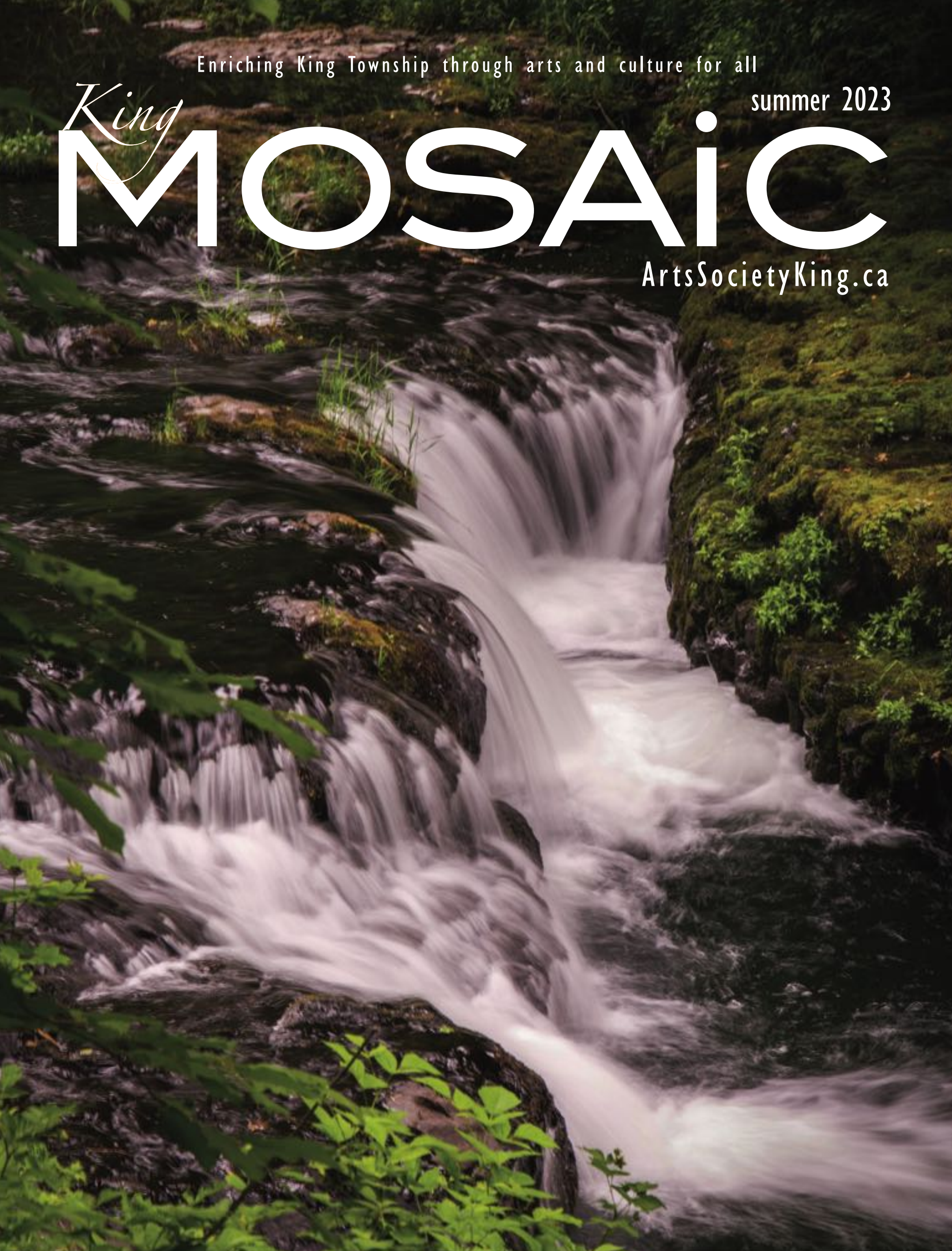


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summer 2023

King MOSAIC

ArtsSocietyKing.ca





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We welcome your feedback, contributions,
and suggestions.

Write to us at

editor@artsocietyking.ca

FEATURED CONTRIBUTOR: JOANNE BAILEY



Joanne Bailey is a retired college professor and registered nurse after 47 years in the health care industry. She moved to King Township in 1988, and currently lives in Schomberg. A proud mother of two daughters and grandmother to six grandsons, Joanne makes time to volunteer in her community with the Schomberg Community Farm, Arts Society King, where she serves as a board member and writer for MOSAIC, and most recently, with the Nobleton Seniors' Centre. In this issue, Joanne wrote an article about the importance of engaging seniors (see page 23), a topic she is passionate about after having spent 60 per cent of her nursing career dedicated to this demographic. Aside from grandmotherly duties, Joanne enjoys painting, drawing, writing, gardening, and creating wood designs. She is also an ear candling therapist.



CONTEST

In this issue of MOSAIC, a writer describes
a substance released by trees that benefits
humans. What is that substance, how does it
benefit humans, and who wrote the article?

Submit your answer to: Editor@ArtsSocietyKing.ca
with "CONTEST" in the subject line by June 30,
2023, for a chance to win a **\$50 gift card** to a
local establishment in King Township.

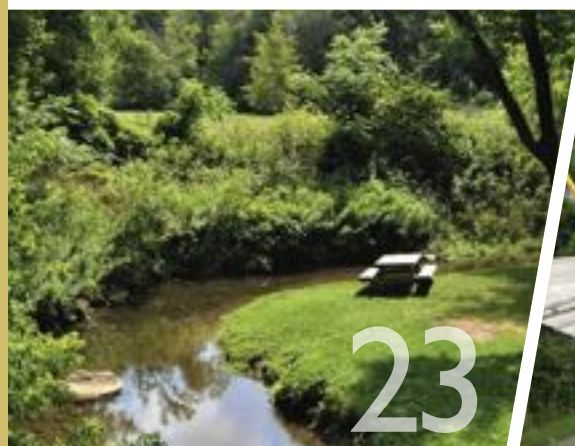


OUR COVER

STEPHEN SLOAN

Featured on the cover of the summer issue of the King MOSAIC is a photograph titled "Flow" taken in Silver Falls State Park in Oregon by award-winning photographer Stephen Sloan. He and his wife Joan are travellers and research places most likely to yield photographic opportunities.

"Flow" exemplifies Stephen's deserved good fortune. Silver Lake Park was a choice destination because of its waterfalls. He patiently set and re-set the exposure and aperture until he was satisfied he captured both the water's movement and the late afternoon atmosphere surrounding it. Read more about Stephen on page 4.



PICNIC TIME IN KING



THE FUN OF FUNDRAISING

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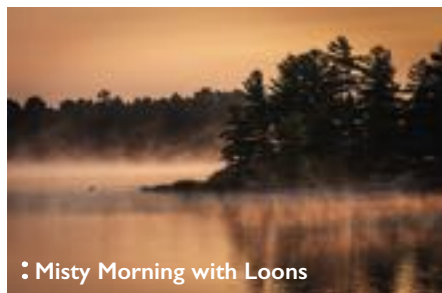
ACCIDENTALLY

On Purpose



: Bad Hair Day

The talented nature photographer **Stephen Sloan** recently welcomed me to his Newmarket home.



WRITTEN BY
BRIAN BOAKE

Brian is a survivor of decades in the IT industry, husband, father of two, supporter of the arts, and Toronto Raptors fan

We settled in his studio, which belied any preconceived notion one might have of an artist's messy workplace. There's not a lot of kit to be seen, other than his workhorse printer and a tripod. Instead, I'm surrounded by images from far and wide.

Stephen Sloan's photographic skills are readily apparent in his nature collection. His award-winning image of a bald eagle getting soaked on a beach in Tofino may look posed, because of its elegant composition. Instead, the work (entitled, with tongue firmly in cheek, "Bad Hair Day") was a happy accident, a fortunate moment on a hike. Of course, when so many of Stephen's beautifully balanced shots are rendered in this fashion, one realizes Dame Fortuna plays a small part. To borrow a quote from John Milton, "Luck is the residue of design."

While I might be stretching the point to call Stephen's work "mixed media", it wouldn't be entirely wrong. He is scrupulous about

ensuring the appropriateness of the surface on which a particular photo will reside, selecting from a variety of paper and canvas in his studio. For example, Stephen chose watercolour paper to render a shot of winter; which to my eye softens and warms the effect. If his diverse inventory doesn't satisfy, he will use oddball surfaces like burnished aluminum and wooden deck boards. Dare I trot out Marshall McLuhan postulating that the medium is the message?

Stephen's interest in photography, a legacy from his father, was honed in high school and beyond, despite a paucity of formal training. To keep the pot boiling, he carved out a lengthy and successful career in Information Technology, while feeding his creative fire on trips to galleries in Europe. His camera training was hands-on rather than theoretical. A pragmatic sort, he was able to painlessly transition from film to digital cameras. He also has learned what gear is essential, and always carries a Pentax K-1ii with a Pentax D FA 28-105mm F4-5.6 lens. Plus he grabs his walking stick, which transforms on command into a monopod (that's a single-legged camera support). When Stephen has identified a need, he can call upon a choice of other lenses. The time of day, potential subjects, lighting, weather... all of those and other variables are

taken into consideration, and affect what gear is carefully packed into his kitbag prior to a hike.

