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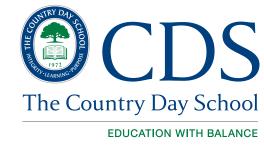
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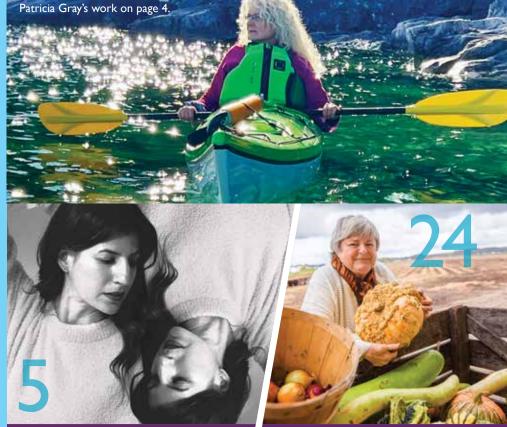
FEATURED CONTRIBUTOR: IRENE ZONTA, MED, RHN



Irene Zonta, an OCT English/French teacher shares her love of nature with her husband and two wonderful sons. Raising a family, combined with long commutes, a busy career, and many extracurriculars led to a desire for more balanced and holistic living. In 2010, Irene's family gratefully settled in the beautiful countryside of King. She transitioned into holistic health coaching and continues to educate and inspire others to live life with optimum physical, mental, emotional, and spiritual wellness. When she's not writing, editing, or preparing a nutritious family meal, she finds inspiration in the natural world and can be found working on intricately detailed needlework pieces, which she describes as meditation in action. Additionally, she enjoys reading, going for forest walks, and joyfully volunteering as a singer in the local community

OUR COVER PATRICIA GRAY On the cover of this winter edition is "EYE OF THE BEHOLDER" (17 1/4" x 17 1/4" Framed.

Acrylic on gallery wood panel) by featured artist Patricia Gray. Patricia's work is largely inspired by Saugeen (Bruce) Peninsula as well as the areas of Lake Superior, Temagami, and the James Bay Lowlands, where she grew up. From the Artist: "Each one of us has a unique perspective of the world around us. And it is the function of art to take us beyond our individual thoughts, conditioned beliefs, and interpretations, into the realm of pure experience. It is here, beyond all surrounds us." Read more about





CONTEST WINNER

Congratulations to Leslie larvis! Dressage is the equestrian sport widely represented in King Township, a national hub where Olympic teams are developed. The article was written by Dorita Peer.

CONTEST

In this issue of MOSAiC, a writer describes six skills from a specific art form that can have long-term benefits for academic success and future career prospects. What is the name of that art form and who wrote the article?

Submit your answer to: Editor@ArtsSocietyKing.ca by January 12, 2024, for a chance to win a \$50 gift card to a local establishment in King Township.

THE ARTS:

LAVINIA-MARIA'S SEVERAL WORLDS

A Thousand Expressions of a Single Thought

BORCSOC FARMS:

HOME OF THE GIANTS

- Word Has It Lavinia-Maria's Several Worlds
- The Art of... Debate
- Let Me ASK You
- 11 The Revival of Cursive Handwriting

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- 23 The Gifts of the Sun Dog
- 23 Borcsoc Farms: Home of the Giants

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ATHOUSAND THOUGHT



WRITTEN BY ALADIN JARRAH and a culinary enthusiast with a passion for exploration into life's

"Let yourself be drawn by the strange pull of what you really love. It will not lead you astray."

This quote from Rumi, a 13th L Century Sufi mystic and poet, comes immediately to mind when you look at Patricia Gray's work. Her use of colour, texture, and materials combined with her vibrant, intuitive style, and obvious passion for her subject matter, make every piece both unique and part of a larger homage to the land.

Gray is not the first artist to be inspired by the rugged beauty of the Canadian Shield. Most obviously, the work of the Group of Seven, on permanent display close by in Kleinburg, comes to mind. But nature, and more specifically the nature of Ontario's North, has inspired artists from all backgrounds for generations.

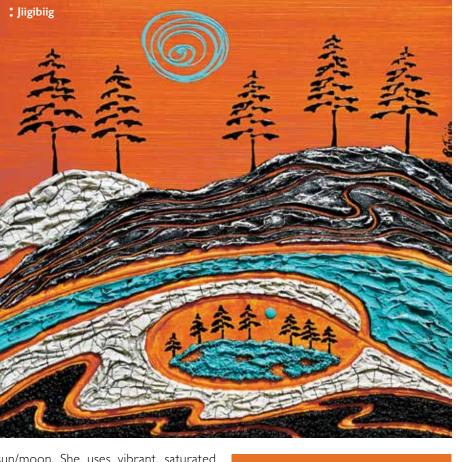
Browsing through the library of Gray's work shows the depth of that inspiration. Her paintings are of a unique style where you can feel the soul of the painter flowing through the hands, into the paints and onto the wood. Each painting captures a moment in an endless series of moments; it also captures the totality of its subject matter and our inexorable connection to it. an effort to discover the truth about Gray recognizes the immense healing who and what we are -- and deepen our power of nature and its ability to help understanding of how everything in the is a Greek word derived from Turkish

As an artist, she has worked in both Mystery revealing itself in form." porcelain and acrylic mediums as a Thematically linked, Gray's paintings put part of your own essence into your way of processing and expressing her feature trees, water, rocks and the work.' Patricia Gray certainly does that.

many and varied cultural and wilderness sun/moon. She uses vibrant, saturated experiences. She paints on Gallery colours and textured layers which Wood Panels using a wide array of somehow project a sense of season and acrylic paints, gels, pastes, and grounds, time-of-day onto each magical piece. to create enchanting relief, designs, and highly textured surfaces that engage and critical acclaim and has become transport the viewer.

Northern Ontario, living amongst the Society of Artists Studio Tour. Most a cross-cultural perspective, earning a which was a great experience for her.

and innate empathy is reflected in her a unique form of communication in that works and has paintings for sale on her it provides a vocabulary to articulate website www.blacksprucestudio.com, the musings of the soul. Recognizing the where you can see a wide range of her immense healing power of the natural world and its ability to reconnect us with our own True Nature, I hope that my camping, kayaking, canoe tripping, and wilderness paintings might somehow act snowshoeing with her Anishinaabe artist as a portal of transformation for others, and communicate how imperative it is that we seek out our own sacred Georgian Bay. It is these activities that are spaces; those places that can support the inspiration for her work. She lives and and foster the exploration of the more works from her studio at 240 East Road subtle realms of our spiritual nature in just North of Lion's Head on the Saugeen us reconnect with our own True Nature. manifested world is truly the One Great with no English equivalent. It means 'to do



Gray's work has attracted considerable

increasingly popular with private Gray is a self-trained, full-time artist collectors. She displays and sells at of Mi'kmaq ancestry and spent her galleries, markets and shows, and is a childhood in the James Bay Region of regular fixture on the Bruce Peninsula Mushkego Cree. Eventually, she went recently her work was featured at the on to study healing and wholeness from Schomberg Street Gallery last September, Master's Degree from the Institute of "It was a great opportunity to meet so Transpersonal Psychology in Palo Alto, many people and be able to hear how my California. Her studies included the work impacts them. It's how I measure Nature of Consciousness, Creativity, success... it's wonderful to sell paintings Indigenous Wisdom and Ecology, of course, and I'm so grateful for that Indigenous Approaches to Wellness, support... but meeting people and doing Shamanism, and Dreams & Archetypes. something that positively affects them is Her personal history, extensive study really something special," she said.

Gray has also produced a series of work. Says Gray, "Visual art, like music, is beautiful greeting cards, commissioned captivating work.

She spends much of her time hiking, husband, Mark Nadjiwan, in the wilderness regions of Temagami, Lake Superior, and (Bruce) Peninsula, where she welcomes visitors. She calls the studio Meraki, which something with soul, creativity, or love, to

Thematically linked, Gray's paintings feature trees, water, rocks and the sun/moon.





