction, or coping with mental illness that brought them to this point. Whatever the reason, it's hard to think about. Yet every day thousands of people across York Region, need food and a place to sleep.

Some people may never be able to break the cycle. Thankfully for many, there is a place where they can get the help they need - at any age. There is a place that provides real hope. Enter Inn From The Cold, located at

510 Penrose Street in Newmarket, Ontario. Within minutes of talking to Ann Watson, Executive Director, it becomes clear that Inn From The Cold may have started as a safe place to feed and shelter people in need. But with the help of dedicated staff, wonderful volunteers, local businesses, community groups and churches pitching in, Inn From The Cold has evolved into so much more. But it is their Inn Team Program that is proven to be a true success story. After much work and development, the Inn Team Program was recently awarded a seed grant from the Ontario Trillium Foundation for their ongoing work to support people - out of homelessness.

The Inn Team's slogan is 'Changing community's perception of homelessness one job at a time.' Ann explained the program this way. "Purpose drives everyone. People want to work, to be self-sufficient and to have a place of their own. We've hired Inn Team co-ordinators who match our team members with our clients within the community. So team members find employment, earn a paycheck, and gain that all-important employer reference".

It's a win-win. Local businesses and residents can hire Inn Team members for all kinds of odd jobs such as painting, small renovations, window cleaning, factory jobs, lawn work and basic administration work. Most important Inn Team members are given the opportunity to learn or hone employable skills. In the process, they gain self-confidence and earn a wage while contributing to their community. The impact is real and the results are visible. The Inn Team Program has changed people's lives by successfully helping team members support themselves and live either on their own or with a group. According to the Program Coordinator of Inn Team, Shirin Ganji, "Within the first 8 months of the program, 20% of our Inn Team members found permanent work. As we gain more members from our Getting Ahead Program, we expect to see even more people find full-time employment."

No one wants to live in a shelter. There's a stigma attached to being homeless. So it is especially encouraging for the Inn Team staff and volunteers to see a marked change in a team member's attitude when they

start working. They are excited to have the opportunity to make some money and be a part of their community. Most important they are proud of themselves. Which often gives them the incentive and motivation to enter rehab and attend addiction support groups. So Inn From The Cold and the Inn Team Program is not just about the housing, and feeding of people, it is about caring for the whole person.

Empowering a person who is homeless at the best of times takes many resources. Dealing with the current Covid safety restrictions, means fewer beds are available. It also puts an additional strain on staff, volunteers and local food pantries to meet the ongoing demands for food, shelter and services. Yet Inn From The Cold stays committed to meeting the ever-changing needs of our homeless community as they work to help everyone they can - find their way home.

There are many services and facets of this amazing resource. To learn more you can visit their website at [www.innfromthecold.ca](http://www.innfromthecold.ca) Contact them at [innteam@innfromthecold.ca](mailto:innteam@innfromthecold.ca) or call 905-895-8889.

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