

05 URBAN STRENGTH AND BUSINESS SURVIVAL 16 MUDDY YORK: BREWERY OF THE YEAR MAKES A MOVE TO STOUFFVILLE



**FUSION FEST**  
Ramps Up

### From the Editor

On the Road in Whitchurch-Stouffville (OTR) is the Monthly magazine of the Town. The purpose is to communicate with residents, promote local businesses, support agriculture, develop tourism and, most importantly, **build community**. This edition brings awareness to 25 businesses, 20 special events, and 12 matters of community importance. And, most of this is classified as Tourism. For OTR advertising, contact Bruce Stapley [bstapley@sympatico.ca](mailto:bstapley@sympatico.ca). For any other questions or concerns, contact me:

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last month in Stouffville



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# Restaurants, retail plaza for Ringwood?

## New hire to track down unpaid taxes; former mayor ineligible to run in 2026

Glenn Jackson, Contributor



This is a monthly column summarizing recent Whitchurch-Stouffville Council decisions. Subscribe to our eNewsletter for more detailed information: [eepurl.com/cKPNg9](http://eepurl.com/cKPNg9)

**ABOVE:** FLATO Developments has applied for two zoning changes on a parcel of land in Ringwood in hopes of building a new plaza. The land, located on the southwest corner of Stouffville Road and Highway 48, would be home to two one-storey buildings with retail stores, restaurants and drive-thrus according to the plan. Council heard information about the applications at the May 31 public meeting, however final decisions will come at future Council meeting.

**Ringwood Plaza.** At the public meeting on May 31, Council received information about two applications submitted to the Town by FLATO Development requesting an Official Plan Amendment and Zoning By-law Amendment. FLATO is seeking permission to build a commercial development in Ringwood.

The development would consist of two buildings, each one storey in height, with retail units and restaurants with two drive-through facilities. They would comprise 674 sq. m. (7,250 sq. ft.).

The property is addressed as 5211, 5223 and 5241 Stouffville Road and is located at the southwest corner of Highway 48 and Stouffville Road. The properties are located west of an abandoned gas station. The new development would front Stouffville Road.

FLATO proposes the commercial development as “an interim use until such time that the market for higher density and mixed-use development emerges for this area and site.”

No decisions were made at the public

meeting. The final decision will come at a future Council meeting.

**Delinquent Taxes.** On April 19, Council received a staff report outlining the status of the Town’s delinquent taxes and a strategy to address the outstanding amounts.

According to the report, as of April 3, 2023, there were 1,245 delinquent tax accounts, representing 6.8% of the total accounts in the Town. Of these 1,245 accounts, 225 have been deemed eligible for Tax Sale as they have been delinquent for over 24 months. Staff have negotiated suitable payment terms with 40 of these accounts; thus, 185 can advance to the collection process.

At the meeting, Council approved hiring a contract, full-time Collections Clerk to initiate the collection process with the identified properties. Council will consider making the position permanent during budget deliberations in November. Staff will report back to Council in April 2024 to provide an update on progress.

**Candidates Audited.** The Town’s Joint Compliance Audit Committee met on June 6 to address three requests from the public regarding election expenses by candidates in the 2022 municipal election.

Resident Paul Greenhalgh filed the three audit requests against mayoral candidate Justin Altmann, Ward 4 candidate Keith Singer and Ward 1 candidate Juliette Deonarain. The Committee determined that all three candidates would have their campaign expenses audited.

In addition, candidates Singer and Altmann did not file their financial reports on time pursuant to the Ontario Municipal Elections Act and, as a result, are barred from running in the 2026 municipal election in any Ontario jurisdiction, including Stouffville.

### COUNCIL MEETINGS:

Council meetings are either 9 a.m. or 7 p.m. every other Wednesday at Town Hall in Stouffville. Agendas at [calendar.townofws.ca/council](http://calendar.townofws.ca/council). Listen live: [townofws.ca/cmlivestream](http://townofws.ca/cmlivestream). Live tweets: [@ws\\_townhall](https://twitter.com/ws_townhall)

## FOOT CLINIC ENJOYS GRAND OPENING CEREMONY

Nicole Joseph, owner of Asteri Family Foot Clinic was thrilled and teary-eyed at their recent ribbon cutting on June 8.

The foot clinic offers a full range of foot-related services, including diabetic care, soft tissue surgeries, orthotics, nail care, and compression stockings. No referrals are necessary, simply walk into this Ballantrae Gates clinic (Aurora & Hwy. 48) or call. For more info see [asterifootclinic.com](http://asterifootclinic.com).



## 2023 DOWNTOWN PATIO PROGRAM INSTALLED

The 2023 Downtown Patio Program has been installed. Check out patios near-by Pimento Jerk, Agi Kitchen, Red Bulb Espresso Bar, Main Street Bakehouse, Mulligans, Fickle Pickle, and For the Love of Jo. The program in 2023 was generously funded by a grant the Town received from the Canada Healthy Communities Initiative.



## A RECORD BREAKING YEAR FOR THE STF MARKET

The Stouffville Market had a record setting day on Saturday, June 10 - 1500 people came through to purchase prepared foods, gifts, craft beer, loose-leaf tea, iced honey, fresh flowers, vegetables, and much more.

Entertainment is fully booked for the season. Come and enjoy it on Saturdays, 9am-2pm, through to October 14.



SUMMER FESTIVALS: FUSION FEST pg8 • RIBFEST pg9 • STRAWBERRY FESTIVAL pg10 FAIRY FESTIVAL pg11 • CEDAR VALLEY SCHINDIG pg26

FEST

## LAST DANCE: NATIONAL BALLET'S HUTCHISON READY TO COACH 'NEXT GENERATION'

By Jim Mason

Stephanie Hutchison is calling it a career, at least as a ballet dancer.

The Stouffville native's 26-year run with the National Ballet of Canada was scheduled to end June 23. Her retirement performance, in front of more than 20 family and friends, was as Lady Capulet in Romeo and Juliet at the Four Seasons Centre for the Performing Arts in Toronto.

But the 52-year-old is remaining with the National Ballet as full-time Rehearsal Director.

"I couldn't be more grateful," she told OTR. "The pathways, the doors just kept opening for me to stay in this world that I love. I'm really excited to be working with the next generation of dancers, passing on my knowledge and learning how to make them be the best they can be."

"Interestingly, my twin brother and I will finally have the same job - coaching."

Steve Hutchison is a department head and athletics coach at Thornlea Secondary School in Thornhill.

Their mother, Linda, still lives in Stouffville. Dad Bill, a revered local minor hockey coach himself, passed away in 2012.

The kid from Church Street in downtown Stouffville, who studied full-time at

Canada's National Ballet School in Toronto from the age of 10, went on to dance with Ottawa Ballet and Ballet BC before joining the National company.

Now residing in the Beaches, Hutchison has a child of her own, 15-year-old Charlotte, who lists dance as one of her pursuits.

Stephanie joined The National Ballet of Canada's Corps de Ballet in 1997. She was promoted to Second Soloist in 2000, First Soloist in 2003 and Principal Character Artist in 2015. During that time, she travelled the world and performed a wide selection of repertoire and developed a particular affinity for dramatic and contemporary ballets.

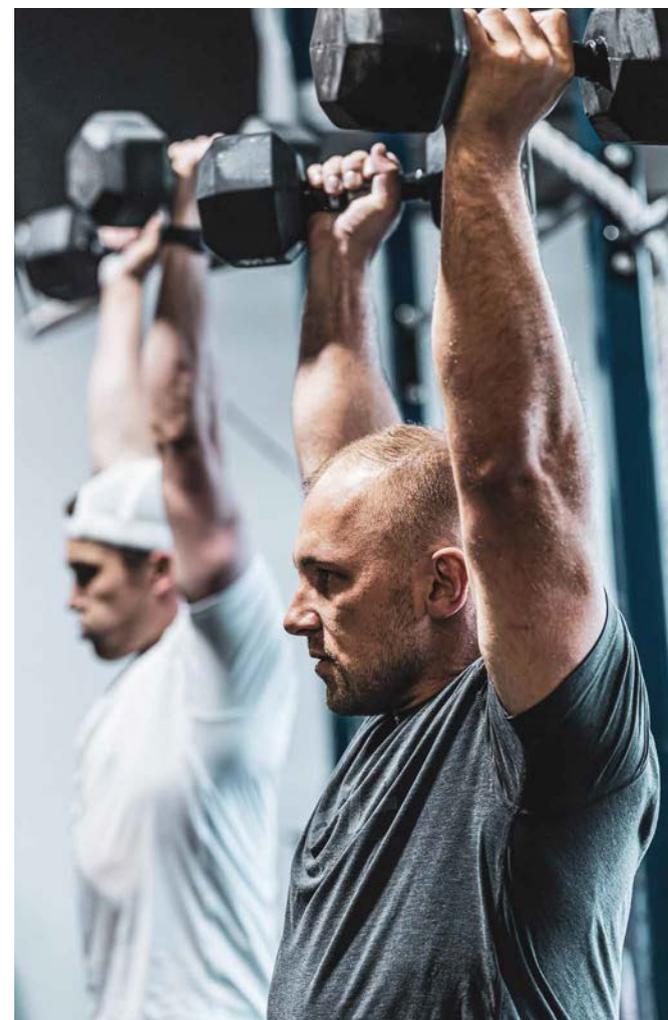
Among her notable roles are Myrtha, Queen of the Wilis in Giselle, Autumn Woman in The Four Seasons and Dark Angel in Serenade.

Hutchison credits advancements in physiotherapy and a lack of injuries with extending her career.

Thanks also to the iconic Karen Kain who, as artistic director, offered Hutchison her current Principal Character Artist contract in 2015, "allowing me to squeeze another eight years out of my career."