I AVINIA-MARIA'S SEVERAL WORLDS



WRITTEN BY DORITA PEER

Dorita is a poet, writer, sculptor. painter, musician, and gardener. She made her living first as an optician, then as an equestrian trainer, coach, breeder, and ternational official

I woke up on the ceiling and saw myself sleeping down below

little did I know about perspective

This article about a metaphysical poet I greatly admire is illuminated by her eloquence. Lavinia's poems – most brief and untitled – speak better than any narrative I could have erected around her immigrant experience. She, herself, will describe her emergence from the chrysalis of youth to of prodigious sensibility, when asked, Lavinia cited two books she loves; no surprise they are Saint-Exupéry's, The Little Prince, and Kundera's, The Unbearable Lightness of Being, for she, too, roams the world on the archetypical hero's quest...

my inner voice no longer speaks my mother tongue

These words leave no doubt about her struggles with questions about belonging and home. It was a thirteen-year-old Lavinia my feet who left a life in Bucharest, Romania, the attachment like a heart-shaped locket, a much and it fills your soul's cup. There is also single common cell, but what we take away experiences there rather than relive old ones. I feel my relationship with my original culture is constantly evolving..."

I don't know how many more times I have to arrange and rearrange

msevfl the letters that make

There, she attended art school from age eleven. Here, she studied at OCAD and now makes her living in graphic design, specializes in branding and art direction, and has lately turned her focus on photography.

I flattened the forest with my camera so I can hang it on my wall and remember the feeling of being in its depth

As a daring observer of worlds inner and outer, writing is a form of full bloom under all kinds of weather. A poet therapy for her, she tells us, as well as a way to document her existence and experiences. Moving to Schomberg, "Escaping the grip of city life" offered her new inspiration; her garden and the beauties of country landscape "Wells of inspiration." Lavinia's personification of nature, her metaphors ring justly.

> I found a square of moonlight on the floor, and stepped inside. if light could travel backwards, in 1.3 light seconds will have touched the moon.

keepsake. She tells us, "It's always bittersweet Our meetings with nature are immediate going back. On one hand you love it so and organic as befits our descent from a sadness every time I revisit places from my is less literal. True feeling is a provenance of childhood. Some have changed so much, the even longer journey of psyche, spirit, others have altogether vanished. You go soul, call it what you will, where we hope looking for ghosts. I'm learning to build new to meet our true selves. The search goes on between the lines.

> he started playing Lacrimosa on the piano while I was cutting onions, and my tears got confused. on the edge of my knife, on the edge of his keys,

we both lingered music notes and onion notes colliding in the air

"Romania has a lot of famous poets and vastly adventuresome for us as for her. poetry is often part of the curriculum. So I was exposed to good poetry at an early At the Nail Salon age. Given that my Romanian is not what "Go pick a colour," she says. And then time to my cultural roots."

she intends to publish." I would love to merge underestimated the depth of doubt.

my design, photography and poetry skills to create a beautiful book that showcases both my aesthetic and my writing."

"My life tends to be wild," Lavinia says. In The poet has recently begun to "dip her that I hear a promise of mysteries to be toes" into writing in her mother tongue. uncloaked in lines like shooting stars and

it used to be, this has been challenging but warps, and sucks me into every colour also rewarding. It makes me feel connected between sunrise and sunset - hypnotizing, paralyzing! While my index finger tries on 100 Instagram (@im.lavinia.maria) is where to find different plastic hats, I can't help but think that most of her treasures for now. One day soon whoever put the two in second-guessing, highly



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: (above) Fulford Cup Debate Winners 2022: Diviya Amarnath, Kaitlyn Zhang, Audrey : Jiang, Jack Brown





KERSTIN WYNDHAM-WEST Kerstin is a retired English and Drama teacher. She continues to oach debating skills to students

Are you afraid of public speaking?

If so, you're not alone. It's estimated that 75 per cent of the population experiences 'Glossophobia,' the fear of public speaking. For some, even the mere thought of speaking in public induces nervousness, while others grapple with full-on panic and fear. They might avoid public speaking shaky hands and a weak, quavering voice.

and practice, most people can learn to speak in public without fear. What's even the art of debate during their formative years virtually eliminates any fear of public speaking. Furthermore, teaching children benefits that help them excel in school and beyond.

As a debate coach at The Country pace. They also learn how to use non- 5. Writing and general knowledge. over 25 years, I have witnessed the positive persuade. impact of teaching the Art of Debate to

What is the art of debate? In simple discuss a topic from opposing sides. Each side presents, in an organized and clever situations at all costs or, if necessary, endure toward a conclusion. It can be a relaxed important to share. It also encourages Can this fear be overcome? The express their point. But it can also be a solutions to problems. Debate helps teach reassuring answer is that, with preparation much more formal and even competitive students how to make informed decisions future career prospects. Whether activity, and yes, it can even be fun!

more encouraging is that teaching students So, why should schools teach the art 4. Collaboration. In a debate, students must or educator aiming to empower numerous skills, including:

debate skills brings a range of remarkable I. Verbal and non-verbal communication. a professional, calm manner. This prepares of being one of the 75 per cent who

Day School in King City, working with verbal tools, such as body language and Researching and preparing for a debate elementary and secondary students for facial expressions to convey meaning and encourages students to read widely and

refute effectively. This encourages them terms, a debate is an organized argument to consider that there are two sides to or contest of ideas in which participants every argument and improves listening 6. Confidence and self-esteem.

way, why they believe they have the right 3. Critical thinking. Debating encourages argumentation skills, gaining confidence answers. They use examples and evidence problem-solving by getting students in their own abilities by being organized to support their ideas while working to research and decide what's most and prepared. affair where students in a class are split into them to evaluate different perspectives based on logical reasoning and evidence.

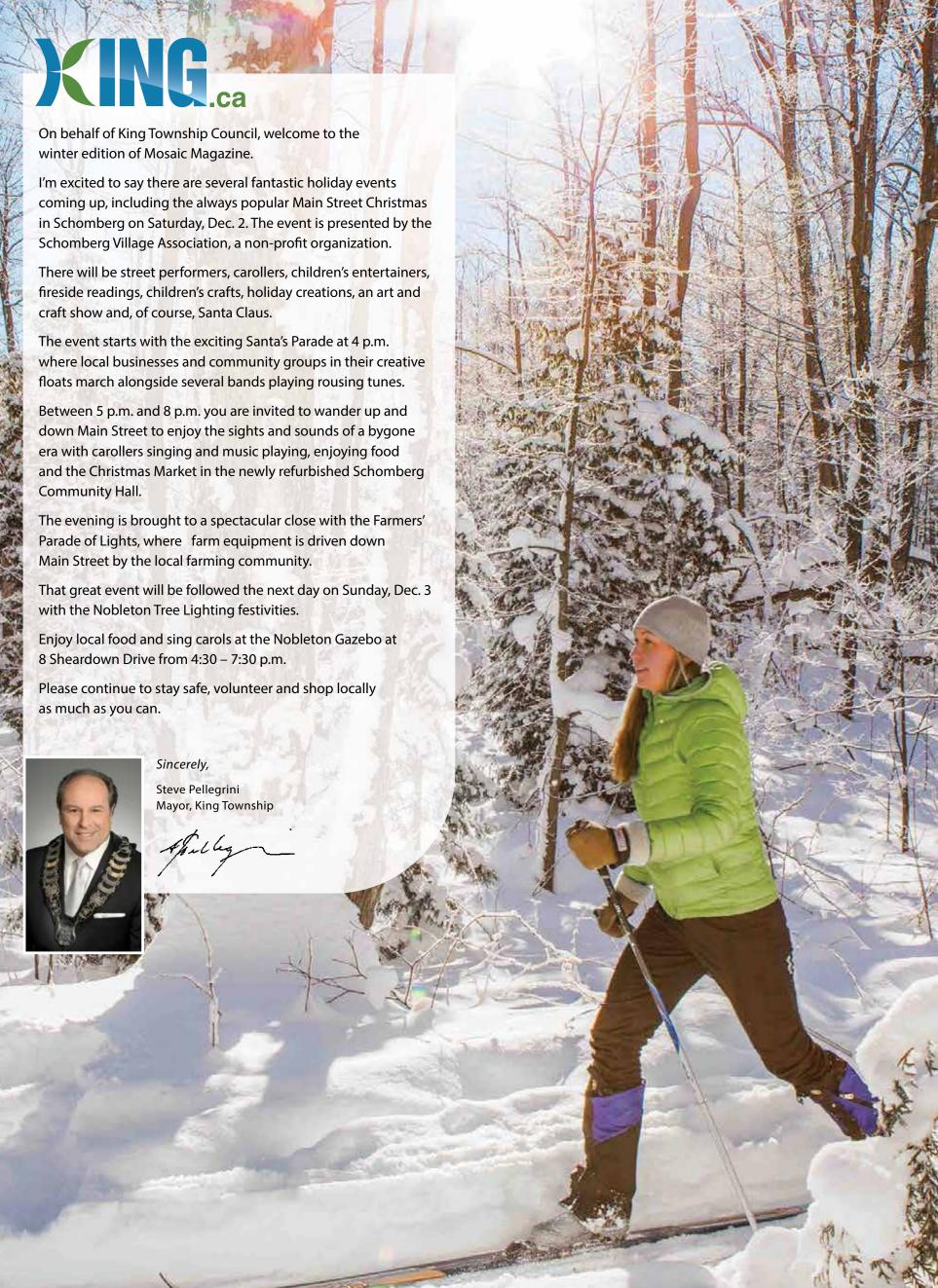
of debate? This engaging exercise fosters work with other team members to produce children, consider starting or joining a a cohesive argument. They also need to debate club or public speaking training respond to their opponents' arguments in program. You might find that instead Debating teaches students to modulate them for the collaborative approach needed fear public speaking, learning the art of their voices to vary the tone, volume, and in both school and the workplace.