Stephen learned early his métier was nature; to this day, there are few shots of homo sapiens in his work, other than glimpses of his beloved Joan, whose appearance in a picture provides a human scale to a spectacular setting.

His work may remind some of the great American 'shotmaker' Ansel Adams, whom he respects. Stephen also avers his admiration for the Group of Seven and their beloved member-in-spirit Tom Thomson. Many of Stephen's shots of trees and flowers display a painter's eye. He takes full advantage of colour, unlike Adams, who was a prominent advocate of large-scale black and white.

Stephen's face brightens as he describes his pleasure in hiking. Many times he and Joan are trekking with a specific destination in mind. Then there are times, such as with the dramatic "Wrecked", when a wander along a deserted beach (in this case, Clatsop, in Fort Stevens State Park, Oregon) yields a manmade surprise worthy of his camera. "Wrecked", the remnants of the shipwreck "Peter Iredale", is stark and a little frightening, like stumbling upon the skeleton of a T-rex. The effect is enhanced by the sombre interplay of black, white, and grey.

Stephen and Joan have become late-in-life boating aficionados, so it's fitting that we see "Pathfinder" under full sail. Quite the contrast from "Wrecked", but pleasing just the same.

We at MOSAiC aren't the first to take notice of Stephen's efforts. Many of his photographs have won awards across different jurisdictions, including a Stanley Award from Fine Art America for his spectacular "All the colours of autumn in one leaf" – a beautiful piece of nature he stumbled upon while on a hike, this time in Algonquin Park. When I view this work, the first verse of William Blake's 'Auguries of Innocence' springs to mind:

To see a World in a Grain of Sand
And a Heaven in a Wild Flower
Hold Infinity in the palm of your hand
And Eternity in an hour

Stephen is a strong proponent of the "leave no trace" approach to nature photography. It follows that he advocates for nature conservancy.

His self-chosen task: to capture nature's hidden beauty and, by sublime paradox, liberate it, for our eyes to enjoy.

Fortunately for all of us, his work is available for purchase at <https://stephen-sloan.pixels.com>.

ACROSS THE RAINBOW'S ARC



WRITTEN BY DORITA PEER

King resident for 45 years, Dorita is a poet, writer, artist, gardener, ASK Board member, and Co-Founder of WriteNow!@King.

Across the Rainbow's Arc was an ASK project that began with poems offered to artists for their inspiration, each one like an incantation.

Poetry has the power to charm and draw out the visionary in us. Poets send out their words in a way that touches a deeper awareness, raising images from experience and imagination, arousing true feeling rather than primal emotion. All the arts let us more safely bare our souls, and when one art form meets another, watch the sparks fly! The relationship becomes an ecosystem of senses and sensibilities that reflect our temperaments, our cultures, our times, and more, in a symbiosis with the mediums that express these. Ever since we gained consciousness, we have striven to bridge an ocean of misunderstandings. The pot of gold Across the Rainbow's Arc is hope of transformation.

NORTH STAR

Have I told you why I love poetry?
The breeze whispers your name
and it's my favourite song.
I breathe in the words
that soar straight into my heart.
Shivers down my spine
invoke the flutter of the butterflies,
I never knew I had.
You see, my love
It doesn't judge
It doesn't fade as the days pass,
It doesn't get lost in the distance.
It doesn't dwindle with time.
It doesn't rise and it doesn't set,
Like Polaris.
It is constant,
Holding its place as the universe moves around it.
My love
It does not shake.
It radiates from my heart to yours.
It is simple and pure,
like poetry massages the heart,
like you are my North Star.

by Noha Nasri
(art by Christos Damianos Tryphonopolous)



: North Star



: In Flowers and Fields

THE TRAIL PART TWO

Hiking
Single file
On frozen track
You notice
Shadow trees
Black on white
Line the path
Whistle if you
need assistance
Chug on
Don't look
Back or
The terrain
will
railroad you

Ala Nelson Ball by Anna Manna-Santarossa
(Textile art by Kathleen Rodgers)



: The Trail Part Two

IN FLOWERS AND FIELDS

I burrow and dilute my sorrow
In plain sight,
Hoping the bee and the swallow
carry the yields
away from tomorrow

by Lavinia Maria (Art by Debbie Fox)

UNTITLED

Sarah walked away
And left Bill standing.
No words of admonition.
Fierce embers
From her glowing stick burned on the fallen trail.
And Bill
Was
Left
Standing.
What caused such a colossal
Thunderstorm?
A dam was blocking the current
And no one
Moved a stick.
Harsh crackling from the fires
Within
Sent out their
Utterances of fury.
Bill
Stood
Alone.
As hollow trees despair
And
Currents continue
With no certainty
Of termination,
The north wind
Sirred up such a commotion
That
Mother Nature
Became malicious
Meddler:
Sarah weathered by
Bills devouring blaze
Extinguished the scorching coals.

Untitled by Mary Jane McKeown-Olivo
(Silk painting by Shiva Moghadassi)

: Untitled



STILETTO SONG

Leopard Print upper and cherry red sole
Sing of femininity and
hint at a role.

Three-inch exclamation points
tap on the floor
Clip clop clip clop
There is power in store.

Contracted calves articulate the beat
Setting the tempo
Of allure and defeat

Steel rods triggered
Perform as weapons too.
Percussive and threatening
Is the rhythm of the shoe.

Crumpled feet and aching back
Are dear a price to pay
For sex appeal and influence
And to see the crowd sway...

To the stiletto song

by Teresa Veltman
(Collage art *Catching a Break* by Kevin McBean)



: Stiletto Song



• The Rutherford family kept bees on their property in Strange.
• In this image from 1908, Robert Rutherford is holding a bee smoker
• (used to calm the bees) and a rack from inside a hive.

KING'S *sweet* HISTORY

King Township, with its rolling hills and access to waterways, has long been used for agriculture, horse farming, and raising livestock. But did you know that King has also long been a-buzz with a **sweet** history?



WRITTEN BY
LIZA MALLYON,

As Collections & Exhibits Coordinator with KHCC, Liza has extensive experience in municipal museums and expertise in collections management, exhibit development, research, and anything creative.

Apiculture, the keeping of bees for their honey and beeswax, dates back thousands of years to ancient cultures in Africa, Asia, Europe, and Meso-America. Thus, it seems only fitting that when early immigrants came to settle in Canada and the United States, they brought their local honey bees along with them. The bees adapted well to the climate of North America and soon flourished, as did the practice of keeping bees.

Both honey and maple syrup were excellent local alternatives to expensive imported sugar and early settlers in King Township would have relied on both (see the Spring 2023 issue of MOSAIC for more information about maple sugaring). In addition to being sweet and delicious, honey was known to have antibacterial qualities

and beeswax was prized for candle-making, waterproofing, and other uses.

In King, many farm families kept hives to produce honey for their own use and some as a side business. The Rutherford family were storekeepers in Strange (formerly located on Weston Rd., north of King Rd.) but also kept a substantial number of hives; it seems certain that Rutherford honey would be available for sale or barter in the Strange general store.

A honey house also once existed in the heart of Nobleton. Built in 1936 by Elgin and Ethel Waller, the building was made of concrete blocks and designed specifically to process honey; the unusual door on the second storey opened to a ramp where trucks could be loaded with honey for delivery throughout the area (see photo). The Wallers placed their beehives in fragrant gardens surrounding the house as well as on farms throughout the area. The business operated for about a decade.

The sweet tradition of bee keeping continues in modern King Township as well. Pioneer Brand Honey is located near Nobleton and has a honey house and farm gate store that is open to visitors. Visitors



• The Colony Honey House in Nobleton
• (above) is now home to Sasso's Trattoria
• & Wine Bar (below).



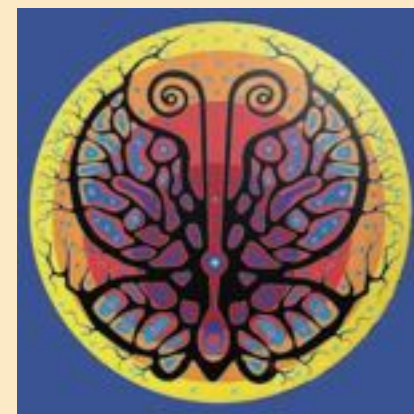
can see bees in action and have a taste of some of the 30+ varieties of honey (check pioneerbrand.ca for hours of operation). Pioneer Brand Honey also has hives stationed at Cold Creek Conservation area, as bees drinking the nectar of different flowers will produce different tasting honey. Other notable honey producers in King Township include Humber Honey (humberhoney.com) and Kinghaven Farms (kinghavenfarms.com).