[photo by Karolina Kuras. Courtesy of The National Ballet of Canada]



photos by Sarah Amelia

## URBAN STRENGTH AND BUSINESS SURVIVAL

### Young Entrepreneur Launched Gym one month before COVID

By David Tuley

At age 23, in February 2020, Danielle de Ferrari opened her first business, Urban Strength. A little over a month later, the Ontario Government ordered the mandatory closure of all non-essential workplaces as of Tuesday, March 24. By May 8, a well-known local yoga studio announced it was closing. It was to be one of many fitness and yoga studios to close their doors because of the disruptions. They were one of the roughest hit sectors.

"It was frightening," said Danielle, "but we had pre-sold memberships before the pandemic, and most of these original members stuck with us. We pivoted to virtual classes on Zoom, sent home Spin bikes with some members, and eventually held outdoor classes in the parking lot. "Also," she adds, "our partnership with the Physio

Spot helped keep things afloat because it was an essential business."

Danielle recalls working very long days early on in her business start-up. "I worked every position, from training to reception." In Danielle's case, things have bounced forward - she now has a staff team of around 20 people. On an average day, Urban Strength has 12-14 different classes scheduled, from CrossFit and Metcon, to Body Strengthening and Spin, plus open gym hours.

"I find this one of the most rewarding jobs - to see people grow, and learn what they are capable of," said Danielle. "We have so many classes because I want to have a class to serve everyone, from low intensity to 'booyah' super CrossFit. Every one of our members is comfortable here." Danielle started - and fell in love with - CrossFit in her

teen years. She attended Humber College in business and marketing and started fitness coaching by the time she was 20. She has lived in Stouffville since she was a pre-teen, having spent her early years in Oak Ridges.

Danielle de Ferrari and Urban Strength provide another example of the rising class of female entrepreneurs in Stouffville. She survived the pandemic with a new enterprise in one of the most-impacted business categories and has developed remarkably since.

"Urban Strength is your one stop shop to health. With fitness classes, Yoga, Spin, Pilates, Physiotherapy & more. No matter your fitness experience, they have the class for you," concluded Danielle. For more information, visit 38 Innovator Ave. Unit 10, or see [urbanstrength.ca](http://urbanstrength.ca).

# Mitigating the Risks and Effects of Climate Change on Businesses

By Julia Kole, Partners in Project Green

Reports of record-breaking temperatures, heatwaves, forest fires, floods, and droughts due to climate change increasingly dominate news headlines around the world. These events cause major disruptions that can impact business operations here in Ontario and across Canada.

The team at Toronto and Region Conservation Authority's Partners in Project Green (PPG) created the Building a Climate Resilient Business Resource Kit to help businesses across the GTA understand the impacts of climate change on their operations. The kit is divided into several sections to help businesses understand climate change science and its impacts on business, as well as what kind of mitigation and adaptation are required to minimize risk and ensure sustainable business operations in all senses of the term.

Actions to address climate change typically fall into one of two large buckets: mitigation (reducing GHG emissions) and adaptation (dealing with/preparing for climate change impacts). This article provides a brief overview of climate change mitigation and highlights some of the key strategies businesses from PPG's resource kit.

## The Reduction of GHG Emissions

Mitigation focuses on the root-cause of climate change, which involves efforts to reduce the amount of human-caused GHG emissions. GHG emissions can be reduced through technological upgrades, improved efficiencies, changing what type of energy is used, and the behaviour of how it is used. This wide range of strategies can consist of nature-based interventions or changes in technology and behaviour.

The approaches described in the kit are actions that individual organizations can take to reduce their GHG emissions from their facilities and vehicle fleets. Direct GHG emissions that occur from sources owned or controlled by an organization and the emissions associated with an organization's purchase of electricity are called Scope 1 and Scope 2 emissions,

respectively. Scope 3 emissions are the indirect GHG emissions that are generated throughout an organization's supply chain. Businesses can reduce these Scope emissions through incorporating one or more of the following strategies from PPG's Business Resource Kit, into their sustainability, GHG reduction, or energy management plans:

### 1) Energy Efficiency and Conservation

The combustion of fossil fuels (e.g., oil and natural gas) for energy generation is the most significant driver of human-caused GHG emissions. Energy efficiency and conservation refer to the strategic implementation of technologies, process changes, or behavioural practices that reduce the amount of energy needed for a desired outcome.

### 2) Fuel Switching

Fuel switching is a climate change mitigation strategy that involves changing the fuels used for energy generation from high GHG-emitting fuels (e.g., fossil fuels) to lower emitting fuels (e.g., renewables, hydro, nuclear). This strategy is a popular approach to decarbonization and can be deployed in buildings, transportation, or regional district energy networks.

### 3) Heat Recovery

For most buildings in Ontario, the production of heat, whether for space heating or process heating, is highly energy intensive and often one of the leading sources of GHG emissions. The climate change mitigation strategy of heat recovery involves capturing and recycling excess heat to reduce initial energy needs for heat production.

### 4) Carbon Capture, Utilization, & Storage

For most buildings in Ontario, the production of heat, whether for space heating or process heating, is highly energy intensive and often one of the leading sources of GHG emissions. The climate change mitigation strategy of heat recovery involves capturing and recycling excess heat to reduce initial energy needs for heat production.

### 5) Low Carbon Transportation

Transportation is a significant source of GHG emissions that presents different challenges and opportunities for mitigation strategies. In the GTA, transportation represent about 32% of GHG emissions with many people required to commute to work. Transitioning to low carbon transportation options is therefore an important strategy for climate change mitigation both globally and locally.

### 6) Behaviour Change

From the products people purchase to the activities they undertake; human behaviour leaves a large carbon footprint. As a strategy for climate change mitigation, behaviour change involves first changing the way people think about the energy they use, and the carbon emitted through everyday activities.

## Collaboration is Key to Climate Change Mitigation

Such mitigation undertakings will be beyond the capacity of any one business. Successful mitigation in the GTA must also involve business engagement with municipalities, utilities, and other business consortiums to support the advancement and implementation of large-scale energy system projects. In addition to the measures a business can take within their organization and supply chains, they must also consider being champions for the impactful systemic energy changes they would like to see and find like-minded businesses to inspire and collaborate with.

To learn more about climate change mitigation, adaptation, impacts and risks, please explore our Building a Climate Resilient Business Resource Kit, by visiting [partnersinprojectgreen.com/building-a-climate-resilient-business-resource-kit](http://partnersinprojectgreen.com/building-a-climate-resilient-business-resource-kit). Feel free to contact Julia Kole, Coordinator for Partners in Project Green at [julia.kole@trca.ca](mailto:julia.kole@trca.ca) or 437-880-2156 with any questions or comments you may have about your business' sustainability journey.





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## THE FACE OF TOURISM

The economic impact of tourism is felt through tax revenue, job creation, and overall spending in many industry sectors. There are many "Faces of Tourism" in Whitchurch-Stouffville. The organizers of major events, like the Stouffville Fusion Festival, Strawberry Festival, and Stouffville Ribfest, spend thousands of dollars on services, such as sound, security, and advertising. These provide an outlet for hundreds of entrepreneurial vendors that sell goods and food. Major events also draw thousands of out-of-town visitors, who later come back to live, shop, or dine. Tourism also encompasses smaller events, such as music in a pub and immersion in the arts. Too, tourism is fed by enterprises, such as the makers of products (craft beer, spices, jewelry), or the providers of guest services, like a restaurant. More often than not, the activity around you is a face of tourism.



The first annual Fusion Festival was held in 2022. One year later, the event comes back many times bigger than before.

## SCOTIABANK STOUFFVILLE FUSION FESTIVAL

By David Tuley

Proudly presented by Rita Chemilian Team

**Saturday, July 15, 11am-11pm** is the date and time to save in your calendar for the Stouffville Fusion Fest. Thanks to great support from the title sponsor Scotiabank and continued support by the presenting sponsor the Rita Chemilian Team the festival will be amplified from last year, returning with more of everything.

Fusion Fest is a free entry event. Headliners include Joée, a Canadian pop teen pop idol from the 1990s; Armando, a singer/songwriter/international recording artist from Toronto that is known for mixing genres that can heat up a dancefloor; and, Michalitsa, a Greek-styled vocalist from Toronto that is very popular in the Greek and Armenian communities.

In addition, Frankie Cimino, an Italian singer, Grupo de Bombos Os Zés Pereiras, a Portuguese drum band, Horovel Ensemble an Armenian band, and multiple cultural dance troupes that encourage audience participation will also join the stage.

A highlight of the festival is the food - authentic Mediterranean cuisines such as gyro, souvlaki, and spanakopita, pizza, arancini, and veal sandwiches. And exotic Mediterranean desserts – baklava, kourabiedes, tiramisu, cannoli, and gelato. A tented beer garden

will keep adult patrons cool this year. With more than 70 vendors, one-of-a-kind Mediterranean-inspired gifts, jewelry, greeting cards, pins, Greek-themed dog and cat toys, and much more. The Kids Zone will keep the little ones entertained.

The event will be hosted by Deepa Preshad, an on-air personality, associated with Virgin Radio, blogTO, the Family Channel, and KiSS 92.5. The festival is Free Entry. The charity of choice is Steer Friends. Steer Friends is collecting essential programming items such as paintbrushes, paint, craft paper, etc. Donations can be dropped off at the Steer Friends Booth on July 15. A full wish list will be posted on [@stouffvillefest](#).

The Scotiabank Stouffville Fusion Fest was founded by local resident Lynda Kotsopoulos. Lynda (Greek background) and a friend Luisa Amabile (Italian background) cooked up the idea of a Mediterranean festival during the dull days of COVID. Lynda runs an event-planning company named Eventastic Productions. "With the incredible live performances by Joee, Armando, and Michalitsa, along with the diverse range of delicious cuisine, we invite everyone to join us for a day of pure indulgence and cultural immersion," concludes Lynda.



# Stouffville Celebrates

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Ribfest is part of Stouffville Celebrates' summer line-up.  
[photos by Dennis Hristovski]



The Stouffville Celebrates Summer Series is in full swing, and the Heritage, Events and Theatre Operations team is in the midst of a very busy season of events.