to write detailed notes, improving notetaking skills while broadening their general learners of all ages and academic abilities. 2. Active listening. Debaters need to knowledge. There is actually a correlation listen carefully to their opponents to between debating participation and improved academic standing.

> Practicing the art of debate helps students to hone their speaking and

Investing time and effort in developing two groups and everyone gets a chance to and come up with logical arguments and debating skills can have long-term benefits for academic success and you're a student looking to enhance your communication skills or a parent debate might actually help you enjoy it.







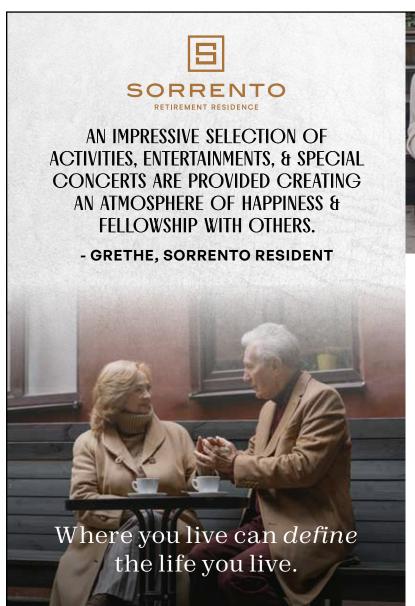
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DINA ARTMAN @imaginreality YOU CAN'T LIVE WITHOUT? vas born in Romania and grew up in Israel. She was introduced to photography at s, using both digital photography and paint. She has been teaching computers or most of her life and is always looking for the best way to combine technology, photography and art. The photo for "Streets in White" was taken while walking t ntorini, Greece. Dina was attracted to the bright colours of blue and hite and the unique buildings along the narrow street. When she took the photo WHAT IS YOUR PROCESS IN ppens the narrow street, adding details, depth, and texture. The unusual protrudi roots caught her eye at "Eugenia Falls", on the Niagara Escarpment. So many textures, she knew that making it monochromatic would bring it to life. The black

TO LEARN ABOUT YOU?

When I was 16, I started helping in the colours, angles, and textures. darkroom, developing pictures after school and on weekends. I still have my HOW DO YOU CONTINUE father's TLR 6x6 cameras, Rolleiflex and TO DEVELOP YOUR SKILLS

HOW DO YOU GET INSPIRED?

colours of nature, unique buildings, artists and listening to their advice while historical landmarks or narrow streets. I admiring their work. love to visit galleries and exhibits.

WHAT ARE THREE THINGS

Those close to me—my kids and my partner—who provide support, along with the positive energy from being around my grandkids, all kinds of art, travelling to new places, and good food.

CREATING?

Once I take a picture, I use the painting



PATTI SKRYPEK

who applies her creative skills to upport a number of not-forrofit organizations within the

extension to create a new panoramic **PEOPLE WOULD BE SURPRISED** view of the original photo. The paint portion opens endless possibilities of

AND STAY MOTIVATED AS AN

I never stop learning new techniques, While driving or travelling, I study the attending workshops, meeting other





ROBERTO CENTAZZO www.stonefolio.com

and white with all the shades of grey in between create a unique panoramic look.

The roots painted on the frame pop out in various levels of texture.

studied graphic arts in Italy and had an extensive career in the printing and imaging industry. In 2010, Roberto traded his digital world for the ancient art of mosaics and, in 2022, he began exploring the complex art of copper plate etching printing. With his graphic background, Roberto works in a contemporary style creating vorks that express incredible dimension and a powerful organic feel. Roberto has received awards at several art shows and has exhibited his mosaics in Toronto and Florence, Italy. "Golden Ratio Journey," an etching with aquatint (a printmaking que that produces tonal effects by using acid to eat into the printing plate creating sunken areas which hold the ink), is part of a series where Roberto studies the aesthetics of the golden ratio and incorporates it into his designs. Here, the raveller arrives in front of the golden ratio symbol. "Riverside Town" OR "Seaside Town," an etching with aquatint and hand painted, is an aerial view inspired from one of his many sailplane flights.

WHAT WERE YOU LIKE IN **HIGH SCHOOL?**

I was a pretty regular good boy, never got into trouble... but I most liked spending time with my grandfather after school building things in his workshop. I learned early on the saying: 'form follows function.' I always strive to make the best looking forms without compromising function.

WHAT DO YOU MOST VALUE IN **YOUR FRIENDS?**

Knowing your friends are always ready to help without hesitation is the greatest value. When your friends are ready to party without hesitation, that is an added bonus!

WHAT IS IT THAT YOU MOST **DISLIKE?**

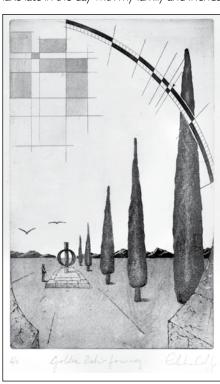
Racism, fake news, and overcooked pasta.

WHAT IS YOUR GREATEST **EXTRAVAGANCE?**

Learning to fly and owning a share in a sailplane. It had always been one of my dreams and has turned out to be the best time and money I have ever spent

WHAT IS YOUR IDEA OF PERFECT HAPPINESS?

Sipping Lagavulin 16-year-old Islay Single Malt Scotch Whisky in front of a campfire on a lake late in the day with my family and friends.