In addition to producing honey, bees and other pollinators help to pollinate flowers, crops, vineyards, and forests and are integral to ecosystems around the world. But as a species, bees are in trouble and in recent years, their numbers have been in swift decline. Pesticides, habitat loss, changes in land use, loss of diversity, and parasites may all be at fault.

Today, King Township is proudly designated a "Bee City" (beecitycanada.org) and works to enhance bee habitats and create new habitats for all pollinators in gardens, parks, and naturalized areas. Citizens can also help by planting native species of flowers in their gardens, leaving areas of lawn or fields unmowed, and avoiding the use of pesticides.

For more information about bees, visit www.ontariohoney.ca

JUNE IS INDIGENOUS PEOPLES MONTH



The King Heritage & Cultural Centre is pleased to recognize June as Indigenous Peoples Month.

As an ally of Indigenous Peoples, the KHCC, on behalf of the Township, is actively working to incorporate more Indigenous programming and to decolonize exhibits and the way history is interpreted.

These initiatives are underway:

- New land acknowledgement signs are being designed for installation across the Township - look for them at the Municipal Centre, the KHCC, and other facilities near you.

- Drop by the KHCC all summer to see an innovative site-specific art installation by Metis artist Tracey-Mae Chambers. Large pieces of red crochet and knitted yarn will be installed on the outside of the KHCC main building. With a goal to start a conversation about decolonization, Tracey-Mae's work has been installed at museums, galleries, residential schools, and other public spaces across Canada (traceymae.com for more information).

- The KHCC Collections & Exhibit Coordinator is enrolled to complete a micro-credential at OCADU this summer: Beyond GLAM Land Acknowledgments: Activating Decolonization and Indigenization in Galleries, Libraries, Archives, and Museums.

- Métis artist Kathy Morgan will be leading an all-day Beading Workshop on June 3rd. For details and registration go to kingheritageandculture.ca

- The KHCC and King Township Public Library will be partnering together to host the KAIROS Blanket Exercise at the KHCC in June. Details and dates coming soon. See kingheritageandculture.ca for updates (and <https://www.kairosblanketexercise.org/> for more information).

- June 24 - Indigenous Market to be held at Laskay Hall (KHCC) and organized by the Indigenous Action Committee of York Region. TBC - more details at kingheritageandculture.ca

- Visit the site to see the York Region Experience Trail Market Memengwaa (Butterfly), designed by Donald Chretien, an Indigenous artist from Nipissing First Nation (installed in 2022). Visit www.experiencenyorkregion.com/experience-trail to discover the locations of other trail markers from the same project.



• Stronger Together by ASK artist
• Kathleen Rodgers will be featured
• in the Pride exhibit.

YOU DO YOU:

An art exhibit in recognition of Pride Season

In cooperation with Arts Society King, the King Heritage & Cultural Centre is pleased to present YOU DO YOU: its first art exhibit in recognition of Pride Season. Featuring the art of 18 emerging and established 2SLGBTQI+ artists and allies, this exhibit celebrates human rights and encourages artists to be proud of their authentic selves. Artists were invited to include a statement or story of up to 100 words to accompany their submission.

In addition to artwork, You Do You outlines

the historical background of Pride in Canada and in York Region specifically. Visitors are invited to sit at the Pride bench and write messages of inspiration and support to add to the rainbow display.

YOU DO YOU is on display until Saturday, August 12, 2023, Tuesday to Saturday, 10 a.m. to 4 p.m. Admission by donation.

The King Heritage & Cultural Centre is inclusive of, and an ally for, all abilities, experiences, and orientations. The site is accessible.



On behalf of King Township Council, welcome to the summer edition of Mosaic.

Volunteer Appreciation Awards

On behalf of Council and residents, I'd like to congratulate the recipients of our annual Volunteer Appreciation Awards, including this year's Citizen of the Year, Angelo Santorelli for his special dedication, generosity and time given to the community.

More than two dozen other people and organizations were honoured for their positive contributions to King. Their selflessness and dedication to making our community a better place is truly commendable.

For more information on how each of the award recipients volunteers their time, visit king.ca/awardrecipients.

King City Craft Beer and Food Truck Festival

One of our premiere outdoor events happens on Saturday, June 10 with the King City Craft Beer and Food Truck Festival. Join us for non-stop entertainment, a variety of food trucks and craft beer sampling.

The event takes place at Memorial Park at 25 Doctors Lane in King City from noon to 9 p.m.

For more information, including how to purchase tickets, please visit kingcraftbeerandfood.com.

Township-Wide Recreation Centre construction update

Work continues on the Township-Wide Recreation Centre being built on the southeast corner of Seneca's King City campus at the 15th Sideroad and Dufferin Street.

The state-of-the-art, high-efficiency, fully accessible recreation complex will feature two NHL-sized ice surfaces, a six-lane 25-metre-long lap pool and a multi-purpose community room.

The multi-purpose athletic fieldhouse will include an artificial turf field, a three-lane walking/running track, fitness equipment, and a multi-purpose court consisting of basketball, volleyball and pickleball.

Site servicing is nearly complete, the pool is 30 per cent done and the two rinks have been started. The facility is scheduled to open next year. For construction updates, visit king.ca/majorprojects.

Online Water Usage Information

King is pleased to announce the launch of an online portal that gives property owners detailed information about their water usage. The online portal provides access to consumption data including daily usage and can be set up to provide high-use notifications, which can catch leaks or problems prior to billing.

To sign up, property owners can access the link on the Township's website and set up an account.

Please continue to stay safe, volunteer and shop locally as much as you can.



Sincerely,

Steve Pellegrini
Mayor, King Township

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



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THE ART OF HENDRIKA ONO

JULY 25, 1964 – NOVEMBER 30, 2022



What's an "artist"? A non-artist might boast "I can't even **draw** a box, let alone think outside it."



WRITTEN BY JANET MCLEOD WORTEL

Janet is an artist, graphic designer, and copywriter currently living next to Happy Valley Forest.

To the general population, artists can seem baffling. The stereotype dictates creative types are odd, lonely and tortured souls, right?

Not Hendrika Ono. Although the artist from Laskay has left us far too early, her legacy was to draw big, and to draw others in.

Raised in Aurora, Hendrika "Ria" (née Van Den Elshout) was born July 25, 1964, to a Dutch immigrant family. She made the big move to Laskay to be with lifetime love, Ken Ono. They celebrated their wedding in the historic Laskay temperance hall just north of the Ono generational house. Two children and many friends later their home was a regular spot for parties large and small. It was a place

of inspiration with its open garden for floral art and its quaint architecture.

"Hendrika was a true artist," says Ida DeMaria, a friend and art teacher living in Nobleton. Truly she could jump into multiple art forms: fine art, poetry, gouache, figure drawing, teaching art, folk art and music too. For Hendrika, art was a mindset, not a medium.

In style, Hendrika's work is replete with nuances, hues and often layers of delicate Japanese papers. "Hendrika's poetry and art intertwine nature and her god," says her husband Ken. "Much of her subject matter celebrated her love of nature in all its wonder through close-ups of flowers, birds."

Gifted with a brilliant, conceptual mind, Hendrika never lacked ideas for any initiative. Co-worker Jennifer Stephen remembers Hendrika as a librarian at Vaughan Public Library. "We had so much fun with children's services together. Her ideas were always wildly creative, and I could never imagine how they

were going to work, but the kids always ended up loving them."

Hendrika generously helped other artists (and might-be artists too) sharing her knowledge, and giving away her creations—even her art supplies. She volunteered her creative skills to community groups like King for Refugees and the King Township Gala.

One dark, rainy night marked the start of my own deep artistic friendship with Hendrika when we dreamt up an artists' social group for King Township—the Artistic Adventurers. It has become a blessing to us and others as we do art together and make friendships.

"I feel her enthusiastic, loving spirit running through us when we laugh, share, and enjoy art together," says Giovannina Colalillo, long-time member of the group.

Dozens of Hendrika's beautiful works of art have now dispersed to new homes, yet none of them alone is big enough to

convey her creative force. The masterpiece of her creative skill was to bring so many others into a space of creative wonder and gratitude.

The Weaver By Hendrika Ono

HE asked me what we're doing
And this is what I said
I weave a loving life
By feeling every thread

And of the greater pattern
There is no master plan
It is the living thread
That motivates the hand

And as I sit here trembling
With music in my head
I am so very grateful
That I am too a thread.

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Darlene Winfield

: New Beginning by Hoda Nicholas

Have you ever **noticed how you feel** when sitting in a garden?



WRITTEN BY ANNA MANNA- SANTAROSSA

Anna is a registered marriage officiant and active volunteer with Nobleton & King City Garden Club, King Township Heritage Advisory Committee, and King for Refugees.

Your heartbeat slows and you are breathing in a relaxed rhythm. Whether you are there to admire the flowers or just sit down for a break, nature's bounty has the potential to lift our spirits, increase happy emotions, improve social behaviour, and encourage feelings of contentment. Their beauty and abundance will sing to you. At least, that's how I feel when I am admiring my garden.