19 on the Park kicks off July events with **Cinema in the Square – Top Gun: Maverick** on July 13th. Bring your lawn chairs and blankets to this 19+ event in Civic Square to see this heart stopping action adventure. The **Patio Series** is up next at 19 on the Park with Fiddlestix taking the stage on July 22nd. Catch this award-winning band as they blend the energy of a rock concert with celtic, country and folk music. Pre-registration is encouraged for both Cinema in the Square and the Patio Series.

**Movies in the Park** will also start this July in Memorial Park. Join us under the stars on July 21st for the *Super Mario Bros Movie* and on July 28th for *Puss in Boots: The Last Wish*. Movies will begin at sundown (approximately 9 pm), pre-registration is not required, and all are welcome.

August will be another busy month beginning with **Cinema in the Square's** second installment on August 3rd. Catch Whitney Houston: *I Wanna Dance with Somebody* in the heart of Downtown Stouffville! Next up is **Stouffville Ribfest** in Memorial Park from Aug 11-13. Indulge in mouthwatering, award-winning ribs, enjoy refreshing beverages from local breweries, take in live music (with headlining performer Shawn Desman on Saturday night!), a kids zone and more. August 13th is also the **50th Annual Antique and Classic Car Show** at the Whitchurch-Stouffville Museum. Join us for this free event as Exhibitors from across southern Ontario display their prized antique & classic cars. Enjoy all this family favourite event has to offer including food vendors, heritage & children's demonstrations, and the featured exhibition Enjoy the Ride: Celebrating 50 Years.

**Movies in the Park** will feature the live-action *The Little Mermaid* movie on August 18th and will culminate with *Spider-Man – Across the Spider-Verse* on August 25th – once again transforming Memorial Park into an outdoor theatre.

Capping off August we have 19 on the Park's **Patio Series** back on August 19th with the Blackboard Blues Band. Specializing in classic Soul, R'n'B, Funk, Rock and Blues. Enjoy the ambiance of a warm summer night with friends, family, and live music at this free event. Pre-registration is required to guarantee seats. Standing room available to walk-in guests. **Stouffville Celebrates, Summer Series is proudly presented by telMAX.**

### INDUSTRY NIGHT THANK YOU

On Thursday, June 1st, the team at 19 on the Park hosted their first-ever Industry Night. The evening was designed to showcase the venue as a multi-purpose rental event space for corporate and social functions. The event was a big success, and the team could not have done it without the support from all the fantastic vendors and partners. Gourmet Hors D'oeuvres were prepared by the talented Christina Cooks Catering Company, Hawley Crescent Catering & Events, and JP Fine Foods. Beverages were provided by our local winery, Willow Springs, and brewery, Muddy York Brewing Co. Thank you to our other partners, Most Excellent Productions, Track Avenue, Gervais Party and Tent Rentals, LOL Photo Booth, and EventSource. Each of these vendors made the venue come alive and set the tone for an unforgettable evening. Thank you!



Scenes from previous Strawberry Festivals. Headlining performances, product vendors, and family activities are plentiful June 30 and July 1-2. Classic events such as Totally Toddlers, Pancake Breakfast, Canada Day Fireworks, and the Dog Contest will return.

## WHITCHURCH-STOUFFVILLE STRAWBERRY FESTIVAL By David Tuley

The Pre-Festival kicks off June 28-29, while the main fest commences June 30, July 1st & 2nd at Memorial Park.

Headlining performances include: Julian Taylor (Fri., 7:30pm), a Toronto-based, award-winning singer-songwriter, radio host, and label owner. His unique blend of blues, roots, and folk music has earned him a growing fanbase and critical acclaim for both his music and live performances; Caardia (Sat., 5:30pm), a Canadian alternative-pop sister duo that was named one of CBC Searchlight's Top 10 Teens to watch in 2020; Blackboard Blues Band (Sat., 7:30pm), specializing in classic R'n'B, Soul Funk, Rock and Blues, the band plays hits from the 60's to present day; Shania Twain (Sun., 5:30pm), Donna Huber, who performs regularly on the Las Vegas Strip, returns to Canada to showcase Shania Twain's mega-hits; and, Leah Daniels (Sun., 7:30pm), one of Canada's top rising country artists.

Over 150 product and service vendors and more than 38 food vendors will attend Strawberry Festival. Food vendors will be on hand for the entire festival – Fri. 5-9pm and Sat.-Sun. 9am-9pm, while product vendors will be on-site Sat.-Sun. 9am-5pm.

Family activities are many. Some highlights are: Opening Ceremonies (Fri., 6pm) with the Knights of Columbus colour guard

and the Chinese Lion Dance Group; the Kids Playground (Sat., 9am-5pm; Sun., 11am-5pm); DooDoo the Clown (many appearances); Totally Toddlers (Sat., 9am-11am); Bird House Building (Sat., 9am till supplies last); Stouffville Library Story Time (multiple times); Canada Day Cake & Canada Day Fireworks (Sat., 8pm & 9:30pm); Pony Rides (Sun., 11am-2pm); Picnic in the Park including contests (Sat., 11am-5pm; Sun., 12-4pm); and, the Dog Contest (Sun., 2-3pm).

At the Festival Pub, be the first to sample the special edition Strawberry Beer presented by Muddy York Brewing Company. In addition to the many Strawberry Festival activities on July 1, the Stouffville Village will present the Rock & Roll Classic Car Show on nearby Main Street (Sat., 9am-2pm).

The Strawberry Festival is striving to go green. Look for Waste Stations located around the food vendor areas; there are bins for recycling, food waste/organics, and regular waste. Quench your thirst with free, unlimited water from two Water Stations located in the food vendor area. Acknowledge those vendors that have joined the Strawberry Festival Green Vendor Program.

For a full schedule, see [www.strawberryfestival.ca/schedule](http://www.strawberryfestival.ca/schedule).



[above] To spend some time with the flower fairies on a flower farm  
[below] Dave and Sarah perform the National Anthem at season opener.



## PERENNIAL PETALS PRESENTS FAIRY FESTIVAL @ THE FLOWER FARM

On **Sunday, July 30** a magical time will be had by all as we spend some time with the flower fairies at Perennial Petals Flower Farm. Grab your wings and come and spend some time with the flower fairies on a flower farm during this ticketed event. Just the place you would expect to find some fairies. Have fun with a scavenger hunt, make a wish bottle, be part of the fairy parade and create a flower crown. Take home lots of magical memories.

All children must be accompanied by an adult. Everyone attending is required to pre-purchase a ticket. This event takes place outdoors. Rain date is August 6. Snacks included. Adult Tickets are for adults to accompany their fairies to the event. Snacks included.

Perennial Petals is located at 3332 Stouffville Rd., just east of Bruce's Mill Conservation Park, on the north side of Stouffville Rd. Perennial Petals is a seasonal, boutique flower farm and floral studio offering unique, heritage and contemporary blooms for flower lovers in York Region. Perennial Petals' flowers are grown to perfection and picked at the height of their glory.

To learn about upcoming DIY workshops, subscription offers, or to purchase tickets for the Fairy Festival, see [perennialpetals.com](http://perennialpetals.com).

## MADE-WITH-COVID ASSOCIATIONS THE DAVE AND SARAH BAND

Another mutual association born during the COVID-19 epidemic is the collaboration between Dave and Sarah. Stouffville residents Sarah Ranson and Dave Mills literally met by an outdoor campfire in a social pod. Dave had brought his guitar and Sarah began singing along. One of their first gigs together was Stouffville's Got Talent. The pair won in their genre, which awarded them with a performance at the Strawberry Festival. They will be playing the Bandshell at StrawFest again this year on Sunday, July 2 at 2pm.

Dave and Sarah's unique sound, drawing inspiration from a variety of musical genres, including folk, pop, and country, has helped them build a loyal fan base and catch the attention of venue owners. Locally, they have performed at OakSide Bar & Lounge, Boston Pizza, Coach House Pub, Mulligans, and the Wintersong Festival.

Beyond Stouffville, Dave and Sarah have played private events from Haliburton to Collingwood and recently Ajax Ribfest, Collingwood Brewery, Old Flame Brewing Co., and soon, the Music on Main Festival in Markham (June 30). On July 6, they play at Mulligans' 1 year anniversary in Downtown Stouffville. "It is a passion of both of ours to sing and perform," said Dave Mills, "but we both have families and day jobs – so at times, it can be busy." Dave and Sarah plan to retain current engagements, and expand into bigger venues, private parties, and corporate retreats – the Duo are also writing original music with plans to release this fall.

For more, see [www.facebook.com/DaveAndSarahLive](https://www.facebook.com/DaveAndSarahLive).



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Street Art Seniors of Stouffville celebrate a vibrant mural. Exhibition opens July 14 at Latcham Art Centre. [photo by Dennis Hristovski]

## CREATIVE PLACEMAKING WITH STREET ART SENIORS

By David Tuley & Jennifer Onlock

What happens when you bring 15 seniors from your community together with 2 art facilitators from Europe and introduce them to 25 cans of spray paint? Pure creative joy!

On Friday, 25, 2022, Lara Seixo Rodrigues and Duarte Cavalinhos landed in Toronto from Lisbon, Portugal to assist Latcham Art Centre in a program called Street Art Seniors of Stouffville (SASS), based on their award-winning LATA 65 program. With funding from the Canadian Government (The New Horizons for Seniors Program-NHSP) and the Whitchurch-Stouffville Legacy Fund, Lara and Duarte led 15 unique and fearless seniors from Stouffville, Ontario in two full days of workshops where they learned about the origins of street art, were introduced to the work of a variety of prominent street artists, and explored the technique of stencil cutting. From the time the knives hit the hands of the SASS group, there was no stopping them.