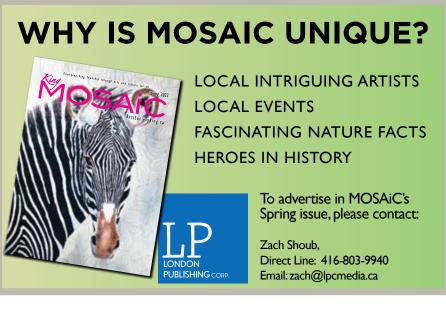
: Gold Ratio Journey



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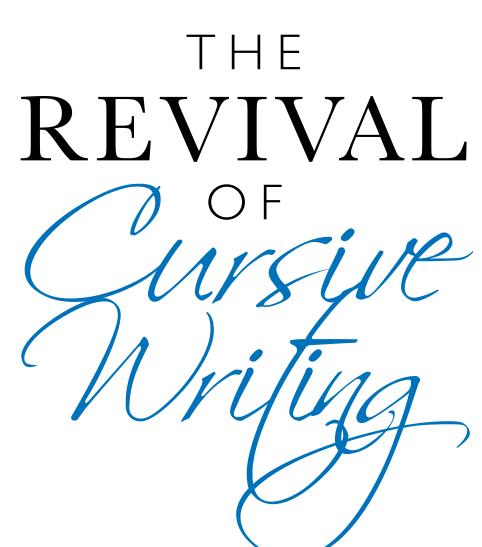


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CURSIVE WRITING WAS RELEGATED IN 2006 IN ONTARIO ELEMENTARY SCHOOLS AND KEYBOARDING SKILLS BECAME PREDOMINANT ALONG WITH THE USE OF ELECTRONICS: TABLETS, COMPUTERS AND CELL PHONES



WRITTEN BY OANNE BAILEY

ne is a retired college ofessor and registered nurse. she is an active volunteer with the chomberg Community Farm, Arts ociety King, and the Nobleton

ive in a digital age where We keyboards and touchscreens dominate. It might seem like cursive writing is fading into obscurity, however, there's a quiet resurgence of this elegant, fluid script in elementary school curriculums across the province.

Cursive writing is experiencing a revival, and for good reason. As a retired educator, I believe that cursive writing represents both a life skill and a form of art that fosters fine motor skills, enhances hand-eye coordination, and refines letter formation.

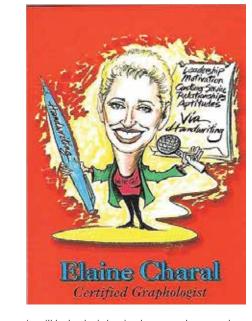
Carolyn, a resident of King City and a supporter of the King City Seniors (55+) Group, boasts a 19-year teaching career. their own academic journey." While she did not teach cursive writing in school, she acknowledges its numerous benefits. Cursive writing actively engages the left side of the brain, which is our language centre, it nurtures fine motor skills, aids individuals with dyslexia, and bolsters creative and artistic skills.

Gillian Virona, a retired high school teacher of almost 40 years, recollects "This was a concern because cursive

glad that it has returned to the curriculum. it will help their brains learn and remember. Unfortunately, many teachers will need to

recently participated in a handwriting printed text. exercise, led by Elaine Charal, a handwriting analyst. She believes that one's handwriting personal effort of time and attention that mirrors their personality and that most carries a sense of tradition and fosters a people deviate from the school-form deeper connection desired by the author. writing they learned. These deviations It is not too late to unleash your creativity reflect the uniqueness of one's personality. and convey your feelings and emotions Elaine also feels that cursive writing through the art of cursive writing the shift in student writing from cursive enhances hand-eye coordination, improves to predominantly printing over the years. brain plasticity, and promotes self-esteem. I'm happy to support the return of

It's interesting to note that Aristotle, cursive writing, with hopes that future writing is crucial for igniting brain neurons back in 300 BC, believed that handwriting generations can navigate the digital world necessary for idea connectivity and fine is the visible form of speech. As our young while also appreciating the beauty of the motor skills," Gillian emphasizes. "I'm very children develop this skill of cursive writing,



Young adults might find adopting this skill learn it, as they haven't had to do so in challenging, as they've gravitated toward electronic devices and perfected those The Schomberg Seniors (55+) Group skills, resulting in illegible signatures or A handwritten note or letter is a

ELEGANCE:

THE HARMONIOUS MARRIAGE OF AESTHETIC BEAUTY AND SECURITY



WRITTEN BY BRIAN BOAKE

industry, husband, father of two, supporter of the arts, and Toronto

 $\mathbf{D}^{ ext{riveway}}$ gates can be forbidding. By their basic function they provide security, prohibiting unwelcomed guests from entering. However, they can also represent a thing of beauty as an extension of one's home, adding character with a dash, or more, of personality.

There are numerous homes in King Township sporting driveway gates that marries security with aesthetics. Featured below are a few that caught

The first example offers a dollop of whimsy, which for this writer at least there's never enough of.



The creator of these gates was the homeowner, who took extraordinary steps to achieve the finished product. He not only designed his asymmetrical gates, that embed the initials N and G, but he built them as well, out of hollow tube structural steel. The tubes were welded, rust-proofed, then painted. The final detail was a glass insert at the top, made by a speciality firm called Hanscomb, to the owners' specifications. Night lights come on after dark.

In my view, this gate is both practical and fun, which is a pair of attributes seldom successfully yoked.



As with many gates, the decision about design is a labour of love. Considerable effort was expended to find inspiration for the gates above. The family's vendor, provided a catalogue of gates, from which the choices were narrowed down. The final pick included some customization, such as rounded pillar tops rather than pointed ones which are popular as bird deterrents. Decisions were finalized about the gates' proportions relative to the size of the house, and the detailing of the iron work. The family is happy with their new gates and look forward to rendering seasonal decorations.



Seasonal decoration is a point of pride for this particular homeowner. The custom-designed ironwork itself presents as quietly elegant amidst a garden, lush and resplendent in summer or a blanket of snow in winter.

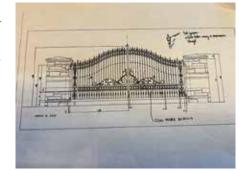
The Christmas season is when they shine brightest. Passersby are treated to the gates being supplemented with pine and cedar branches, pinecones, swags and bows adding bright colours against the snow, and even gnomes 'guarding' the entrance. A display of lights on the gates and surrounding trees do winning battle against winter's dark.



We've seen so far that the design of gates is a complex process. This estate owner found inspiration in Paris. As any visitor can tell you, dwellers in the City Estate Advancements of Newmarket, of Light seldom miss the opportunity to add decorative touches to their entrances. Even Parisian doors can be unique and playful.



These gates feature fleurs de lys, and the bits and pieces chosen offer homage. The structure (i.e., including the support pillars, which are also designed and built with care and attention to detail) is set back from the street. that memorable gates and pillars can't come about unless imagination and care are taken in their design. Here's a detail of the plan in its late stage for the above gates:



The homeowner gained a new respect for the complex skills of ironworkers during the process. So should we all artisans are to be honoured.



The gates above were already in place when the current homeowner purchased the property 18 years ago. Though the stylized initial in the middle doesn't match the residents', they enjoy the gates' gestalt too much to change

"Striving to better/oft we mar what's well" offered an adviser to King Lear in the eponymous play. How true. These gates are a treat to the eye, as the vertical bars are modulated by the playful filigree work at the top and base.

The gates perform their practical charter as well, which includes providing a safe environment for the family dogs.

The homeowner offered an interesting perspective on the importance of quality gates. She discovered that their high quality was a prelude to the excellence of the rest of the property. That provided additional comfort when closing the purchase transaction.

Each gate featured has the ability to contribute to a property's curb appeal by adding character and charm to make a lasting impression that truly defines the concept of home.





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NOVEMBER 30 - ONGOING -WRITENOW!@KING

WriteNow!@King is a writer's 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

DECEMBER 14 – WE NEED A LITTLE CHRISTMAS – KING HERITAGE & **CULTURAL CENTRE**

Contact: info@kinglibrary.ca for more

information

The King Heritage & Cultural Centre presents "We Need a Little Christmas", a Diva in the Rough concert. Music, comedy and carolling. Tickets are \$25. Location: Laskay Hall, next door to the King Heritage & Cultural Centre, 2920 King Road, King City Time: KHCC opens at 6 PM for all to peruse. Laskay Hall, doors open at 6:30 PM and show starts at 7 PM Contact: For reservations and further information email kingmuseum@king.ca Location: KTMC, Phone: 905-833-2331

NOW – DECEMBER 16 – TREES OF GIVING – KING HERITAGE & **CULTURAL CENTRE**

Trees of Giving is a display of beautiful Christmas trees, decorated by local groups and businesses, that also raises money for a worthy cause. This year, step into a Festive Forest and vote for your favourite tree! Monies raised this year will be donated to the Oak Ridges Trails Association. East Gallery – admission is free.