I have been gardening for most of my life. This life-long passion started at an early age when I helped my mother with her garden. Later, I would apply those skills and experience to cultivate my garden. Ten years ago, I joined the Nobleton and King City Garden Club and have acquired many

tips from listening to the expertise of guest speakers. In addition, many members are very knowledgeable and have taken the time to answer my questions, let me tour their gardens, and even share their plants.

Gardens are hard work. I am constantly thinking of how I can improve mine. I spend the winter months pouring through catalogues and ordering different varieties of flower seeds and plants. I covet all the plants I see in the catalogue. Turning the pages, I am mesmerized by the colour of the blooms and the shape and texture of the leaves, and I wish I could have all these plants in my garden. But I know my limitations regarding garden space, so I stick to ordering only the seeds and plants I know will enhance what I already have.

In the spring, tilling, edging, and adding rich triple-mix soil in the flower beds keep me busy. Whenever I plant something new in my garden, I encourage it to grow by talking to it. I let the newcomer know it is in the right spot and that I can't wait until it flowers. This practice of talking to the flowers is my way of letting the plants know that I value their potential and that I can't wait to see them transform.

I love flowers because they always keep their promise. Every year, they shoot up from the soil. I'm surprised at how the perennials survive the winter months and how small the first shoots are—making me wonder how they will grow into the tall flowers I see later in the season. I also marvel at how they move about in my garden. Flowers that were in one place show up in another the following year.

In the summer, flowers come in at different times. My garden is colour-coded, so the first flowers to emerge are all white. After that, the pinks, purples, reds, and yellows appear. When I created my garden, I chose the colours that appealed to me and grouped them so that the identical and complementary colours matured simultaneously. My favourite colours are pink and purple, so I looked for these flowering plants and then researched when each variety would mature.

I have benches around my flower garden where I can sit to admire the view. The silkiness of the petals delights me. I see them sway as a gentle wind blows them. Looking closely at the petals, what strikes me most is the colour

uniformity of each petal. I never cut my flowers to put them in a vase and bring them indoors. I enjoy seeing them in their natural setting, painting the landscape.

Meditating in the garden, I inhale the fragrant aroma. Each one takes me to another place in my mind. The perfumed scent of roses reminds me of special occasions and formal dinners. The lily of the valley's heady scent transports me to a pretty English garden cultivated by a good friend. The marigolds and petunias evoke childhood memories of sunny days, and I always smile when I get a whiff of those annuals.

When a plant is overgrown, I split it and find another place to put it, even if it means starting a new plot. For this reason, I have many flower beds and a lot to do, and sometimes it gets overwhelming. Still, I am willing to do my best to keep the garden flourishing, and I think the flowers appreciate it and repay my dedication with their beauty and grace. I am a gardener, but I often wonder if the garden is cultivating me by teaching me patience and admiration for the miracle and spectacle of the flower.



ANNA ROBERTS
MP | KING—VAUGHAN

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ATSWEI finewineladytu@gmail.com

Atswei is a visual artist who started creating in childhood and went on to study graphic/packaging design at Humber College. She dropped out, finding it much too rigid for her artsy, free self. She then went on to study culinary arts and then served her country in the Armed Forces. After studying to be an aesthetician, where she learned to create creams, lotions, bath bombs, and natural hand-made soaps, she came back full circle to her first love – art. In the beginning, Atswei's best pieces were created in extreme anger or extreme happiness. Her current pieces flow from all emotions. Atswei has always felt that the minute you turn what you love doing (your hobby) into a career, then it becomes work. Once it becomes work, it becomes confinement, which equals rules, which equals regulations. To Atswei, creating art means being free, where you set the rules, tone, pace, etc. Once someone is telling you what to do, it is no longer art to her.



WRITTEN BY PATTI SKRYPEK

Patti is a retired communications professional and active volunteer who applies her creative skills to support a number of not-for-profit organizations within the community.

WHAT IS YOUR FAVOURITE PLACE TO CREATE, AND WHY?

The kitchen is my favourite place to paint although my studio is in the basement. The kitchen is the heart of a home with positive energy shining in with the sunlight.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS JUST STARTING OUT AS AN ARTIST?

Be sure you're doing it for passion and the love of creation, not for the love of money.



: Energy Burst

HOW DO YOU GET INSPIRED TO CREATE YOUR ART?

My inspiration comes from the Creator of the Universe – God, and life.

WHAT DO YOU VALUE MOST IN FRIENDS?

Dog is man's best friend and this is based on its loyalty. That is what I look for in friendship and any relationship.



: Abundance



SOPHIE NAIDOO artful3214@gmail.com

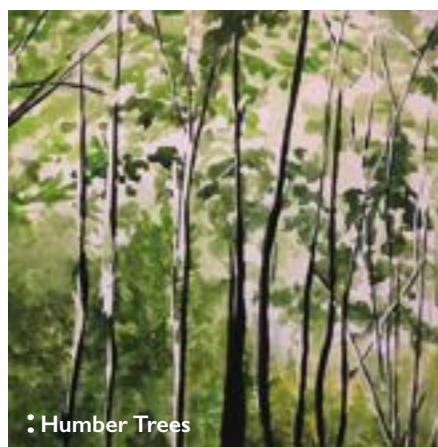
Sophie is a teacher who has always been keenly interested in art and science. Her art focuses on combining themes and skills from both these areas. Although her formal degree and training are in Chemistry, she has always had a passion for art and started studying art as an adult. Her paintings are primarily landscape or experimental abstract and aim to highlight the beauty of our natural environment. She typically uses watercolour or chalk pastel but regularly experiments with other mediums and painting techniques. During the pandemic, she created a lot of monochromatic work as paints were very hard to get with closed art supply stores and major shortages. Because of this, Sophie had to really stretch her paints and used only one or two colours at a time.

WHAT HAS BEEN YOUR GREATEST CHALLENGE AS AN ARTIST AND HOW DID YOU OVERCOME IT?

Selling art is always a challenge. I still try to sell on different occasions but I primarily create art because I love doing it.

HOW DO YOU CONTINUE TO DEVELOP YOUR SKILLS AND STAY MOTIVATED AS AN ARTIST?

I love attending workshops, reading art books and watching online painting tutorials to learn new skills. This allows me to learn at my own pace and complete lessons when I have time. I always feel inspired after seeing an art show or visiting a gallery such as the McMichael Canadian Art Collection. Being around other art always makes me want to paint.



: Humber Trees

HOW HAVE YOUR LIFE EXPERIENCES INFLUENCED YOUR ART?

I think my love of philosophy and language has influenced my art, especially as of late. I have recently started using a lot more words or language in my art. I try to create art that relays a message or an idea I am passionate about.

WHAT ARE THREE THINGS YOU CAN'T LIVE WITHOUT?

My daughter, books and my painting stuff.



: Wildflowers

Summer 2023 events

JUNE 1 – ONGOING – WRITENOW!@KING – WriteNow!@King is a writers' group partnering with King Township Public Library who meet on the first and third Thursday afternoons each month from 2 – 4 PM. New and experienced writers are welcome to participate in stimulating writing exercises, guest speakers and feedback from peers.
Location: King City Public Library, 1970 King Road, King City
Contact: info@kinglibrary.ca for more information

JUNE 2 – YOU DO YOU PRIDE EXHIBIT – OPENING RECEPTION – KING HERITAGE & CULTURAL CENTRE – Join us at the KHCC for the opening night of You Do You, the first art exhibit held at the KHCC in recognition of Pride season. RSVP preferred.
Location: King Heritage & Cultural Centre, East Gallery - 2920 King Road, King City
Time: 6:30 – 8 PM
Contact: kingmuseum@king.ca
905-833-2331

JUNE 3 – AUGUST 12 – YOU DO YOU – PRIDE EXHIBIT – KING HERITAGE & CULTURAL CENTRE – This first art exhibit held at the KHCC in recognition of Pride Season includes the artwork of 18 emerging and established 2SLGBTQI+ artists and allies.
Location: King Heritage & Cultural Centre, East Gallery - 2920 King Road, King City
Time: Tuesday to Saturday, 10 AM – 4 PM
Website: kingheritageandculture.ca

JUNE 5 – EVANGELINE MUNNS ART EXHIBIT – ASK & KHCC – Long time Arts Society King member, Evangeline Munns' artwork will be on display until July 21st.
Location: King Township Municipal Offices, 2585 King Road, King City
Time: 8:30 AM – 4:30 PM
Contact: 905-833-5321

JUNE 10 – GARLIC MUSTARD PULL – TOWNSHIP OF KING – Join us to learn about invasive species and help us pull garlic mustard; participants will learn new skills and help make a positive impact. Pre-registration required.
Location: Cold Creek Conservation Area, Picnic Shelter – 14125 11th Concession, Nobleton
Time: 10 AM – 12 PM
Contact: environmentalstewardship@king.ca
Website: www.king.ca/recreation Code: 17956