“Our time with Lara and Duarte is something I will remember forever. Witnessing a group of 15 seniors from our community embark on this journey together was inspiring, motivating, and magical,” said Jennifer Onlock, Manager of Latcham Art Centre. “The participants were immediately engaged in

learning about the history of street art and jumped fearlessly into the creation of stencils. Lots of stencils. As the days progressed, we saw poodles and pandas, flags, and symbols of solidarity emerge. There seemed to be no end to the ideas and determination of the group. Their enthusiasm was motivating,” added Jennifer.

The seniors shared stories while they worked and recognized that they were building a bond through this shared experience. The calm, encouraging nature of Lara and Duarte created a safe and comfortable space to explore creativity, build new skills and friendships. “We talked about placemaking and communities and agreed that making space for art in our community is important for everyone,” said Jennifer.

After two full days of preparation came the creation of the mural. Without hesitation, and with much anticipation, the group approached the panel with the fearlessness and enthusiasm they had the stencil making.

“I thought it would be a lot of scratching on the wall,” said Barbara McKenzie, “It was not at all what I thought it would be... I wouldn’t [now] say it is graffiti, I would say it is street art.”

“It was neat how it all came together, and I could spot the different work of my pals,” said Geddis Ruttan. “It was wonderful, but not garish... When I look at it, I think – how did that happen? There was an acceptance of everything everybody was doing. Nobody was the star or left behind... It was a team.”

“They worked together fluidly, respectfully, and beautifully. Watching them create together opened my eyes to what is possible in a community.”

“I thought it was something for pranksters and juveniles... these are messages by people... wanting to share. I’m overjoyed that as a senior I could create something to contribute...” said Lorraine Majcen. “We were making a mark in our community.”

“[The project] gave me a sense of joy to participate in something meaningful like this,” reflected Charlie Hawkins. When asked about his choice of the tag “irregular,” Charlie shared, “I didn’t want to be like everyone else, and not to worry about that,” indicating that it was a statement about embracing where he was in his life now.

“I recall choosing to make a Canadian flag. I was given this challenge to draw it free-handed, and I didn’t have the confidence to and I started and thought ‘ohhhh.’ Duarte said, ‘you are going to be OK.’ He gave me the confidence to do it. It turned out very acceptable. It really boosted my confidence,” said Lorraine. “The friendship, the love, and the joy I felt helped us.”

“There was harmony with everyone working on it. Other people came by and became excited too,” said Geddis. “Our life experience informed our artistic abilities... I think what we did looked quite good,” added Charlie.

“They worked together fluidly, respectfully, and beautifully. Watching them create together opened my eyes to what is possible in a community. It was truly beautiful,” concluded Jennifer Onlock.

One year after its completion, the SASS exhibition showcases this magical project with documents of the three-day process, including photographs, large-scale mural panels, stencils, and a documentary produced by Paradox Pictures. The exhibition runs from **Friday, July 14 – Saturday, August 19** at Latcham Art Centre, 2 Park Drive.

For more, see: [latchamartcentre.ca/exhibitions](https://latchamartcentre.ca/exhibitions)



Spray paint and a LATA 65 stencil. [photo by Dennis Hristovski]



SASS participant Kathy Clark. [photo by Dennis Hristovski]



Jeff Manol, Co-Founder of Muddy York Brewing Co., in the tap room with the numerous awards the brewery has won over the years, on display. [photos by Dennis Hristovski]

## MUDDY YORK BREWING CO.

2023 CANADIAN BREWERY OF THE YEAR,  
COMING TO STOUFFVILLE SPRING 2024

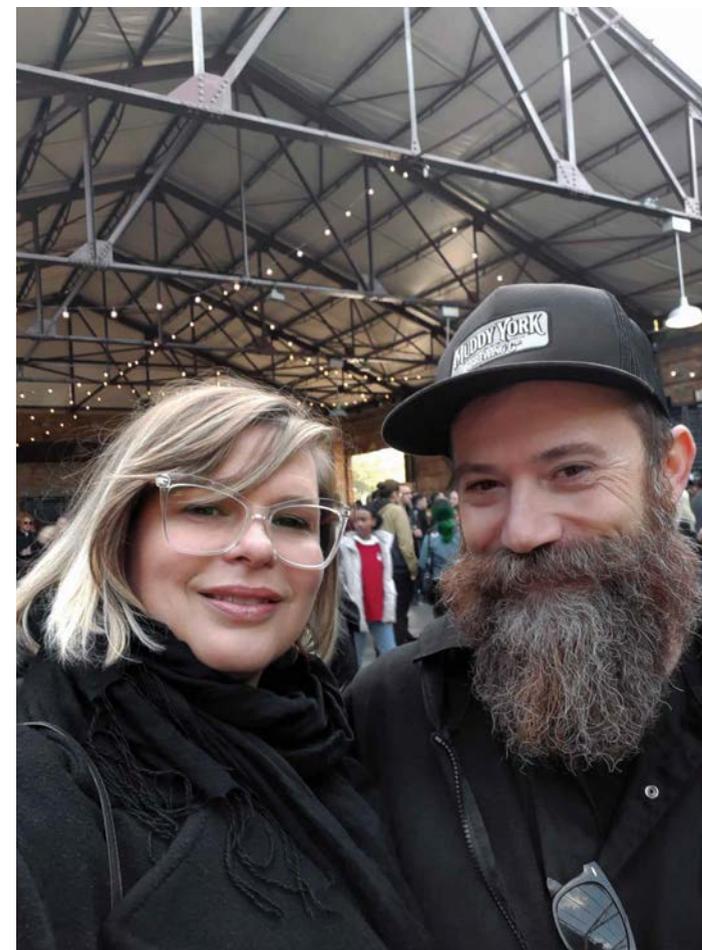
By Cassandra Pavlou

Coming Spring 2024, Stouffville is going to welcome its first full-scale brewpub at 6297 Main Street, with none other than 2023's Canadian Brewery of the Year, Muddy York Brewing Company. Along with being awarded Brewery of the Year at the 2023 Canadian Brewing Awards, which was a competition between brewers from across the country, Muddy York also took home Gold Awards in the Smoked Beer and German Style Wheat Beer categories, with their Jail Fire Rauchbier and Haberdasher Hefeweizen. Susan Michalek, Co-Founder and head of Design, Sales & Marketing at Muddy York, says "Winning Canadian Brewery of the Year was the biggest honour; we were so ecstatic to win and pick-up the awards this past Sunday in Nova Scotia."

Jeff Manol, Co-Founder of Muddy York, says that his start in brewing began when he was helping his father

in-law make homemade wine. Wine takes at least a year to ferment and tweaking a recipe or process for the next batch, is equally as long of a process. He enjoyed making wine, but not so much the year-long wait that goes with it. His joy of beer, chemistry, intrigue of the fermentation process, along with the faster turnaround time that goes along with making beer, led Jeff to buy his first can of malt syrup to make his first brew. The results of the brew were a success and from there it sparked the idea of doing something more.

In 2013, Jeff was doing a lot of homebrewing, but also running his business, Skilcraft Steel Rule Dies Inc., a tool & die shop. Wanting to take his home-brewing operation further, Jeff eventually bought a few 300-litre fermenters to brew in some extra space at his tool & die shop. This allowed him to produce enough volume of



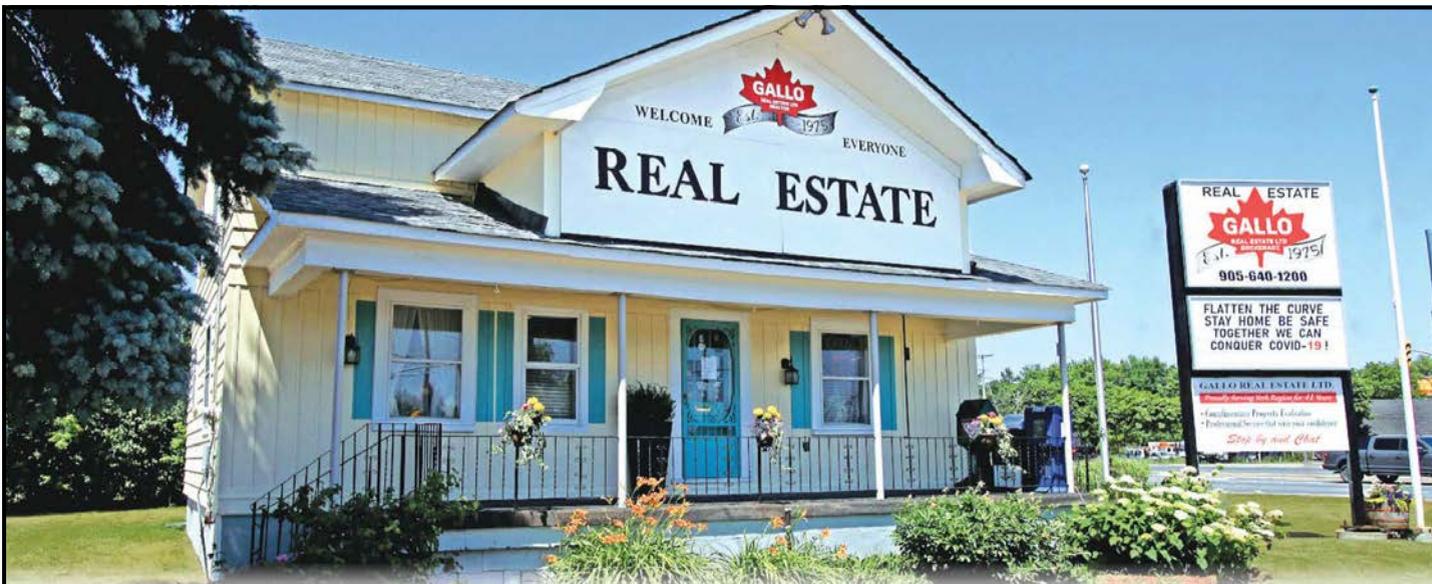
Susan Michalek and Jeff Manol, Co-Founders of Muddy York Brewing Co.