Location: King Heritage & Cultural Centre, 2920 King Road, King City Time: Tuesday to Saturday, 10 AM to 4 PM Contact: 905-833-2331

Email: kingmuseum@king.ca Website: www.kingheritageandculture.ca

NOVEMBER 30 & DECEMBER I -HOLIDAY FAIR - THE COUNTRY DAY SCHOOL

Join us for this one stop holiday market featuring a variety of vendors with 14 MOSAiC winter 2023

something for everyone right here in King! Location: The Country Day School's Performing Arts Centre, 13415 Dufferin Street, King City Time: November 30, 2 PM – 9 PM & December 1, 8:30 AM – 4:30 PM Email: events@cds.on.ca Website: www.cds.on.ca/holidayfair

NOW – FEBRUARY 29 – KINGCRAFTS STUDIO WORKSHOPS - KINGCRAFTS STUDIO

Kingcrafts Studio is once again offering its popular workshops. Workshops coming soon, Enamelling on Copper, pottery workshop, crochet for beginners, and many more. Check our website for additional information and

Location: Kingcrafts Studio, 12936 Keele Street, King City Website: www.kingcrafts.ca

NOW - DECEMBER 15 - IVANKA PIPINIKOVA ART EXHIBITION – KING TOWNSHIP MUNICIPAL CENTRE

Come enjoy the artworks of ASK artist Ivanka Pipinikova in the KTMC main space. 2585 King Road, King City Time: Monday through Friday, 8:30 AM - 4:30 PM Website: www.artssocietyking.ca

DECEMBER 2 – A MAIN STREET CHRISTMAS – SCHOMBERG VILLAGE **ASSOCIATION**

An evening to celebrate Christmas with our community. There are street performers, carolers, children's entertainers, fireside readings, holiday creations, two parades, and, of course, Santa Claus.

Location: Main Street, Schomberg Time: 3 PM – 8 PM Website: www.amainstreetchristmas.com

DECEMBER 2 – SCHOMBERG SANTA CLAUS PARADE – SCHOMBERG VILLAGE ASSOCIATION

The best way to kick off the seasonal holidays with your family is by taking your little ones to a Schomberg Santa Claus parade. From local musicians and popular bands to special guests and

famous celebrities (like Santa!), there's something to excite people of all ages. Location: Main Street, Schomberg Time: 4 PM - 4:45 PM Website: www.amainstreetchristmas.com

DECEMBER 2 – FARMERS PARADE OF LIGHTS – SCHOMBERG VILLAGE **ASSOCIATION**

The evening is brought to a spectacular close with the Farmers' Parade of Lights brought to you by our local farming community with brightly decorated farm equipment driven down Main Street, starting at 7:30 PM. Location: Main Street, Schomberg Time: 7:30 PM - 8:30 PM Website: www.amainstreetchristmas.com

DECEMBER 3 – CHRISTMAS CONCERT - KING TOWNSHIP HISTORICAL SOCIETY

Traditional Christmas Concert for the old and the young with the Holy Redeemer Choir from Toronto. Location: Laskay Hall, 2920 King Road, King City Time: 2 PM Contact: kinghistoricalsociety@gmail.com Website: www.

kingtownshiphistoricalsociety.com

DECEMBER 3 – NOBLETON TREE LIGHTING – TOWNSHIP OF KING

Join the family fun and festivities at the Annual Nobleton Tree Lighting as it brings the holiday spirit to life each year. Enjoy local food, sing carols, and support your community. Location: 8 Sheardown Drive, Nobleton Time: 5 – 8 PM Contact: 905-833-5321 Email: events@king.ca Website: www.king.ca

DECEMBER 14 – ANNUAL HOLIDAY LUNCH AND TOY DRIVE -KING CHAMBER OF COMMERCE

Join us for a delightful lunch this year, and please consider sharing the joy by bringing a toy or gift card to brighten the Holidays for those in need. Location: Kingbridge Conference Center, 12750 Jane Street, King City Time: 12:00 PM Contact: info@kingchamber.ca

Website: www.kingchamber.ca

DECEMBER 17 – SERVICE OF LESSONS AND CAROLS -ST. MARY MAGDALENE

Enjoy an evening musical service of Lessons and Carols. Steeped in tradition, Lessons and Carols is one of the most widely-anticipated and well-known events during Advent. Location: St. Mary Magdalene, 116 Church Street, Schomberg Time: 7 PM Contact: 905-955-2765 Website: www.anglicanparishoflloydtown.com

DECEMBER 21 TO JANUARY 27, 2024 - EXHIBITION - ALL CREATURES GREAT AND SMALL - KING HERITAGE & CULTURAL CENTRE

An exhibition with images pulled from the KHCC archives, featuring our furry - and feathered - friends! East Gallery - admission rates apply. Time: Tuesday to Saturday, 10 AM to 4 PM (holiday closures may affect opening hours) Contact: 905-833-2331 Email: kingmuseum@king.ca Website: www.kingheritageandculture.ca

JANUARY 2024 – ADULT AND YOUTH CURLING LEAGUES -KING CURLING GROUP

If you are interested in learning to curl or joining a league, please contact: registration@kingcurling.com Location: Trisan Centre, Schomberg Website: www.kingcurling.com

JANUARY TO MARCH -WINTER SKATING LESSONS -**NOBLETON SKATING CLUB**

Learn to skate, Adult Learn, Power Skating and Starskate sessions offered. Location: Nobleton Arena, 15 Old King Road, Nobleton Time: Monday/Wednesday/ Friday icetimes Email: nobletonskatingclub@outlook.com Website: www.nobletonskatingclub.com

JANUARY 23 – THROUGH THE GARDEN GATE - SCHOMBERG HORTICULTURAL SOCIETY

A photographic tour of fantastic member's gardens, plants and stunning flowers. Location: Via Zoom Time: 7:30 PM

Email: schomberghortsociety@gmail.com

JANUARY 27 – MAYOR'S PANCAKE BREAKFAST – TOWNSHIP OF KING

Join us for the Annual King Township Mayor's Pancake Breakfast! Followed by a free skate with the Mayor. Location: Trisan Centre, 25 Dillane Drive, Schomberg Contact: 905-833-5321 Email: events@king.ca Website: www.king.ca

FEBRUARY 3 TO MARCH 30 - FOOD FOR THOUGHT – 3RD ANNUAL ART **EXHIBITION FOR INTERNATIONAL** WOMEN'S DAY - KING HERITAGE & **CULTURAL CENTRE**

The King Heritage & Cultural Centre is pleased to present the 3rd annual exhibition in recognition of International Women's Day. FOOD FOR THOUGHT invited artists to interpret this food-related theme, as it relates to their own lives and work, in both art and artist statement (e.g. – eating disorders, food insecurity, farming, genetically modified food, community gardens, food waste, etc.). East gallery – admission rates apply. Location: King Heritage & Cultural Centre, 2920 King Road, King City Time: Tuesday to Saturday, 10 AM to 4 PM Contact: 905-833-2331 Email: kingmuseum@king.ca Website: www.kingheritageandculture.ca

FEBRUARY 5 TO MARCH 22 -GEORGINA FIBRE ARTS EXHIBITION - KING TOWNSHIP MUNICIPAL

Come enjoy the artworks in the KTMC main space. Location: KTMC, 2585 King Road, King City Time: Monday through Friday, 8:30 AM - 4:30 PM Website: www.artssocietyking.ca