JUNE 10 – KING CITY CRAFT BEER & FOOD TRUCK FESTIVAL – TOWNSHIP OF KING – Experience Live Music, a variety of Craft Beer and Food Trucks. Visit our website for additional details and to purchase tickets!
Location: Memorial Park, 25 Doctors Lane, King City
Time: 12 PM – 9 PM
Website: www.kingcraftbeerandfood.com

JUNE 16 – PUBLIC ASTRONOMY NIGHT AT COLD CREEK – TOWNSHIP OF KING, COMMUNITY SERVICES – Join us to explore the night sky – all equipment and telescopes will be provided, and knowledgeable astronomers will be available to point out interesting features in the night sky. *Inclement weather viewing date is Saturday, June 17*
Location: Cold Creek Conservation Area, 14125 11th Concession, Nobleton
Time: 8 PM – 11:30 PM
Website: coldcreek@king.ca

JUNE 17 – ART LAB WORKSHOP SERIES FEAT. ROSLYN LEVIN – ARTS SOCIETY KING – Arts Society King is offering another workshop in their Art Lab Series this time featuring award-winning Sumi-e artist Roslyn Levin as instructor. The philosophy of sumi-e is contrast and harmony to express the spirit of your painting subject.
Location: Kingbridge Centre, 12750 Jane Street, King City
Contact: info@artssocietyking.ca for more information
Website: www.ArtsSocietyKing.ca

JUNE 17 – OUTDOOR YARD SALE – ALL SAINTS ANGLICAN CHURCH – Wide selection of quality household items, toys, jewelry, books, art prints, etc.
Location: All Saints Anglican Church, 12935 Keele Street, King City
Time: 9 AM – NOON

JUNE 17 – FIRST DROP IN CLIMB OF THE SEASON – TOWNSHIP OF KING, COMMUNITY SERVICES – Swing by for some high ropes and climbing wall action, \$18 per person, please dress appropriately and wear closed toe shoes. Other drop in climb dates over the summer: July 8, July 22, Aug 5, Aug 19
Location: Cold Creek Conservation Area, 14125 11th Concession, Nobleton
Time: 10 AM – 2 PM
Website: coldcreek@king.ca

JUNE 23 – ATTRACTING POLLINATORS TO YOUR GARDEN WORKSHOP – TOWNSHIP OF KING – Join us for a free presentation hosted by the Lake Simcoe South Master Gardeners to learn how to attract pollinators to your garden. Pre-registration required.
Location: Schomberg Community Hall, Lower Level – 325 Main Street, Schomberg
Time: 4 PM
Contact: environmentalstewardship@king.ca for more information
Website & Registration: Please visit www.king.ca/recreation Code: 18060

JUNE 25 – POLLINATOR WALK & TALK – TOWNSHIP OF KING – In celebration of national Pollinator Week (June 19 – 25), join

us for a free guided hike to explore and learn about the world of bees, bugs, and butterflies. Participants will take home a DIY bee hotel to build (supplies provided) and attract beneficial insects to their backyard.
Location: Cold Creek Conservation Area, Picnic Shelter - 14125 11th Concession, Nobleton
Time: 10:30 AM – 12 PM
Website: www.king.ca/recreation Code: 17957

JULY DATE TBA – RASPBERRY SOCIAL – KING HERITAGE & CULTURAL CENTRE (KHCC) – MMMMM, raspberries! This all-ages ticketed event will take place on the grounds of the KHCC and include raspberry pie and treats, entertainment and family activities. Tickets are available online and in person at the King Heritage & Cultural Centre.
Location: King Heritage & Cultural Centre, 2920 King Road, King City
Time: 6 PM – 8:30 PM
Contact: 905-833-2331
Website: kingheritageandculture.ca

JULY 8 – A PICNIC WITH POETS FEATURING THE HAIKU HUNT AT THE KINGBRIDGE CENTRE WITH ARTS SOCIETY KING – Come, and reflect on the glory of Nature in the company of poets, enjoy a classic picnic lunch accompanied by poetic readings, then explore the beautiful grounds of the Kingbridge Centre to discover where your favourite haiku was inspired.
Poets please contact doritapeer@bell.net
Location: Kingbridge Centre
Time: 11:00 AM – 3:00 PM
Contact: For information or reservations, please contact info@artssocietyking

JULY 15 – COMMUNITY ELECTRONIC RECYCLING EVENT – TOWNSHIP OF KING – Bring your unwanted electronics to the Community Electronic Recycling Event to ensure they are disposed of safely, recycled and kept out of the landfill.
Location: Nobleton Arena, parking lot – 15 Old King Road, Nobleton
Time: 10 AM – 12 PM
Website: www.king.ca/wastediversion for more information

JUNE 25 – ANNUAL GARDEN TOUR – SCHOMBERG HORTICULTURAL SOCIETY – Annual Garden Tour of gardens and properties in and around Schomberg in collaboration with Arts Society King, the Schomberg Community Farms and the Township of King.
Location: Schomberg Area. Tickets are sold at Schomberg Library on tour day or on Eventbrite.ca
Time: 10 AM – 4 PM

JUNE 26 – ENVIRONMENTAL STEWARDSHIP FOR KING – NOBLETON & KING CITY GARDEN CLUB – The

Environmental Stewardship Outreach Coordinator, Kathryn McLellan and Sabrina Guvenc, the Climate Change Coordinator of King Township, will share related initiatives in King.
Location: Laskay Hall, 2920 King Road, King City
Time: 7:30 – 9 PM
Contact: nobletonkingcitygardenclub@gmail.com
Website: www.gardenontario.org/site.php/nobletonking

JUNE 27 – GENERAL MEETING WITH SPEAKER LIANNE HARRIS – SCHOMBERG HORTICULTURAL SOCIETY – Lianne Harris speaks on the story and history of famous flowers; free to members, \$3 at the door for non-members.
Location: Schomberg Community Hall, 325 Main Street, Schomberg
Time: 7:30 PM

JULY 24 – KATHLEEN RODGERS FIBRE ART EXHIBIT – ASK & KHCC – Arts Society King Director, Artist Liaison, and Artist member Kathleen Rodgers' artworks will be on display until September 8th.
Location: King Township Municipal Offices, 2585 King Road, King City
Time: 8:30 AM – 4:30 PM
Contact: 905-833-5321

AUGUST 15 – COLD CREEK WORKSHOP – NOBLETON & KING CITY GARDEN CLUB – This is a member event, including a Climate Change Gardening Presentation, short hike to the Tall Grass Prairie, Native Wildflower seed ball-making, and seed saving activity.
Location: Cold Creek Conservation Area, 14125 11th Concession, Nobleton
Time: 5 – 6:30 PM
Contact: nobletonkingcitygardenclub@gmail.com
Website: www.gardenontario.org/site.php/nobletonking

AUGUST 18 – PUBLIC ASTRONOMY NIGHT AT COLD CREEK – TOWNSHIP OF KING, COMMUNITY SERVICES – Join us to explore the night sky – all equipment and telescopes will be provided, and knowledgeable astronomers will be available to point out interesting features in the night sky. *Inclement weather viewing date is Saturday, August 19*
Location: Cold Creek Conservation Area, 14125 11th Concession, Nobleton
Time: 8 PM – 11:30 PM
Website: coldcreek@king.ca

AUGUST 19 – MONARCH BUTTERFLY WORKSHOP – KING HERITAGE & CULTURAL CENTRE – In celebration of Flight of the Monarch Day, join us for the opening of the "On the Trail of the Monarch Butterfly" exhibit, featuring the art of King butterfly artist Grazyna Tonkiel; explore and learn about the monarch butterfly's migration

in and around **King Township**

COMPILED BY ARTS SOCIETY KING

coupled with a free presentation hosted by the Lake Simcoe South Master Gardeners on monarch butterflies, Ashley Gatto will provide a special presentation on monarch butterflies and participants will learn how to attract monarch and other pollinators to their garden. Location: King Heritage & Cultural Centre, 2920 King Road, King City

Time: 1 PM

Contact: kingmuseum@king.ca
905-833-2331

Website: kingheritageandculture.ca

Registration: www.king.ca/recreation

Code: 18061

AUGUST 19 – NOVEMBER 10 – ON THE TRAIL OF THE MONARCH BUTTERFLY EXHIBIT – KING HERITAGE & CULTURAL CENTRE – On the Trail of the Monarch

Butterfly displays stunning microphotographic images and aerial photographs depicting the monarch's amazing journey from Montreal to the mountains of central Mexico. With panels on loan from the Canadian Aviation and Space Museum, this exhibit also features art from King Township's butterfly artist, Grazyna Tonkiel. Learn how to support butterflies and other pollinators in your own backyard.

Location: King Heritage & Cultural Centre, 2920 King Road, King City

Time: Tuesday to Saturday 10 AM – 4 PM

Contact: kingmuseum@king.ca
905-833-2331

Website: kingheritageandculture.ca

AUGUST 21 – ONLINE REGISTRATION OPENS FOR 2023-2024 SEASON – KING CURLING CLUB AT THE TRISAN CENTRE

– Online registration for the King Curling Club opens the last 2 weeks of August for returning curlers and welcomes new members to register the first week of September.