"Winning Canadian Brewery of the Year was the biggest honour; we were so ecstatic to win and pick-up the awards this past Sunday in Nova Scotia."

beer to start selling to local bars and restaurants. The demand for his beer was huge and over time Muddy York started taking up more and more space in the building. For a period of time, Jeff was running two full time businesses, his tool & die shop and the brewery, which also had the retail shop and tap room. Jeff notes it was tough running the two businesses at once. "I'd come in at 4:00 AM and do half the brewing process until 7:30 AM. I'd then run the tool & die business until 4:00 PM, and then finish the rest of the brew process until 8:00 PM. I did this 3-4 days a week at least, sometimes for months on end." Susan said that "there were long stretches at times where he was working 7 days a week." Although running two businesses at once was grueling, the tool & die operation helped finance the brewery and allowed it to eventually take off. With Muddy York having turned into such a success, the decision was made about 6-7 years ago to sell Skilcraft Steel Rule Dies Inc. and transition fully to brewing and running Muddy York.

Asked about why Stouffville was chosen for a new location, Jeff says that when Susan and their family moved to Claremont a few years ago, they frequently

drove down Main Street, especially during the COVID-19 pandemic. Jeff fell in love with the Old Post Office - it was a beautiful building with a lot of charm, the perfect location for a comfortable, community focused brewpub. After navigating the many challenges that arose during the COVID-19 pandemic and pausing plans for expansion, Jeff and Susan are now gung ho on moving forward with a second location for Muddy York Brewing Co. Toronto has a lot of competition, and Stouffville presented itself as an amazing and unique opportunity given the community, projected growth, and there really not being a full-scale brewery in Town. Stouffville was simply a fantastic business opportunity. With their new location in Stouffville, Jeff and Susan plan on replicating what they've done in Toronto, in terms of beer production - currently producing 15,000 litres of beer at any time - but they also plan on having a restaurant component too, which will serve Muddy York beers (including both alcoholic and non-alcoholic options), along with a curated list of local wines and ciders, for those who want something other than beer. Jeff says he feels most comfortable brewing at a local spot, and he hopes that their new location on Main Street will create a hub for even more community activity happening in the future.



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"Sven Mccoy", aka. Grant Ivens, at the Stouffville Market with a line of moonshine infused spice rubs. [photo by Dennis Hristovski]

## MUSSELMAN'S LAKE RESIDENT IS GRILLING WITH SHINE

By David Tuley

Grilling with Shine's Intoxologist, Sven Mccoy, and Grill Master, Troy de Bois have spent years researching and perfecting blends of exotic spices while developing their exclusive 'moonshine infused' technique... and they are proud to say, 'We nailed it!' To add gas to the flames, Grilling with Shine has teamed up with one of Canada's top craft distillers, Copperhead Distillery from Sundridge, Ontario, and are now exclusively using their Backwoods Moonshine for all of their 'moonshine infused' spices.

Sven Mccoy is a spice-name pseudonym for Musselman's Lake resident Grant Ivens. Grant and his partner Jo Zadorsky founded Say What! Communications, a branding and marketing firm, over 30 years ago. Say What! has worked with the smallest to the largest firms in Canada, including Bombardier, Crayola, and Magna and recently re-branded the Coach House Pub and just won an international 'Web Excellence Award' for the design of ujetimeline.org.

"We also like to develop products," said Grant. In 2001 they launched guitarMatz, a unique guitar graphic display system distributed throughout North America. In 2006, Grant and Jo were walking in Downtown Stouffville when they thought - 'Stouffville needs a coffee house'. They created the brand 'For the Love of Jo' and opened the shop, then sold it a year later. In 2014 they re-launched

Costa Nada, a hand-dyed apparel company in Stouffville, which they ran for 5 years and later sold.

Their new venture is Grilling with Shine. "During COVID, a buddy and I were shaking off boredom by making YouTube videos of us grilling food and drinking moonshine," recalled Grant. "We often joked that our spices were coming soon." In 2021, they did it, and Grilling with Shine was born. To gather momentum, they just hosted the Grilling with Shine Cookoff 2023 BBQ Challenge at the Coach House Pub with 10 BBQ teams and 3 judges in support of the Stouffville Foodbank.

The Grilling with Shine product line includes "Rub Me Arse BBQ Rub," "Black Eyed Shiner Blackened BBQ Rub," "Bull Shine Steak Spice", along with "Rise and Shine," a cocktail rimmer, which is now used exclusively by Chucks Roadhouse in Stouffville. Grilling with Shine products are available locally at the The Meat Merchant, Card's Appliances, Carma Farms, The Coolest Little Ice Cream Shop and The Ballantrae Market.

You may also know of Grant and Jo from their musical pursuits, as they are members of the popular party band 'the Slime Dogs'. For more information, see: [grillingwithshine.com](http://grillingwithshine.com), [saywhat.com](http://saywhat.com)



[above] Public is invited to come see all the new designs which were created at Beke during the long winter months. [below] Phillip cooking heating things up in the kitchen of Pimento Jerk. [photo by Dennis Hristovski]

## MONICA GENNARO PRESENTS BEKE OPEN STUDIO

Monica Genarro, goldsmith, is opening her studio to the public in July, everyday, from 10am - 6pm (except for the weekend of July 7-9) at **15167 McCowan Rd.**

From the artist: "My adoration for jewelry began when I was a kid. My mom would always bring back catalogs, kind of like the ones department stores hand out, from her trips to Germany. Whenever I would open one, I would flip to the pages with jewelry and I'd look at the pictures for hours on end. Fast forward a few decades, I left Transylvania, raised my kids, and was pursuing a new life in Canada. I initially started out making jewelry as a hobby but I found myself yearning to know more and broaden my horizons. I enrolled myself into the Jeweller program offered at George Brown College."

"I fell madly in love with every aspect of jewelry making. My love quickly turned into the realization that this is what I wanted to do for the rest of my life. I knew that I didn't want to make anything that I'd seen before or that looked like any other mass-produced item. All my pieces are made in my studio by me. I take my time to cut out the silver, or the gold, solder the required pieces into



## FROM WHEELS TO BRICKS HOW JERK CAME TO MAIN STREET

They serve up juicy slow-cooked and smoked chicken, marinated in a house blend of spices and fresh herbs to achieve an authentic jerk flavour with 'just the right amount of heat.' The masterminds behind Pimento Jerk are Phillip and Rose Hendricks. Phillip is Canadian born and raised in Toronto with a Jamaican background, while Rose's family is from Guyana. They've known each other for about 20 years and have 6 kids between them.

Pimento Jerk started as a popular food truck. They were participating in the event circuit and catering to private engagements, but then came the pandemic. "COVID forced us to do a re-think," said Phillip. They found a temporary spot to park the truck, catering to take-out, in Markham along Highway 7. "Stouffville people found us, and they kept asking why we don't move up there," he said. "Then Rose found a listing - the Smokery at 6140 Main Street in Downtown Stouffville was available. I had been there before." "Absolutely, I was scared moving into a fixed space. With wheels, we could move around to better places if needed," recalled Phillip. They put up a sign and initially catered to pick-up and take-out only. "We were almost overwhelmed," he said, "Stouffville has been very supportive."

Recently, they opened the dining room. There is nothing formal about Pimento Jerk - their focus is on the quality of the food. Pimento serves handheld Rotis, Poutines, and Rice Boxes that feature items like braised oxtail, jerk chicken & pork, curried goat, and fried fish. These can be washed down with island sodas or an assortment of beers (in-house) including the Jamaican Red Stripe. Ordering online is made easy, see [jamaicanbbq.ca](http://jamaicanbbq.ca).



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### About the Event:

On August 19th from 2 to 8 p.m. in the Village of Stouffville. Main Street will be closed to traffic from O'Brien to Park Drive, to make space for live music, street vendors, artisans, social groups, activations, games and more.

This family friendly event will be FREE to attend and have activities and games for all ages. This fully accessible event is being designed to make everyone feel welcome.

The musicians that will be performing at this event will be diverse in nature. Featuring our headliner, Juno Award winner/Top Reggae Performer LAZO FINN who will likely perform his EXODUS: BOB MARLEY TRIBUTE show.

The rest of the festival will feature a wide variety of local performers from various genres. It will be family friendly, vibrant and fun. Enjoy several different musical performances over the course of the Saturday event.

### Street Vendors:

A limited number of street vendor spots at the Stouffville Summer Street Festival are still available. 10' x 10' space costs \$50. (plus tax). For online vendor application form visit: <https://discoverstouffville.ca/stouffville-summer-street-festival/>

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Niki Grace is finally pain free, thanks to the procedure MSH's Dr. Yoav Brill performed.

## TAKING PAIN SERIOUSLY

That's the scenario Grace found herself in when the symptoms first manifested in her early 40s. She tried treatment after treatment—laparoscopic surgery to remove tissue, hormone replacement, medically induced menopause and a total hysterectomy—with little success. Her last gynecologist didn't believe her when she described the extent of her pain, even after two surgeries.

When the pain worsened, she implored her family doctor to refer her to another gynecologist. That's when she first saw Dr. Brill. "It's the classic endometriosis story," he says, referring to the cycle of a patient in pain, failed medical treatments, second opinions and, eventually, more advanced surgeries.

## PAIN-FREE AT LAST

When Dr. Brill performed laparoscopic surgery to remove her ovaries, he found far more extensive endometriosis than anyone could have anticipated. The tissue was everywhere. Most notably, it had created so much scar tissue around her ovaries that they weren't visible.

The operation required hours of fine dissection of tissue from Grace's organs using a CO2 laser funded with the generous support of the community through the Markham Stouffville Hospital Foundation. The laser is the device of choice for many gynecologists that specialize in endometriosis because of the precision—fractions of a millimetre—that makes it possible to dissect tissue from a patient's organs. Its presence, however, and the high-level expertise it requires, are rare in community hospitals.