FEBRUARY 7 – FOOD FOR THOUGHT EXHIBIT OPENING – KING HERITAGE

& CULTURAL CENTRE

Join us at the King Heritage & Cultural Centre to celebrate the opening of FOOD FOR THOUGHT, the 3rd annual exhibition at the KHCC, in recognition of International Women's Day. Refreshments. RSVP preferred. Location: King Heritage & Cultural Centre, 2920 King Road, King City Time: 6 PM – 8 PM Contact: 905-833-2331 Email: kingmuseum@king.ca Website: www.kingheritageandculture.ca

FEBRUARY 24 – ARTIST FORUM – KING HERITAGE & CULTRUAL CENTRE

An artist forum is being planned in conjunction with Food for Thought, the art exhibition for International Women's Day 2024 – visit kingheritageandculture.ca for more information. RSVP preferred. Location: King Heritage & Cultural Centre, 2920 King Road, King City Time: Morning and afternoon sessions (inclement weather date is Saturday, March 2, 2024) Contact: 905-833-2331 Email: kingmuseum@king.ca Website: www.kingheritageandculture.ca

FEBRUARY 27 – EVENT TITLE TBA - SCHOMBERG HORTICULTURAL SOCIETY

General meeting. Location: Via Zoom Time: 7:30 PM Email: schomberghortsociety@gmail.com

FEBRUARY 29 – THE MAYOR'S CULTURAL GALA: AN EQUESTRIAN AFFAIR - KHCC, ASK, KING **TOWNSHIP**

King Township is a vibrant and exciting community and part of what makes it unique is its heritage and culture. The Township of King is committed to keeping this spirit alive, but we need your help. The Township of King is partnering with Arts Society King (ASK) to bring you the Third Mayor's Cultural Gala in support of arts, culture, and heritage in King Township. Location: The Manor, 16750 Weston Road, King

Contact: 905-833-2331 Email: kingmuseum@king.ca Website: www.king.ca

MARCH 8 – INTERNATIONAL WOMEN'S DAY EVENT - KING HERITAGE & CULTURAL CENTRE

An event is being planned to celebrate International Women's Day 2024 visit kingheritageandculture.ca for more information. Location: King Heritage & Cultural Centre, 2920 King Road, King City

Contact: 905-833-2331 Email: kingmuseum@king.ca Website: www.kingheritageandculture.ca

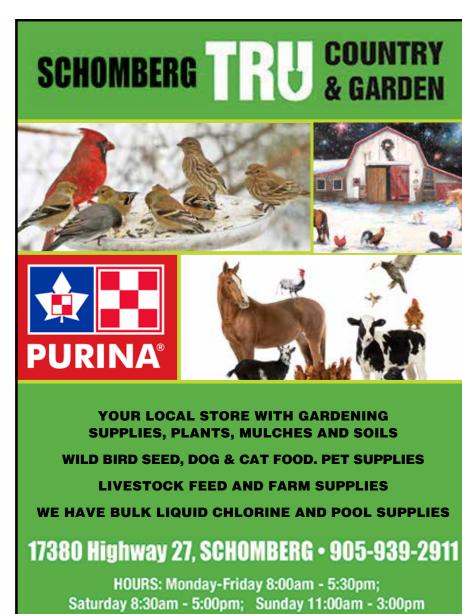






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AROUND THE NEIGHBOURHOOD







COZY STAFF PICKS FROM THE KING TOWNSHIP **PUBLIC LIBRARY TEAM**

Winter is finally here and it's the perfect season to find a hot drink and fuzzy socks to curl up on the couch with! Of course, what cozy winter evening would be complete without an equally cozy book to read? This season, we wanted to share some of our staff's favourite wintertime reads available at the Library!

Happy reading from the King Township Public Library team!

Dana's Pick: "Sleep No More: Six Murderous Tales"

by P.D James

This is an anthology of six murder stories that are thrilling to read, especially while under a blanket by the fireplace with a mug of hot apple cider. Each of these stories are in short, bite-sized pieces, easy enough to read in a short afternoon, or before bedtime, and stay in the mind long after the book has been closed. If you are short on time, yet crave thrilling tales, then "Sleep No More: Six Murderous Tales" by P.D. James might

"Sleep No More: Six Murderous Tales" is available in both print and digital formats for all

Kim's Pick: "Death in Provence"

by Serena Kent Who doesn't dream of a stone house in

Provence France? Well, that is exactly what retired and divorced Penelope Kite is looking for. by leaving her old life behind and finding a new life in Belle Provence. Penelope finds her dream house, in need of major restoration, but she will overlook that as the sweeping views, overgrown garden and a swimming pool! However, there's only one problem; there's a dead body floating face down! Penelope is warned by the village tradesmen and the handsome Mayor, to leave this to the police to investigate. However, Penelope cannot help herself and wants to solve the mystery herself, finding clues and not so trusting neighbors.

Grab a croissant and coffee, travel with Penelope as she navigates the intrigue and the lingering resentments simmering beneath the surface of the sunny French countryside.

"Death in Provence" is available in print format for all library users.



Sarah's Pick: "The Only Game in Town"

by Lacie Waldon

When an eccentric millionaire passes away, he leaves his fortune behind to his beloved town of Redford. Jess Reid and rest of the town are thrilled to learn that a huge sum of money has been left to them... however, there is big catch! The residents will have to compete for the prize in a scavenger hunt and only the winning team will inherit the money. This book has everything you could want in a romantic comedy: a cozy small-town setting where everyone knows each other, a likeable heroine, and a heart-warming romance. The hilarious cast of secondary characters are well-rounded and don't feel flat, rather they have back stories and a reason to root for them The whole book feels like it could be an episode of tv series like Gilmore Girls or Schitt's Creek!

"The Only Game in Town" is available in print format for all library users.

Stephanie's Pick: "A Psalm for the Wild-Built

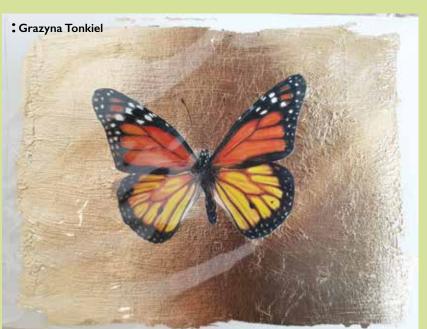
by Becky Chambers

Set somewhere far in the future, "A Psalm for the Wild-Built" follows a young tea-serving monk named Dex who sets off in search of greater meaning and an answer to the lingering question: "what do people need?" Amidst their journey, they stumble across a sentient robot named Mosscap who similarly finds itself on a personal journey—though with the aim of making contact with and developing an understanding of humans. Together, Dex and Mosscap travel between towns and the wilds, learning from one another what love, community, and shared understanding look like in a world that seems almost utopic. Cozy and tender, Chambers' first book in the Monk and Robot series is sure to bring warmth and gentle contemplation to your

"A Psalm for the Wild-Built" is available in digital format for all library users.







NEW GIFT SHOP AT THE KHCC



LIZA MALLYON

pordinator with KHCC, Liza has xtensive experience in municipal agement, exhibit developmen earch and anything creative

Laskay Emporium, a general store and post office opened by loseph Baldwin dream catchers, and bags created using in the village of Laskay in 1845. The store glass seed beads and deer, elk moose and operated into the 20th century and now resides in the heart of Black Creek Pioneer secondary school students and workshops Village in Toronto, With a historical nod to at the KHCC that 19th century emporium, a new onsite gift shop named "The Emporium" has creates exquisite butterflies using recently opened at the King Heritage & Prismacolour art pencils and gold leaf. She is Cultural Centre.

Canadian general stores of the 19th and early 20th centuries offered a multitude of for the media, and is a sought-after lecturer goods for sale: fabric to food and hardware about butterflies. to home goods. At the centre of many communities, post offices often operated out of the general store as well. Across King team strives to maintain a sustainable Township, there were dozens of stores in lifestyle, work in nature, and eat nutritious almost every village

& Cultural Centre also carries a variety art on their farm. of goods, featuring local products, and homemade items. Current offerings include change seasonally.