Location: www.KingCurling.com

Time: Anytime

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Shinrin-yoku

FOREST BATHING IN KING

Trilliums in the Forest
by Tom Wray

With the cold, dark days of winter behind us and sunnier, warmer weather upon us, a **walk in the forests of King** is a great activity for people of all ages.



WRITTEN BY IRENE
ZONTA, MED, RHN

As a wellness advocate with 30+ years of teaching experience and education in holistic health, Irene is deeply passionate about helping others live their best life.

There are so many beautiful trails in the area to choose from – all easily found on the AllTrails app. There are also many therapeutic benefits from spending time in the forest. Shinrin-yoku translated as forest bathing is worth learning more about.

What exactly is Shinrin-yoku? The Japanese term, which originated in the 1980s, refers to being in the presence of and taking in the forest atmosphere. It is immersing yourself in nature with full engagement of all the senses and being present with your surroundings. In the '80s, the Japanese promoted forest bathing to counter the ill effects of stress among their workforce. Research by Park et al. (2010) demonstrated that potential benefits include lower concentrations of cortisol (the stress hormone), lower blood pressure and

pulse rate, and a sense of greater relaxation. Research on forest bathing continues to this day. One wonderful website worth visiting is www.healingforest.org which has a plethora of resources about the what, why, and how of forest bathing, and its many benefits. On this site, there are suggested books, activities and even videos to watch that can help further your knowledge of how to develop a more intimate and ultimately healing connection to nature.

Where and when can forest bathing occur? It can be done anywhere there is a forest and in any kind of weather. Trees release a substance called phytoncides into the atmosphere which humans breathe in and absorb through the skin, supporting immune response and overall well-being (Hong, 2020). Forests of coniferous trees like pine and fir are particularly beneficial to be around, and by rubbing pine needles together you can actually smell the phytoncides that serve to protect such trees from germs and diseases (Hong, 2020). Early summer is best for forest bathing, especially from 10 a.m. to 11 a.m. when the humidity levels are highest, as suggested by Hong. Therefore, it is possible to do forest bathing in

your backyard or even a park nearby, especially where evergreens are present.

How does one participate in forest bathing? Recommendations range from walking at least 20 minutes daily or two hours a week, or from two hours to four hours of uninterrupted time in the forest, with the importance of repeating your sessions weekly for maximum benefit. To optimize the forest bathing experience, it is best to put technology aside, to avoid distractions. The idea is to be mindful when walking. This means taking one's time to walk both slowly and preferably silently, to savour and take in the beauty of the forest surroundings. Then, one may more readily notice the subtleties of nature that present themselves, such as an unusually striated rock, the distinct contours of the bark on a tree, or the variegations on a leaf. Meanwhile, practicing silence attunes the ears to the seasonal sounds of nature, such as the babbling of a meandering creek, the crackling of branches underfoot, or the knocking of a red-headed woodpecker on a nearby tree. By fully engaging the senses of sight, smell, sound, and even touch, such as leaning up against a tree, one becomes more attuned to nature... in turn, helping one to reconnect to

a personal sense of rhythm and strengthen self-awareness. While forest bathing, it is best to avoid touching unknown plants, as there are some interesting species here in southern Ontario, like poison ivy and stinging nettle that can leave their mark on you! Instead, safer options include walking on cleared trails or walking with a trusted guide who is familiar with the terrain. Practicing engagement, presence, and gratitude for the gifts of the forest, is key to forest bathing. Indeed, Shinrin-yoku has the effect of supporting your mental, physical, emotional, and spiritual well-being for a calmer, happier, and more joyful you!

References

- Hong, A. (2020, May) What is forest bathing? Discover how to soak up nature. Great Lakes Guide.
- Park, B. J., Tsunetsugu, Y., Kasetani, T., Kagawa, T., & Miyazaki, Y. (2010). The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. *Environmental health and preventive medicine*, 15(1), 18–26. <https://doi.org/10.1007/s12199-009-0086-9>

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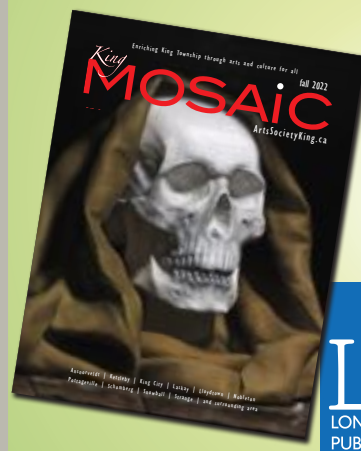
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BIOLOGIST AT THE TABLE

The life your food leads before it reaches the plate

NATURE

Fluffy French Toast

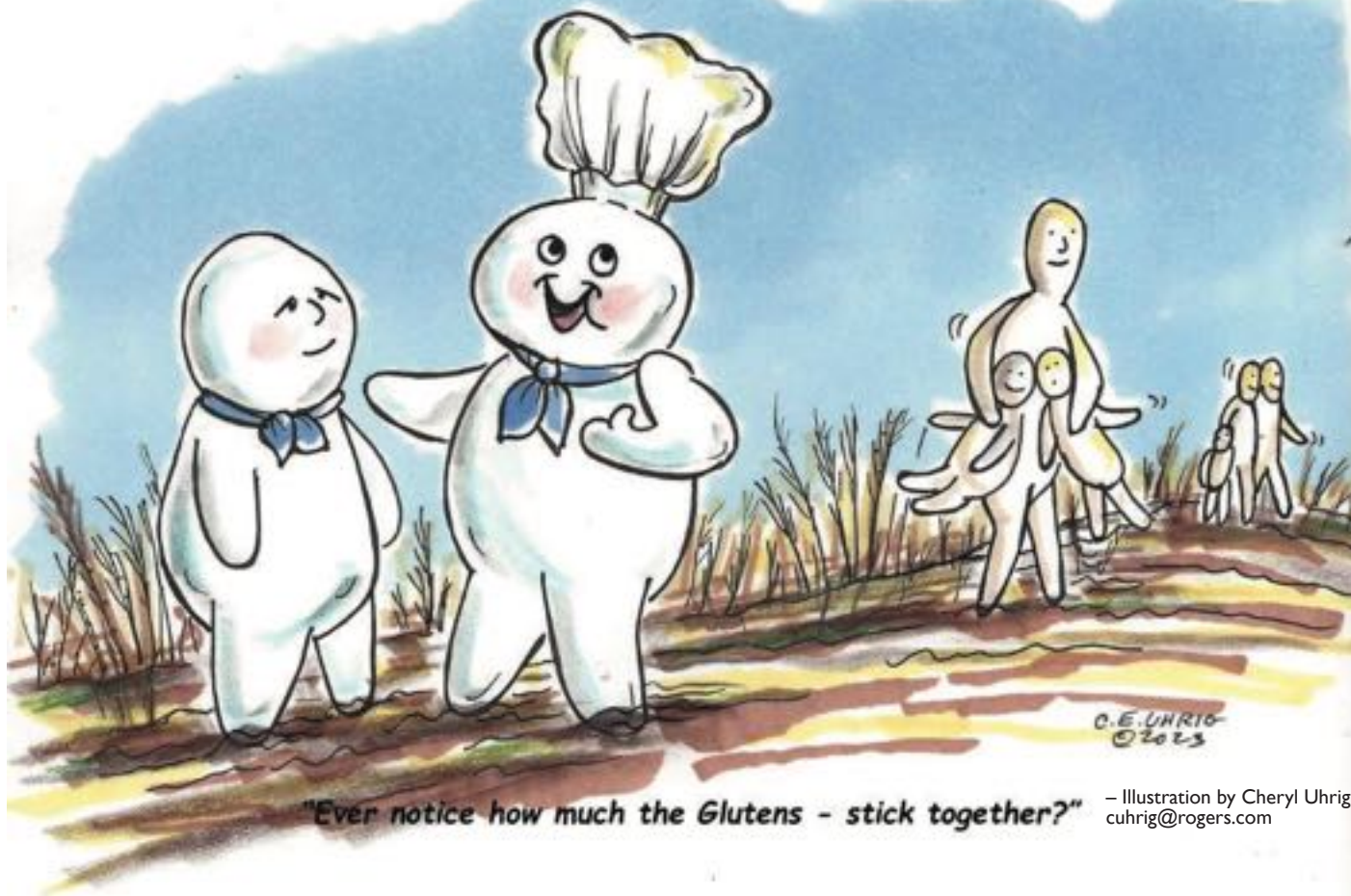
This is not a fancy recipe, but it combines seeds and eggs, and the storage proteins in each! I like thick slices, so there is an extra step at the end to ensure they are cooked through.

INGREDIENTS:

A baguette; 4 large eggs; ¼ C heavy cream; 1 t vanilla extract; 1 T brown sugar; ¼ t cinnamon; pinch of salt.