Dr. Brill credits Oak Valley Health for identifying a need to treat this disease in the community and MSH Foundation for raising the money to do so.

Grace's surgery was a success, giving her a pain-free existence for the first time in eight years. However, she knows it might return. "The best thing I've ever heard is when Dr. Brill said, 'If you start to feel pain again, it is not in your head.' That meant the world." ■

# Against all odds

Niki Grace was given an extraordinary gift at Markham Stouffville Hospital: a surgeon who took her endometriosis pain seriously.

BY GLYNIS RATCLIFFE

At nearly 50, Niki Grace understood her body well enough to know something wasn't right. Having spent the last eight years enduring the excruciating effects of endometriosis, the Australian expat knew pain, but in March 2021, her condition became unbearable. "I had nerve pain running all down my legs," she says.

She was at her wit's end when she met Dr. Yoav Brill, a highly regarded obstetrician/gynecologist (OB/GYN) specializing in complex endometriosis at Oak Valley Health's Markham Stouffville Hospital (MSH). She begged him to perform laparoscopic surgery to remove her ovaries.

Endometriosis is an inflammatory disease of the female reproductive system driven by the hormonal cycle. Tissue similar to the lining of the uterus, known as the endometrium, grows in other parts of the body. A recent study estimates that one million Canadians are affected by this debilitating condition.

## A MISUNDERSTOOD DISEASE

Despite its prevalence, many family practitioners, nurses and even gynecologists have a limited grasp of this condition and how it can manifest. On average, it takes more than five years for those affected by endometriosis to get a diagnosis. Even then, finding an effective treatment can be a guessing game.

"The complicating factor is that it's considered a gynecologic disease," explains Dr. Brill, one of the few OB/GYNs working at a community hospital with access to innovative technologies for surgeries. "But surgeons in other specialties have little training or experience with endometriosis."

On top of that, because this condition primarily affects reproductive-aged women, anyone outside that definition—whether they're too young, too old, trans or nonbinary—is usually ignored or their symptoms are discounted or minimized.

farmer Jack's  
GARDENS

LANDSCAPE SUPPLIES

## STOUFFVILLE SENIOR OF THE MONTH DON HEPBURN

- 1. What is your age?** Don is 77 years young!
- 2. How long have you lived in Stouffville?** He moved here with his wife Joy from Scarborough in 2010 to be closer to their children and grandchildren. They loved moving here and have never looked back!
- 3. Tell us about your family.** Don's daughter and her husband also live in Stouffville: she is a teacher with TDSB and her husband is a Staff Sergeant with Toronto Police. They have two teenage boys. Don's son and his family live close by in Markham: his son is an Elementary Principal with YRDSB and his daughter-in-law is a teacher, also with TDSB. They also have a teenage boy and a preteen girl. Sadly Don's wife Joy, who was also a former teacher with TDSB, passed away on November 16th, 2019 after a four month battle with cancer. They were married for just over 49 years!
- 4. Tell us about your career.** Don had a 37-year career with the Children's Aid Society of Toronto, working in various positions from child protection worker to senior manager until his early retirement in 2007. As a Senior Manager, he was the Director of Community Based Branches in North York, Toronto, and Scarborough.
- 5. Looking back, what are the highlights of your life?** Don and Joy built a strong marriage, raised two wonderful children, supported each other in their respective careers and served in many leadership positions at their church. They were blessed to be able to travel to many places in the world. After retiring, they volunteered with Canadian Baptist Ministries, traveling twice to Kenya to work at a school located in the Eastleigh slum of Nairobi, Kenya. On another occasion they led a team of 12 to Rwanda to assist in the building of a school classroom. In June of 2019, Joy and Don took the "Trip of a Lifetime", a Viking River Cruise on the Danube, from Budapest, Hungary to Prague in the Czech Republic. That would be their last trip together.
- 6. "What's life all about Grandpa?"** It is about having faith in God to help deal with the ups and downs of life; about giving one's best in all situations; about being positive; about being kind and caring towards others; and being thankful. For Don, it's not so much about his words but how he models these qualities for his grandchildren and others.
- 7. What do you like best about life in Stouffville?** He loves the small town feeling of Stouffville with most services close at hand. Don appreciates the friendliness of people in his community and throughout the town. He loves the motto posted on some Stouffville signs: Whitchurch-Stouffville, Country Close to the City. Although the population has increased significantly since they moved here, Don is still just minutes away from beautiful farmland and hiking trails.
- 8. What would make life in Stouffville even better?** As Stouffville grows at such a rapid pace, it is important that members of our community share their concerns and ideas with the Town. This will help build a consensus and make Stouffville an even better place.



IF YOU KNOW A SENIOR THAT IS WORTHY OF SENIOR OF THE MONTH GIVE US AN E-MAIL AT FARMERJACKS@ROGERS.COM

11862 Hwy. 48, Stouffville • Visit our website: [www.farmerjacks.ca](http://www.farmerjacks.ca) • 905-642-5380

## Susan's TIP-OFF

with SUSAN TUCKER

CONTACT Susan Tucker, [otrtipoff@outlook.com](mailto:otrtipoff@outlook.com)



### The Cedar Valley SCHINDIG

Did you know we have our own wee mini-Woodstock right here in Whitchurch-Stouffville? I kid you not, I saw it with my own eyes! What today the family refers to as a plain house, will be transformed into an evening concert space of upbeat, toe-tapping, and dancing folk music fun on August 12.

The brainchild of Laura McCullough and her father Steve Schweighardt is going into its 4th year. Laura and Steve are part of a music-loving family, so much so that finding and discovering new talent to watch on social media has become a hobby for both of them. They are often searching out new songs, new performers, and sending them to each other to check out. A few years ago, on a whim, Laura reached out to one of the bands she had discovered and bang, boom, the band arrived from the US, and did a concert in the backyard for 60 or so friends and family. The wheels were spinning for Laura, the love of music that Steve had instilled in her was strong and there was a need to bring great music to more people. Steve and wife Terri live on a beautiful 5-acre parcel of land (with a long history, covered in OTR: [stouffville.com/stories/the-sands-of-time](http://stouffville.com/stories/the-sands-of-time)) where they raised their family of 5 kids. Little did they know that one day it would become a perfect setting for an outdoor, family-friendly, folksy concert. The 2 properties next to them are family too, so they all share the total 15 acres for kids to play and family get-togethers.

Driving along Vivian Road on any given day, you would have no idea what the acreage gets transformed into. As an attendee, you will pull in the driveway and be immediately directed to drive across the front lawn, down the side of the house, onto the next-door property and to the back of the property to park your car. The concert takes place literally in the grassy backyard, with huge trees and a forest walking trail surrounding the lawn. Bring your lawn chair, or picnic blanket and get ready to enjoy an evening of entertainment. The show goes rain or shine, and the mosquitoes are also invited, so be prepared! There will be food available or you're welcome to bring your own.

The event is called The Schindig, and Laura writes this on the website:

"Rooted in the belief that music, and community, make the world a far better place, my Dad and I envisioned a special night of music - to help our family, friends and community stop the world for a brief moment - to share in song and celebrate the beauty in this life. Thus, 'The Schindig' was born, titled with the first 3 letters of our family name and hosted on land that has been in our family since the 1920s."

I met with Steve, Terri and Laura on a Sunday afternoon around the dining room table to learn how and why the Schindig came to be. They are a lovely family, just wanting to share their love of music and to raise the spirits of all of us by providing a venue and great performers.

This year, there will be 2 bands, this info is also taken direct from the Schindig website ([facebook.com/cedarvalleyschindig](https://facebook.com/cedarvalleyschindig)):

#### Lucy Farrell with Jake Charron

Lucy Farrell is a songwriter, folk singer, and multi-instrumentalist from Kent. A much in demand collaborator she has been a key member of influential folk acts including Eliza Carthy's Wayward Band, the Emily Portman Trio and Carthy, Oates, Farrell & Young. As one quarter of the critically acclaimed band The Furrow Collective she won the 'Best Band' category at the BBC Folk Awards in 2018.

[right] Steve and Laura, a music-loving family

Throughout this busy schedule Lucy stole time in hotels, motorway services and even a winter cabin retreat in Canada to build up a collection of sublime solo material with tenor guitar and violin, which offers her singular take on the human condition. A much-loved performer, Lucy is due to release her new solo album with Hudson Records in 2023.

#### The Lowlies

Melancholic harmonies and hand-carved acoustic work from the rural fields of New York and Pennsylvania. These young pups are creating a hymnal wise beyond their years with songs that tilt back and forth between helplessly in love on one end, and hopelessly broken-hearted on the other.

I started this column by alluding to Woodstock, but Steve and Laura were very clear that they have no intention or desire to get any bigger than they are, and they are not in it for the money (in fact they are out-of-pocket for it). They want to keep it a quaint and intimate concert, comfortable for all ages to enjoy.

There is a maximum of 200 tickets available, if you would like to order, please go to [schindig2023.eventbrite.ca](http://schindig2023.eventbrite.ca) and you'll see all the details. You won't be disappointed.



## SPATCHCOCK CHICKEN with Strawberry Goat Cheese Bruschetta

The weather has been absolutely perfect for cooking and eating outside. For me, there is nothing better than a beautiful evening cooking over the grill and enjoying a meal outside. This month I am going to share some great ideas for you to cook up outside and maybe share a meal outdoors with your family and friends. I have a special treat this month, my daughter came home from University and shared her recipe for Strawberry and Goat Cheese bruschetta, and it was amazing. I am going to share a recipe I for a delicious spatchcock chicken with grilled vegetables.