The KHCC Emporium takes curated consignment products and is currently featuring the work of four local artists: Kathy Morgan, Grazyna Tonkiel, Green & Bloom Farm, and Illuminated Essentials.

Kathy Morgan is a proud member of at the King Heritage & Cultural Centre.



ing residents may be familiar with the the Métis Nation of Ontario. Her beautiful artwork includes decorative pins, wallets, buffalo skins. Kathy teaches classes for

Grazyna Tonkiel is a local artist who dedicated to butterfly conservation efforts. frequently writes articles about butterflies

Nat & Shea are the founders and farmers of Green & Bloom Farm. The food. They grow and dry the flowers used The new Emporium at the King Heritage in their wreaths, arrangements, and framed

Two Schomberg teens who share a passion for creativity and business are the local history books, local art, reproduction team behind Illuminated Essentials. Their toys, sweet treats and more! Much like the jarred soy candles are created using qualitygeneral stores of the past, the inventory will conscious ingredients and practices, with a focus on excellence and sustainability - and they smell great too!

> The Emporium is a great place to shop for stocking stuffers, housewarming gifts or that unique item for yourself! The shop is open Tuesday to Saturday, 10 a.m. to 4 p.m.







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MOM AND DAD

HONOURING

A SON'S STORY OF HIS PARENTS' WAR EXPERIENCE



WRITTEN BY BRIAN BOAKE

industry, husband, father of two, supporter of the arts, and Toronto

 $R^{
m emembrance}$ Day 2023 arrives at a particularly fraught moment. Local vicious wars threaten to explode into much larger catastrophes, just as they did in 1914 and 1939.

For me, Remembrance Day evokes memories of my parents, both of whom served in the Canadian Forces in the Second World War. My mother's time in uniform was unintentionally brief. She was in training to provide radio support to coastal defences, but was discharged on compassionate grounds due to her mother's terminal illness. My father, Herbert Boake, volunteered for the Army in 1942, and wasn't 'demobbed' (demobilized, i.e., returned to civilian life) until 1946. Herb traveled to Camp Borden to enlist. This base, located about 40 minutes north of or be pinned down, an unacceptable the brutality of German soldiers early Canadians, so the theory seems Schomberg, is a bustling training ground for Canadian soldiers to this day. One can only imagine what a hive of activity the Camp must have been in the war's third year when Herb volunteered. He guard on duty because he was being a the soldiers' euphemism, and not get up. often the case for frontline troops. there were months of recovery (and fool! Herb rejected that sound advice, This weighed on him, as did the fact that Oddly enough, he was enjoying a 24- further operations, in more efficacious enlisted as a Private and in relatively some reinforcements he welcomed at hour pass and was behind the lines for surroundings) to follow. He went to his short order was promoted through breakfast would not make it to lunch. the first time in too long. A call came grave (at age 94, thankfully) with metal NCO (Non-Commissioned Officer) He told me of a sniper who called him through to the Canadian command post in his body.

ranks. Following several grueling over to tell him of a plan. The sniper that there were a considerable number months, he graduated Officer Training pointed to a haystack a few hundred of Germans holed up in a chateau, ready school as a Second Lieutenant. It wasn't yards away and said, "Watch that." to surrender. until July of 1944 that he and the other Herb had no idea why, but acceded. Canada (Note: Not the Royal Canadian ever so slightly, and a shot rang out. A had to be led by an officer, probably Regiment; a different beast entirely) German sniper was carefully concealed concerned that surrendering to NCOs D-Day invasion of the previous month said, "The next time that stack lifts, I'm he'd take on the task, since he was of the war on the Western front by any precisely what happened; when Herb's close. He assembled a platoon which stretch. The Germans were proving a troops overran the Germans later that included jeeps, as the Germans had most difficult opponent to overcome. day, the sniper was found with a bullet wounded who needed transportation. They were masterful at defensive between his eyes. The Canadian sniper The surrender was incident-free, but warfare, in particular the use of the lasted perhaps another week, before not the trip back. Norman countryside, which might have he couldn't perform his task anymore been custom-built for their needs. In most cases, Herb told me, the only way sensibly theorized that the fact the the Canadians and their prisoners. they knew the Germans were about was sniper could see his targets' faces so when our troops were fired upon. The closely through the scope proved too platoon of 'Hitlerjugend'', already known retreating Nazis would hide among the much to cope with. In "Enemy at the to be numerous in the sector, were hedgerows, orchards, and barns of the region, and attack when they pleased. Battle of Stalingrad, a Russian woman As an officer, Herb had to lead attacks sniper talked of how she witnessed alternative. He knew that when he gave in the invasion of her country, and reasonable. As he heard the screaming the order to "Charge" with a goal of decided they weren't humans, but sticks. sound of shells beginning their lethal getting to the other side of the hay field, Thereafter she spoke of how many descent, Herb dove for the ditch, but or into a farmhouse, that he wouldn't 'sticks' she had broken on a given day. too late - the shrapnel likely hit him in have as many troops at the end as at the She never needed to be relieved. beginning. Some of them would 'fall',

members of the Royal Regiment of A few minutes later, the stack rose up the Canadians taking them rearwards were transported to France. The - or so he thought. Our sharpshooter might lead to...a short life. Herb said was a famous victory, but not the end going to plug the bastard." Which is already on hand and the chateau was and had to be sent to the rear. Herb Minnies' by Allied soldiers, began shelling gates", the astounding story of the enraged to see Germans surrendering.

Herb's war ended abruptly, as is so style meatball surgery saved his life, but

German mortars, called 'Moaning

Herb suspected that a fanatical walking down that ill-fated road than mid-air. It carved up his chest. MASH-

18 MOSAiC winter 2023



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IHAVE EATEN MOULD...AND LOVED IT!



WRITTEN BY ART WFIS Art is Professor of Ecology and olutionary Biology at the iversity of Toronto, and former ector of the Koffler Scientific

Maire owned the fromagerie. She made it her mission to walk me through the local cheeses. It all happened last year on a month-long working visit to Université Montpellier, in the south of France. Keeping up with my collaborators, atop the liquid, called the whey. The soft microbes that are fermenting the cheese. two world class bio-mathematicians, was curds get packed into circular frames, then an exciting but exhausting daily challenge. So, for evening rest and relaxation it was off to the market hall to find exotic ingredients, then back to my petite or any other cheese. But one extra step curds and whey, when he spied a beautiful And what of those flavourful ketones apartment for a cooking adventure. The market butchers and green grocers

became nodding acquaintances. But of fungus found in soil and decaying cave to pursue this vision of loveliness. my fondness of cheese led to a serious organic matter just about everywhere Returning to the cave a few months later my limited maîtrise du français, she taught like green bread mould, its close relative. mouldy, but delicious! me the many cheeses of the surrounding provinces. And for me, the Roqueforts

creamy in texture, Roquefort's flavour in aging cheese, Penicillium needs oxygen. can be described as strong and assertive. So, cheesemakers give it plenty of air What gives rise to this unique combination and growing space by piercing numerous of traits? Putting it plainly, blue cheese is veins into the wheel with a wire-thin tool. When they do, the Penicillium goes Roquefort starts out as a soft, white wild, filling the veins and producing plenty mass of curdled sheep's milk. The first step of ketones, the chemicals that give blue is to add rennet (an enzyme traditionally cheese its bold flavour. And, as I learned taken from inner lining of calf stomach) from Marie, the best Roqueforts are milk solids coalesce into curds, which float between the mould and the other

Enter Penicillium roqueforti. It's a species stashed the young cheese in a nearby

To make cheese blue, you sprinkle a bit
The details of this legend may be onto the curds. But the mould struggles fanciful, but it is entirely plausible that once the curds are packed into a wheel. a mould would randomly land on a bit Riven by blueish veins, crumbly yet Unlike most of the many bacteria living of fresh curd being aged in a cave. And think of the mouldy cheese?

and bacterial cultures to the vat. The aged in caves where the temperature A random spore of the mould Penicillium

ensuing biochemical reactions make the and humidity favour the right balance rubens took up residence on a Petrie You've got to wonder who the heck it killed the microbes. He eventually pressed to form a 'wheel' of fresh cheese. thought this up. The legend goes that discovered that this mould produced In this way, Roquefort starts out much the one day a young shepherd boy from the a particular ketone that could fight same way as cheddar, gouda, parmesan, village of Roquefort sat eating his lunch of infection. We call that ketone penicillin. maiden off in the distance. Smitten, he in blue cheese? By producing them working relationship with Maire. Despite in the world. Its colonies look much he found the aging cheese had grown hangs on in the competitive cheese

Blue Cheese Dressing

The best way to enjoy Roquefort, and other blue cheeses, is to nibble them all on their own. You can serve crackers or tart apple slices on the side, but the unadulterated cheese must be front and centre. The second-best way, in my opinion, is in blue cheese salad dressing. It's easy to make a much better version of it than you can buy.