DIRECTIONS:

Slice the baguette thick (~3 cm). Combine remaining ingredients in a shallow bowl. Soak, not dip, the slices in the cream-egg mix. Set the soaked slices on a rack to let the excess mix drip off. Turn the stove to medium, and thoroughly preheat the skillet. Fry the slices in small batches, a few minutes per side. Complete cooking by transferring the slices to a cookie sheet and bake at 325°F for 15-20 min.



"Ever notice how much the Glutens - stick together?"

— Illustration by Cheryl Uhrig
cuhrig@rogers.com

THAT'S A STRETCH!



MY GRANDMOTHER WAS QUITE THE BAKER.



WRITTEN BY
ART WEIS

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

Every week she made several loaves of bread and sometimes rolls for Sunday dinner. As a kid I once watched her wield her wooden spoon to mix flour, water, salt, and yeast in a bowl so big I could have bathed in it. With a deep breath, she threw the dough onto the floured kitchen table. Then came a fury of pounding, stretching, and folding, again and again. She let the dough rest a while, then was back at it. By and by she shaped it into four loaves and popped them into the oven. The house filled with a heavenly fragrance. When done, she set the golden loaves on the cooling rack for all to admire. Exhausted, off she went to rest her tiny frame. Grampa winked and snuck me a slice, still warm, soft, and slathered with butter. It was an unforgettable delight.

Bread is a clever invention. It makes grass seed (i.e., wheat) easy to digest. Structurally, bread is a froth of carbon dioxide bubbles

encased in a matrix of starch and protein. Baking makes the bubbles expand and the proteins agglutinate, forming a semisolid mass. You probably know that carbon dioxide is a waste product from the yeast as it digests starch in the ground seed... a fungal burp. But what about the protein matrix? And why all that pounding, stretching, and folding?

The bread matrix is comprised of two protein types, glutenins and gliadins. Their function in a wheat seed is much the same as the yolk in a hen's egg. They are the material that the tiny plant embryo uses to grow into a new plant. These proteins have quirky structural features that make bread bread.

You may recall that proteins are long chains of smaller molecules, amino acids. These chains resemble less a strand of pearls than a toddler's first attempt at a tinker toy snake—long, twisted, and with random bits sticking out to the side. When wet, the glutenins expand. Kneading warms them up. And when that happens, some of the side bits on the chains bind together, producing an elastic chain of chains. Meanwhile, the gliadins act like tiny ball bearings, allowing the glutenin chains to slide past each other. Dough gets sticky because there is enough binding, but not too much.

This structural mix of the two proteins is called gluten. It stretches but does not burst as the carbon dioxide bubbles expand.

Gluten gets a bad rap in some quarters, leading a few well-intentioned people to advocate a gluten-free diet for all. That means no bread. It also means no processed foods, such as beer, lunch meats, gravy, and flavoured chips. These foods contain wheat, and therefore gluten. And they are rich in simple carbohydrates but poor in nutrients. Some call these empty calories. The call to restrict gluten intake is an overgeneralized response to a specific concern. Dietary gluten causes real distress to a small percentage of the population.

About one per cent of us suffer from celiac disease. As these people digest wheat products, their immune system fights against the gluten as if it were a virus. This strong reaction inflicts collateral damage on the lining of the small intestine, inhibiting nutrient absorption. Symptoms can include gastrointestinal pain, diarrhea, or constipation. Anemia can develop over the long term as iron absorption declines. Celiac disease is inherited. Mutations at either of two genes that regulate immune cells set the stage for the overreaction, and mutations at several additional genes modify its intensity.

Another five per cent of us are "gluten intolerant". Some research indicates that these people are not sensitive to gluten per se, but rather to one of the carbohydrates found with it. Their bodies cannot absorb these carbohydrates, which then ferment in the gut, causing sickness.

Would the remaining 94 per cent of us benefit from a gluten-free diet? There have been dozens of studies on this, and the weight of evidence says something interesting. Some investigators found that gluten-free diets improved health. But looking closely at the data, subjects that went "gluten-free" also gave up processed foods. So, the benefit may not come from eliminating gluten, but rather from eliminating the empty calories. In complementary fashion, diets that prioritize whole grains also show health benefits. These diets are rich in complex carbohydrates and other nutrients. And since they include the whole grain, they include all the gluten!

So, unless you are among the six per cent suffering adverse symptoms after eating bread, specifically eliminating gluten from your diet is unlikely to improve your health. But be careful not to slather too much butter on that bread!

Julianne Boileau

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AROUND THE
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HOW COMMUNITY PROGRAMS ENRICH THE LIVES OF SENIORS

“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit,”
E.E.Cummings.



WRITTEN BY JOANNE BAILEY

Joanne is a retired college professor and registered nurse and active volunteer with the Schomberg Community Farm, Arts Society King, and the Nobleton Seniors' Centre.

The human spirit can be influenced by a variety of factors, including personal experiences, relationships, cultural and societal norms, beliefs, values, and spirituality. Other factors that can impact the human spirit include education, physical and mental health, and access to resources and opportunities.

King Township's seniors' programs across Nobleton, Schomberg, and King City create golden connections for older adults in their golden years. Each Centre offers enriching experiences, including recreational programs and services, educational presentations, and interactive workshops that encourage seniors to stay fit, improve cognitive ability, create new friendships, and much more.

I understand the importance of engaging seniors since most of my diversified nursing career was dedicated to this demographic. Now retired, I am happy to volunteer at the Nobleton Seniors' Centre, where I facilitate programs under the direction of Erin Burford, coordinator of recreational programs for the Township of King.

Dedicated programming engages our seniors in meaningful activities related to their abilities and utilizes positive energy in many different ways. For a nominal fee, scheduled and drop-in programs include exercise, dancing, painting, story writing, coloring, discussion groups, guest speakers, board games and cards – to name a few. All of these programs captivate the senses and stimulate the mind.

Fueled by passion and motivation, I witness how these vital programs have enriched the lives of our seniors. New friendships develop as the seniors connect to alleviate some of their loneliness while at the same time utilizing their positive energy to benefit them physically, mentally, and emotionally.

Residents of King Township for over 40 years, Ella and her husband joined the Seniors' Centre



in January 2023. “We carpool together with some of the other seniors. I like line dancing, art and the Thursday chats. I feel that when I interact with people, I feel better. I am making new friends, learning new skills and trying new things, like pickleball.”

Informative sessions on crime and fraud from York Regional Police provided an important message about living a healthy and safe lifestyle. A registered Psychotherapist who is also a Certified Life Wisdom Coach spoke to the group on “achieving greater happiness in life”. We realize that when we are happy, we feel so much better about ourselves.

George, a Nobleton resident whose wife passed away six years ago, enjoys attending the Seniors' Centre. “These programs are important to me and I get to interact with people my age. It is a great exercise for both the brain and body. Just think about it, if you do nothing, your brain does nothing. I look forward to the available programs. I can articulate and express my ideas and at the same time learn ideas from others. I also become aware of what is available in the community.”

Artistic programs with purpose and meaning

engage seniors and help eliminate stress, isolation, and mental deterioration, and can enhance cognitive skills, movement, sensory perception, independence, and socialization.

Iva, who has lived in King Township for 51 years, enjoys the company of others. “I come to different programs two or three times a week to eliminate my loneliness. I can join other people and feel useful again. I am participating in activities that I like to do and it gets me out of the house. I like the exercise program (mobility matters), bingo, art and the presentations. Even though I am married and my children live on their own I still enjoy this time with others.”

These Centres are ideal for seniors wanting to function optimally, remain independent, and be visible and recognized. As we age, the value of golden connections cannot be overstated, and by fostering these relationships through community programs and initiatives, we can ensure that the golden years truly are the best years of our lives.

For more information or to join King Township's Seniors' Programs, visit www.king.ca/seniors

PICNIC TIME IN KING



WRITTEN BY LESLIE HOBSON

Leslie Hobson is an award winning writer and photographer, who is passionate about end of life care.

Do these sunny days have you longing for those lazy, hazy, crazy days of summer? Do you want to lie on the grass and watch the clouds sail past with your picnic basket full of food and a nice cool drink? And, really, doesn't everything actually taste better when you eat it outside? It is clearly time for a picnic!

The 'pique-nique' tradition was started in France in the 1700s and was fancy, indoor affair that was all about the food. Guests each brought a share of the meal or a bottle of wine. With the French Revolution, these aristocrats fled to other parts of Europe, Britain and America and brought this practice of a shared feast with them. The outdoor picnic, as we know it today, came to prominence in the early 20th Century with the new advances that were made in transportation. Now, having access to a bicycle, a train, or a motor car, people were free to leave the cities en masse and enjoy the countryside.

Here in King Township, we certainly

understand that desire to flee the city and experience all that the country has to offer! We are blessed with multiple parks - 29 of them in fact! - covering 90 Hectares of parkland spread throughout our community – with most offering a nice shady spot to get out of the sun.