#### First, the appetizer, **Strawberry Goat Cheese Bruschetta** -

Ingredients:

- 1 baguette, sliced into 1-inch thick pieces
- 8 ounces of goat cheese
- 1 cup fresh strawberries, hulled and sliced
- 2 tbsp Balsamic vinegar
- 2 tbsp olive oil
- Balsamic glaze
- Honey
- Fresh Chives chopped
- Fresh basil leaves
- Salt and pepper to taste

Instructions:

1. Preheat your grill to 375°F (190°C). Place the baguette slices on a baking sheet and brush them lightly with olive oil.
2. Place them on your grill until they are crispy and golden brown, make sure you flip them so they do not burn.
3. In a small bowl, mix the goat cheese with a pinch of salt and pepper. Spread a generous amount of goat cheese on each baguette slice.
4. In a bowl mix together the strawberries, chopped basil, chives, balsamic vinegar, olive oil and some salt and pepper to taste.
5. Top the goat cheese with a spoonful of your strawberry mixture. Drizzle the balsamic glaze and honey over the strawberries.
6. Garnish each bruschetta with a small basil leaf.
7. Serve and Enjoy!

This recipe combines the creamy tanginess of goat cheese with the sweetness of fresh strawberries, creating a delicious and unique flavour combination. The balsamic glaze adds a touch of acidity and depth to the dish, while the basil leaves provide a fresh and herbaceous note. It's a perfect appetizer for summer gatherings or

any time you want to enjoy a flavourful bite!

**Spatchcock chicken**, also known as a butterflied chicken, is a culinary technique that involves removing the backbone and flattening the bird to ensure even cooking. This method offers several advantages: faster cooking time, crispy skin, and juicier meat. To spatchcock a chicken, you simply cut along one side of the backbone and remove it, then press down to flatten the bird. This technique allows for more even heat distribution, resulting in a perfectly cooked chicken with juicy meat and golden crispy skin. Spatchcock chicken is a popular choice for grilling, roasting, or even pan-searing, offering a delicious and visually appealing meal.

Ingredients:

- 1 whole chicken (approximately 4-5 pounds)
- 2 tablespoons olive oil
- 1 tsp salt
- 1 tbsp black pepper
- 2 tbsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp dried herbs, I use thyme and rosemary

Instructions:

1. Preheat your grill to 425°F (220°C).
2. Place the chicken on a clean cutting board breast-side down. Using sharp kitchen shears or a sharp knife, cut along one side of the backbone from tail to neck. Repeat on the other side to remove the backbone completely.
3. Flip the chicken over and press it down with the palms of your hands to flatten it. You may hear a crack as the breastbone breaks, which is normal.
4. Pat the chicken dry with paper towels to remove any excess moisture.
5. In a small bowl, mix together the olive oil, salt, black pepper, paprika, garlic powder, and dried herbs.
6. Rub the seasoning mixture all over the chicken, making sure to coat it evenly on both sides.
7. Place the chicken on the grill making sure it is skin-side up.
8. Roast the chicken until the internal temperature reaches 165°F (74°C) in the thickest part of the thigh.
9. Once cooked, remove the chicken from the oven and let it rest for 5-10 minutes before carving.
10. Optional: Garnish with lemon wedges

tales from  
the **Q**  
with DAVE MILLS



CONTACT Dave Mills, [david@stouffville.com](mailto:david@stouffville.com)

and fresh herbs for added flavour and presentation.

Carve the chicken into pieces and serve with your favourite side dishes. I grilled up some vegetables, broccoli, red and yellow pepper, onions, celery, mushrooms and cherry tomatoes. Make sure you add the cherry tomatoes in the last 5 minutes of grilling the vegetables. I also added fresh thyme and fresh basil coated with olive oil and put them in a grilling basket and on the grill in the last 10-15 min of cooking the chicken. **Happy Canada Day and Happy Grillin'.**



# From WHERE I LIVE

with BRUCE STAPLEY



## WATCHMAKER, WATCHMAKER...

David Barthau Keeps Up With the Times

David Barthau's curriculum vitae reads like a grocery list for a family of six. The owner/operator of Barthau Jewellers in Stouffville's LCBO plaza has had his business on an upward trajectory ever since opening the door of what started as a sister operation to his late father Lloyd's pre-existing Markham jewellery store back in 1977. His success can be attributed to his mastery of all aspects of his chosen profession; he is a Jeweller, Certified Swiss Watchmaker, gemologist, goldsmith, silversmith, and a hands-on craftsman.

David still has the first clock he ever made as a junior high school student. His Industrial Arts teacher had combined with the Art teacher to give students a chance to make something artistic. "They had three clock movements and said the students who could come up with the best design could make a clock. I was one of the ones who did it," he recalls. "And they had some jewellery-making materials in the Art class so I made my first ring."

He worked part-time in his dad's store throughout high school before enrolling in George Brown College's three-year Watchmaking program. For his third year, David was accepted into the Watchmakers of Switzerland Training Education Program in 1974. "It's a great course, you're right in the watch-making capital and you do tours of the case-making, mainspring and jewel

factories."

Upon his return home, David was hired by George Brown to teach a Watchmaking course for two years. In 1977 his dad bought a property in Downtown Stouffville and set up a jewellery store for his son to run. The business took off and the move was made to a bigger property across the street in 1986, with the relocation to the current spot coming in 2010.

David attributes the success of his business to listening to his customers, keeping abreast of changes within the industry and doing repair and service work and custom-made pieces on-premise. "It's a small town, not as small as it was, but if you don't do things right, word gets around."

Despite long hours spent running his business, David has managed to find time to involve himself in both the local business community and the community at large. He was the driving force behind the formation of the Business Improvement (BIA) in Downtown Stouffville in the 1990s and in recent years has been active with the Stouffville Chamber of Commerce, serving as Chair at one point.

He is a longstanding member of the Stouffville Lions Club with terms as President and Lions Zone Chair under his belt. He was instrumental in bringing about the Vision Screening program initiated by the club in 2000 that sees senior kindergarten students in Stouffville schools tested by club volunteers. "We have been able to identify a lot of kids with vision problems and we refer them to see an optometrist."



David Barthau has been applying his skills as a watchmaker, jeweller, gemologist, goldsmith, silversmith, and hands-on craftsman to running Barthau Jewellers for over 45 years.

CONTACT Bruce Stapley, [bstapley@sympatico.ca](mailto:bstapley@sympatico.ca)

David co-founded the Stouffville Free Press in 2005 to address the lack of a locally owned and operated all-Stouffville publication in Town. "We mainly wanted to promote the community," he said. "We called a meeting of 10 people and 9 of them agreed to invest in it." David served as Board Chair during the monthly newspaper's successful 15 year run.

Recent years have seen David's mettle tested. In August of 2019, his store was the scene of a middle-of-the-night heist as thieves broke in through the roof, drilled a hole in a banker's safe located within, and made off with an assortment of precious jewellery. "My insurance adjuster said it was the largest claim he had ever dealt with," David recalls.

The store was victimized again last spring, this time in broad daylight when a quartet of gun-toting bandits smashed a pair of display cases and helped themselves to the contents while staff and customers were made to lay face first on the floor. The store has since seen its security beefed up with various measures implemented including double-door access to reduce the risk of break-ins while helping ensure the safety of customers and staff.

Now 70 years of age, David says he plans to continue running the business as long as he is up to the ongoing challenges. "The industry keeps changing and evolving and I keep changing and evolving with it," he said. He credits his wife Janet for her contributions to the enterprise. "She's been by my side all along."

## HEAVY LIFTING A FAMILY AFFAIR IN THIS STOUFFVILLE HOME

### Vandenburs win five medals at world championships in S. Africa

Sean Vandenburg and Angel Yau-Vandenburg were just trying to be good parents.

In an attempt to simply "catch up" to their two children, the Stouffville residents got into fitness. "We were pushing their bikes down an alley and after doing that just once, we were dying. Sucking for air," Sean recalls. "We didn't know how we were going to survive."

"I kept saying 'My lower back hurts,'" Angel recalls. So, they ran in 5 and 10k races, completed a Tough Mudder event and did circuit training, all in an effort to simply keep up. When Sean suggested powerlifting during their "fitness journey" five years ago, they had no way of knowing the trek that lay ahead. Try South Africa where the family claimed five medals at the world championships this spring.

By day, Angel, 50, is chief data and technology officer with Équité Association. Her work in rooting out insurance "criminals" earned her a Top Executive award from The Globe and Mail this year. The awards ceremony was held while she was winning bronze and silver medals at the worlds.

Sean, 45, a senior manager in the technology sourcing department of Scotiabank, won bronze. Both work from home, just steps away from the basement gym that's jammed with weights and benches. Its walls are lined with medals and inspirational posters, including one that reads: "Everything hurts and I think I'm dying."

Those now not-so-little kids have also lifted, as they say in the sport. Zachary, 15, won a gold and family bragging rights at the worlds. Micah, 13, is taking time away from the sport to concentrate on track and field.

The trio of Vanenburgs were part of the 22-member Team Canada selected to compete over 10 days at the worlds in Sun City. They train in two-hour sessions four or five days a week. Coaches specializing in lifting and nutrition keep them on track.

Next on the competitive calendar come the provincial championships in Bowmanville in September. International meets on the horizon in 2024 include the worlds in Texas and the world masters back in South Africa.

The Vandenburs are youth group leaders at The Bridge church in Markham, where they sometimes share their powerlifting story while speaking about goals and resilience. Even if the teenage boys just "want to know how much we can bench," Sean said with a laugh. There are few sports in which parents and children can train together – and maybe compete against one another.

"It's really cool. It used to be they were following us around so we could compete," Sean said. "Now, we're going to be following them around because they are eclipsing what we've been able to do. It's neat to see that transition."

"And because Zachary is growing, we are going to be competing in the same weight class. One of these days, I really, really want to be on the platform with him. He'll

# SportsTown

with JIM MASON



CONTACT Jim Mason, [jimmason905@gmail.com](mailto:jimmason905@gmail.com)

probably be able to beat me at that stage, which is fine."

"The journey continues and it's only going to get more fun." Angel concurs. "The bonding between parent and child is very special," she said. "It's very encouraging."