INGREDIENTS: 4 oz of blue cheese; 1/2 C mayonnaise; 1/2 C yogurt; 1/4 t garlic powder; ¼ t Worcester sauce.

DIRECTIONS: Crumble the cheese into bits by scraping away on it with the tines of a fork (or buy a container pre-crumbled). Mix in bowl with the mayonnaise and yogurt, then the other flavourings. Cover the bowl and keep in the refrigerator for several hours before serving.

Serve a generous dallop on a simple salad of romaine lettuce and thinly sliced carrots and scallions—think of the veggies as dressing for the cheese! And although Marie might not approve, this is my go-to dip for Buffalo chicken wings.

that a cheesemaker would see the value in it. That's pretty much what happened in the laboratory of Alexander Fleming. dish where Fleming was culturing bacteria. As the mould colony grew, Penicillium roqueforti quite probably prevents the other fermenting microbes from taking over—it's how the mould

But I have two nagging questions that not even Marie could answer. Did the shepherd boy get the girl? And if so, wwwhat did she







WRITTEN BY MANUELA STEFAN Manuela is a Toronto-based travel ifestyle, and equine photographer with a love for storytelling through

BORCSOK FARMS: HOME OF THE GIANTS

the world of agriculture, the pursuit with this tradition. the world of agriculture, the pursuit with this tradition.

In 2002, Joanne's neighbor and farmer tall corn stalk, and a 38-pound cabbage. vegetables is a fierce competition that Frank Weening (a winner at the Royal draws growers from across the country Agricultural Winter Fair) encouraged to showcase their colossal creations at her to try growing giant vegetable and various fairs. These massive vegetables, participate in the Fair. What began as also won many firsts. She has built and that can weigh as much as a small car an experiment, fueled by the desire cultivated a solid team of workers, who or stand as tall as a single-story house, to educate the young public, led to a have become a part of the family, and an are the result of years of dedicated surprising and exciting journey. cultivation and the embodiment of a loanne joined the Ontario Association functioning and great success of the farm

unique fusion of science, art, and sheer of Giant Vegetables, sourced high quality at the fairs. seeds, accustomed herself with the Royal Joanne Borcsok's roots to King Agricultural Winter Fair rules, and began her pride and joy. An array of mums Township date back to the 1950s, when a new adventure. Since then, she has won sits next to her extra-large pumpkins. her parents decided to leave the city and unmerous prizes for perfectly shaped (and Joanne explains that the placement of move to the Holland Marsh area to farm colored) onions, peppers, squash, super flowers among vegetables is aimed to onions and carrots on 10 acres of land. tall sunflowers and corn, as well as giant bring in bees to help with pollinating the tactical care, and is more to do with the Years later, Joanne married the boy next cabbage, beets, and pumpkins. Joanne smiles pumpkin flowers. door, Charlie, and they have carried on at the memory of winning first place at the Aside from the typical farm challenges, her bounty.

The Royal isn't the only fair the Borcsoks enter. They also participate in The Woodbridge Fair, where Joanne has invaluable contribution to the smooth

Joanne's special 'giant garden', boasts

Royal with a 53.4-pound beet, a 27.1-inch- like weather or machinery breaking down, loanne also focuses her attention on protecting her giants from unwanted visitors, such as mice, that have often chosen to feast inside her large creations, leaving them hollow.

> With retirement nowhere in sight, Joanne continues to wholeheartedly pursue her passion for growing giants. This is 'her hobby' as she likes to say, allowing her to play and have a lot of fun in the process.

I sense the big secret behind Joanne's giant success is more special than what the world might think, beyond fertilizers and way she radiates her beautiful energy over

GIFTS OF THE



WRITTEN BY **IRENE** ZONTA, MED, RHN As a wellness advocate with 30+ years of teaching experience and education in holistic health rene is deeply passionate about

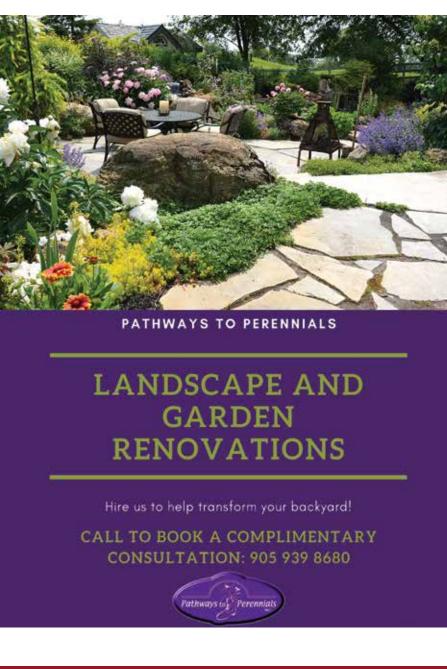
across the lawn. Preparing for a mid-scientists across the globe. morning forest walk near my home, the Indigenous Peoples call a Sun Dog, that are interconnected like spokes on Sun Dog.

circle of life, and inwardly at the centre fortuitous sign. According to the ancient all related".

For a moment, I stood in awe... or heart – a place of *oneness* made out Navajo, it is also a portent for their Whirling captivated by this marvel of nature. of love for love. This theme of "one" did Rainbow Prophecy, which speaks to a To form a Sun Dog, sunlight passes not go unnoticed while I was driving on time of peace on Earth, when humanity through ice crystals formed in the upper the highway one day, as a big pink truck will come together as one from a place atmosphere, refracting the light like a with the words ONE printed in large of equality. The global equalizer - the nelping others live their best life. prism, to create the spectacular corona white capital letters on the tailgate door Internet, is just one such tool, that when of colours around the Sun. This rare pulled right in front of me. While merging used judicially, unites. Positive thoughts, One crisp winter morning, I stepped phenomenon is known in meteorology as with oncoming traffic, another truck with regular meditation, and prayer practices the reverse colour scheme and the same can help grow our capacity for sustained sight of frost decorating glass blade tips as it is also written, has been adopted by message pulled up right beside the other! inner peace - the place where world It was hard to ignore the pink and white peace starts. Visible from on high, the Sun The appearance of the Sun Dog, messages of ONE presented side by side, Dog reminds us to have hope for and keep I stretched my body and hands up to also gave me pause for reflection. It felt travelling in front of me. Shortly thereafter, the peace; and, as we navigate challenging the bright sky in gratitude for a new like my life journey had come full circle, the opportunity to write this article came times to stay strong and have faith that day ahead. Unexpectedly, a beautiful symbolized by the Sun Dog's shape. Life up and I recognized that the messages of "this too shall pass". The Sun Dog also luminescent halo around the Sun caught experiences have brought me knowledge "one" I saw were meant to be shared and bears the timely gift of ONE, reminding my attention. I was amazed to see what of a variety of cultures and traditions integral to understanding the gift of the us that all of creation is interconnected, as in the words of the Lakota Sioux prayer, appearing like a rainbow encircling a wheel, connected outwardly by the To see a Sun Dog is considered a "Mitakuye Oyasin" which means "we are

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were the most delicious.







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