In the heart of King is the Tyrwhitt Park, named after Septimus Tyrwhitt, who bought 46 acres in Kettleby in 1842 and built a large flour mill, a woollen mill, an oatmeal mill, a cooperage, and a distillery. More commonly known as Kettleby Park, this glorious patch of nature offers large, grassy spaces, beautiful trees, and a lovely stream with a walking bridge over it. When you find the perfect spot to spread your blanket, remember that people have been enjoying this natural paradise in the same way for well over 100 years. Fireworks and festivities are held here on Canada Day.

If you want to ensure that you have the space that you need, or are planning a special event, it is always best to book one of the Township's four specified picnic locations in advance.

Pottageville Park/Pavilion is the go-to location for outdoor events in King Township because of its size and adaptability. Available from April to November, this site offers both indoor and outdoor space for up to 50 people. There are

washrooms and a fully supplied kitchen – you can even get a liquor permit! The site provides hiking trails, playground, baseball diamond, and tennis courts.

Cold Creek Conservation Area has a lovely picnic shelter with 15 picnic tables and wonderful hiking trails.

Memorial Park in King City has public washrooms, a skate park, and splash pad.

Nobleton Community Park features a picnic shelter with tables, a playground, outdoor swimming pool, and washroom facilities.

Reserve early to avoid disappointment as bookings open on Labour Day for the coming year and fill up fast. Book online at: www.king.ca/facilities.

If you can't book your first choice, remember that there are many other parks in King that might work for your picnic, each with its unique offerings. Tasca Park in Nobleton is King's first fully accessible park, with ramps connecting the play areas, and an outdoor fitness loop.

Blue Heron Park in King City uses the natural shape of the land to create their slide and offers natural features, like huge climbing logs.

Every park in the Township is shown on an interactive map at www.king.ca/parks, with amenities listed for each location.

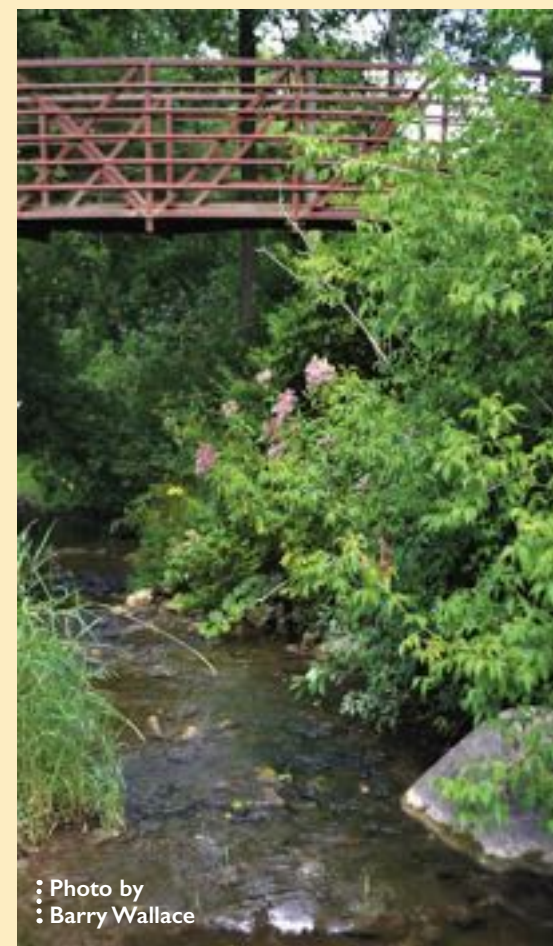


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Barry Wallace

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WRITTEN BY
STEPHANIE WILCOX,
Stephanie is the Community Outreach Specialist at the King Township Public Library.

Summer Reading Club

As one of the most exciting parts of summer at the Library, the TD Summer Reading Club is a free, Canada-wide, bilingual reading program for children of all ages. School may be done

for the year, but the Summer Reading Club encourages children to not just continue reading throughout the break, but to continue enjoying it! Participants log the amount of reading they do, while completing challenges and winning prizes along the way. To register, visit your local Library branch or visit us online at kinglibrary.ca.

Build your Summer Project

For those looking to explore STEAM technology such as 3D printers, Cricut Maker, and robotics or ask our resident Maker Specialist about anything in the Lab, visit us during our drop-in hours! The Lab will host

a series of fun and exciting programs for all ages throughout the summer as well.

The Make-It Lab is open for drop-in on Wednesdays from 3:30 p.m. – 7:30 p.m., Thursdays from 10:30 a.m. – 1:30 p.m. and Saturdays from 1:30 p.m. – 4:30 p.m.

Find your Next Beach Read!

For those planning their next road trip or beach day, visit the Library for the perfect book to bring along. All three Library branches carry audiobooks, fiction, and non-fiction books, magazines, DVDs, and more—with a growing system-wide digital collection

of eBooks and eAudiobooks! Don't know what to check out next? Ask one of our knowledgeable and friendly staff!

Borrow an Ontario Parks Pass

Get outdoors with an Ontario Parks Pass! Provided in partnership with Ontario Parks, the Library's collection includes a number of free vehicle permits available for community members to borrow with their library card and use for 7 days. These passes grant free daily entry at over 100 provincial parks across Ontario! Visit your local branch to check one out today.



THE *fun* OF FUNDRAISING

Long days, late nights, cold-calling, constant follow-up, proposals, rejections, keeping records, delegating, handling concerns, managing logistics, and smiling through it all is a simple sample of the life of a fundraiser. Where's the fun in that?

Despite these challenges and beyond the minutia, which is in every job – paid or volunteer – is the joy of making connections, achieving a "yes, we'll gladly support", seeing a smile on other people's faces, and contributing to a cause make it all worth it. That is the fun of fundraising.

A good cause needs funding and fundraising requires the ambitions of confident individuals. It takes a special kind of person to go to a local business or corporation and ask for cash or products for their fundraiser.

Kettleby resident Brent Morning first experienced the fun of fundraising in high school, where he volunteered at The Easter Seal Society of Ontario's head office in Toronto in the fundraising and public relations department as part of his co-op marketing course. "At the time I did not realize that

it would lead to many opportunities to volunteer on many different community and charity events throughout York Region and beyond," says Brent. "One of the key lessons I learned was the importance of following up on everything I did. It almost always pays off and results in a better-organized and more profitable event. Many of the relationships that I was able to form with corporations and people at a very young age are still very much intact to this day."

Michele McNally, who volunteers with Arts Society King, recommends that every person responsible for fundraising have a professional-looking sponsorship package and know whom to go to with a request for support.

"Include one or two pages of introduction, sponsorship levels, brochures, and a business card," says Michele. "Approach businesses well in advance, at a time that's not busy for the manager and explain who you are and what cause you're representing."

Speaking from experience, Michele adds, "Do not expect a response right away, unless it's an out-of-office message. These relationships

take time and most local businesses want to give back to their community and are happy to donate."

A very important aspect of any fundraising event is having a strong organizational committee of energetic people. Assigning each committee member a task that best suits their interests and abilities will yield a more positive outcome. It is advantageous to have at least one person on the committee who has a personal connection to the organization or charity.

"Personally, since I was born with cerebral palsy, I like to support Easter Seals Ontario and We Care Canada," says Brent. We Care Canada was founded 40 years ago by Gary Wright for the sole purpose of sending kids with disabilities to Easter Seals summer camps across Canada. "Easter Seals had done a lot for me as a young child growing up. Since that time, I decided that I would assist in whatever way I could. By supporting Easter Seals Ontario and We Care, I can share my personal story to raise funds and, sometimes more importantly, awareness."

With the help of a small group of dedicated

volunteers, Brent organizes a charity golf tournament for We Care and Easter Seals Ontario. Since the pandemic, he's had to pivot his approach and moved to a virtual concept that involves selling Cardinal Golf Club e-vouchers.

"Since 2014, we've raised over \$117,000 for We Care and Easter Seals," says Brent. "That's 477 days at Easter Seals Camps across Canada for children with disabilities. My dedicated team of volunteers and I are extremely proud of these results, which keep us motivated year after year. Fundraising and volunteering can be lots of fun and very hard work but the rewards can be life-changing... at least it has been for me!"

Brent is proud to celebrate the 10th anniversary of the We Care Charity Golf Challenge on now until September 30, 2023. Cardinal Golf Club e-vouchers are available for purchase at \$100.00 per person – this includes a power cart, taxes, and a donation to We Care. For more information, please visit www.charitygolfchallenge.ca or email brent@charitygolfchallenge.ca.



WRITTEN BY MELINE BEACH
WITH BRENT MORNING &
MICHELE MCNALLY



Meline is the volunteer event coordinator for the King Township Food Bank's annual Sip & Savour fundraiser.



Brent is celebrating his 10th year as volunteer event coordinator for the We Care Charity Golf Tournament at Cardinal Golf Club.



Michele is volunteer board member and President of Arts Society King where she canvasses support for various ASK events.



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