The family that lifts together. Clockwise from top left, Sean, Zachary, Micah and Angel Vandenburg of Whitchurch-Stouffville.



## POWERLIFTING 101

Powerlifting is practiced in more than 100 countries on all continents. Men, women and teens compete in given age groups and weight categories. The three disciplines, in contest order, that make up the sport are the squat, bench press and deadlift. The sum or total of the best lift in each discipline determines the winner. "Equipped" powerlifters use additional gear, including bodysuits that look like singlets, to both protect them and assist in lifting more weight. Source: International Powerlifting Federation



# COMMUNITY NEWS

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## COUNCIL & PUBLIC PLANNING MEETINGS

Agendas for Council and Public Meetings will be available for review on our website at 12 p.m. (noon) the Thursday prior to the meeting.

### Upcoming Council Meetings:

- Wed. Sept. 13 - 7 p.m.
- Wed. Sept. 21 - 9 a.m.

### Upcoming Public Meetings

(if required):

- Wed. Sept. 27 - 7 p.m.
- Wed. Oct. 25 - 7 p.m.

Residents may watch the meeting live online at [townofws.ca/cmlives-tream](http://townofws.ca/cmlives-tream).

Anyone wishing to submit comments, may write to the Town Clerk at [clerks@townofws.ca](mailto:clerks@townofws.ca). Anyone wishing to provide comments may attend the meeting in-person at the Municipal Offices, please contact the Town Clerk at [clerks@townofws.ca](mailto:clerks@townofws.ca) for more information.

Follow all council meetings on Whitchurch-Stouffville's official council Twitter account [@ws\\_town-hall](https://twitter.com/ws_town-hall).

Join our Council E-Newsletter at: [eepurl.com/cKPNg9](http://eepurl.com/cKPNg9) and receive meeting agendas and summary reports straight in your inbox.

**MORE INFO:**  
[townofws.ca/council](http://townofws.ca/council)

## RECREATION

### Stouffville Summer Camps!

July 4 – September 1, 2023

Join us this summer in our fun-filled summer camps! We have a wide-variety of camp programming for campers aged 4 – 13 years old. We are thrilled to continue offering many of our favourite camps this summer – with many new camps in our 2023 line up. Experience classic summer camp offerings, including Sports Camps, Arts Camps & Lego Camps – in addition to our new favourites: Outdoor Adventurers, Mini Campers, Tennis & Pickleball and more! To register, please visit [townofws.ca/camps](http://townofws.ca/camps)

### New! Commit to Fit Camp (10-14 Years)

Aug 14-18 9 am – 4 pm  
 Aug 21-25 9 am – 4 pm

Price: \$300 Location: Leisure Centre  
 This camp is designed to inspire self-confidence and happiness through movement. Campers will participate in multiple modes of physical activities, in a non-competitive environment, including cooperative games, yoga, indoor cycling, nature hikes and swimming. Other wellness topics covered include healthy eating habits and strategies to help self-regulate emotions, stress and anxiety for the preteen/teenager

55+ Club members are invited to enjoy a free Classical and Show Tune Concert with refreshments on Wednesday, July 26th at 1:30pm at 6240 Main Street. The concert will feature up and coming talent and is brought to the 55+ Club by Sarah Amelard and Sarah's Singing Studio. Tickets will be available for registration on July 4th. Not a member yet? Being a member of the 55+ Club is free for all Stouffville residents so please visit us at 6240 Main Street or call 905-642-7529 for tickets, membership information, and summer program registration.



### New Tool to Help Residents Monitor Water Usage and Leaks

Stouffville launched an online Water Watch Portal on May 29th to help residents monitor their water usage and avoid leaks. The portal offers features like leak alerts, usage identification, and historical data comparison. It's part of the town's Water Meter Replacement Program and will provide real-time data to help residents reduce consumption and bills. Visit [townofws.ca/waterwatch](http://townofws.ca/waterwatch) to register.

## RIBFEST

### Memorial Park

Friday August 11, 4 – 10 p.m.  
 Saturday August 12, noon – 10 p.m.  
 Sunday August 13, noon – 7 p.m.

Get ready to have a blast at Memorial Park as we throw the most epic party of the summer – Stouffville Ribfest! Join us for three days of non-stop fun and excitement at this highly anticipated annual festival.

Indulge in award-winning ribs and enjoy refreshing beverages from local breweries. Explore a wide array of food trucks offering delicious treats that will satisfy every craving.

The stage will be buzzing with live musical performances all weekend long! Stay tuned for this year's headliner to be announced soon! The Kids Zone will also be sure to keep young and old entertained. Stouffville Ribfest will be an unforgettable three-day festival that celebrates the best that summer has to offer.

## MUSEUM EVENTS

### Extended Hours and Free Admission

Wednesdays from 12:00 - 6:00 p.m.,  
 Thursdays from 12:00 - 6:00 p.m.,  
 Fridays from 12:00 - 4:00 p.m.,  
 Saturday from 10:00 a.m. - 4:00 p.m.

### Camp Vandorf Summer Camps

July through August (9:00 a.m. – 4:00 p.m.),

Look no further for adventurous Summer Camps of all kinds! There are still spaces available in the Museum's educational and exciting themed camp weeks!

- Museum Mysteries: July 4-7 (Barcode 27315)
- Eco-Adventures: July 10-14 (Barcode 27317)
- Silly Science: July 17 – 21 (Barcode 27318)
- Globe Trotters: July 24 – 28 (Barcode 27319)
- Can You Dig It?: July 31 – Aug. 4 (Barcode 27320)
- Whacky Wheels: August 8 – 11 (Barcode 27321)
- Artful Antics: August 14 – 18 (Barcode 27322)
- Summer's Last Blast: Aug. 28 – Sept. 1 (Barcode 27324)

Register now at [townofws.ca/active](http://townofws.ca/active). Call 905-642-7529 for registration assistance. Ages 6-12.

### Teddy Bear Tea

Thursday July 20 (10:00 a.m. – 11:30 a.m.)  
 Bring your children and their favourite teddy bears for a fun morning. Enjoy beat-themed activities, including a story, craft, and a snack! \$10 per child. Required adult chaperones free. Ages 2-6.  
 Register at [townofws.ca/active](http://townofws.ca/active) with barcode 27325

### 50th Annual Antique & Classic Car Show

Sunday August 13 (11:00 a.m. – 4:00 p.m.),

Join us as Exhibitors from across southern Ontario display their prized antique & classic cars at the Museum's 50th Annual Antique & Classic Car Show! Enjoy all this family favourite event has to offer including food vendors, heritage & children's demonstrations, and the featured exhibition

Enjoy the Ride: Celebrating 50 Years. This exhibition features artifacts and images from half a century of our Antique & Classic Car Show, and 'Canada's Car Stories' from the Canadian Automotive Museum. Admission is free.

## MOVIES IN THE PARK

### At sundown in Memorial Park

This summer, the Town will once again be holding Movies in the Park! Join us every third and fourth Friday in July and August for family-favorite films under the stars! Each movie will begin at sundown, around 8:30 p.m., and finish around 11:00 p.m. Food vendors will be on-site, selling a variety of snacks for you to indulge in as you enjoy a magical cinematic experience. This is a free event that is open to everyone to attend. Please bring your lawn chairs and blankets! No pre-registration required.

### Movie lineup:

**Friday July 21** - Super Mario Bros  
**Friday July 28** - Puss in Boots: The Last Wish  
**Friday Aug. 18** - The Little Mermaid (2023)  
**Friday Aug. 25** - Spider-Man – Across the Spider-Verse

## SPRAY PAD TIME!

Spray Pads, interactive water play areas (continuous drain/no standing water), are now open through mid September from 9 a.m. – 8 p.m.

Coulitice Park; Madori Park; Wheler's Mill Park; Sunnyridge Park; Byer's Pond Park; Gar Lehman Park; Greenwood Park

**MORE INFO:**  
[townofws.ca/spraypads](http://townofws.ca/spraypads)

## 19 ON THE PARK THEATRE

### Cinema in the Square - July 13

This 19+ event in Civic Square is perfect for a fun date night right in the heart of Downtown Stouffville. Grab your own lawn chairs and blankets. Come out and see Top Gun: Maverick, starring Tom Cruise and Jennifer Connolly, in a heart stopping action adventure.

The movie will begin at sundown, around 8:30 p.m., and finish around 11:00 p.m. Pre-registration is encouraged to guarantee a spot, in the event of bad weather, inside the theatre. This event for Stouffville Celebrates is proudly presented by telMAX.

Patio opens 8 p.m.  
 Movie Begins at 8:30 p.m.  
 Register: [townofws.ca/play/theatre/theatre-events](http://townofws.ca/play/theatre/theatre-events)

### Patio Series: FIDDLESTIX - July 22

Performing high energy, fun for all ages concerts for nearly fifteen years, Steve Bowen, and his award-winning team blend the energy of a Rock Concert with Celtic, Country and Folk music creating what has been dubbed 'FIDDLE-ROCK' by Y108 Rocks Hamilton. Enjoy the ambiance of a warm summer night with friends, family and live music at this free event. Pre-registration is required to guarantee seats. Standing room available to walk-in guests. This event for Stouffville Celebrates is proudly presented by telMAX.

Patio opens 7 p.m.  
 Show Begins 8 p.m.  
 Register: [townofws.ca/play/theatre/theatre-events/patio-series](http://townofws.ca/play/theatre/theatre-events/patio-series)

**MORE INFO:**  
[townofws.ca/nineteen](http://townofws.ca/nineteen)



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## Nourish Your Teeth with Nature's Healthy Choice!

Strawberries are packed with vital vitamins, like vitamin C, promoting healthy gums and supporting oral tissue healing. Remember to practice good hygiene, brush twice daily, floss, and visit your dentist regularly. Enjoy fruits as part of a balanced diet while maintaining moderation.

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Enjoy the 2023  
**STRAWBERRY  
FESTIVAL**  
on Canada Day  
Weekend