

OTR

ON THE
COVER
PG 16



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, 6 special events, and 15 matters of community importance. And, most of this is classified as Tourism. The theme this month: *new Stouffvillians contribute*. For OTR advertising, contact Bruce Stapley brucemstapley@gmail.com. For any other questions or concerns, contact me:

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Last month in Stouffville



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Photographs on Cover and PGS. 2, 16, 17, and 22 by Dennis Hristovski

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Stouffville Market extended two years

Public consultation coming regarding Memorial Park's cenotaph and tank

Glenn Jackson, Contributor

This is a monthly column summarizing recent Whitchurch-Stouffville Council decisions. Subscribe to our eNewsletter for more detailed information: eepurl.com/cKPNgg

Main and Ninth Development. A revised proposal for a development on the northwest corner of Ninth Line and Main Street was on the agenda of the January 31 public meeting. The report detailed a request to amend the Town's Official Plan and zoning by-law to accommodate a 12-storey building with 210 units, approximately 366 square meters of retail space, and seven live/work units.

A previous proposal brought to the Town in January 2023 outlined an 18-storey building with 200 dwelling units and 295 square meters of retail space.

The current proposal provides 225 parking spaces, with 19 spaces at grade and 206 on two levels of underground parking. Access to the site is proposed to be off Ninth Line with restricted access.

According to the report, the requested changes to the Official Plan and zoning by-law would be needed for the 12 storeys (currently allowed 10 in that area) and a greater average number of residential units



ABOVE: Stouffville Council heard from the owners of 6835 Main Street and 447 Loretta Cres. at the January 31 public meeting regarding a proposal to build nine residences, including five townhouses and four semi-detached dwellings. BELOW LEFT: At the same meeting, Council also heard from the developers of a proposed 12-storey condominium tower at Main Street and Ninth Line.

per hectare (asking for 518, currently allows 120). Additional requests are about parking requirements and landscaping.

The comments received at the public meeting were returned to the applicant for consideration. Council made no decisions at the meeting. The report is available at bit.ly/4906GFz - item number 3.

Additional Proposals. An additional report at the January 31 public meeting outlined a request from the owners of 6082 Main Street (on the northwest corner of William Street) for a zoning by-law amendment to permit a commercial daycare centre.

Also on the same agenda was a request from the owners of 6835 Main Street and 447 Loretta Cres. for a zoning by-law amendment with the hopes of constructing five condominium townhouse units and two sets of freehold semi-detached dwellings for a total of nine residential units.

The comments received at the public meeting were returned to the applicant for consideration. Council made no decisions at the meeting. The reports are available at bit.ly/4906GFz - item number 2 and 4.

Stouffville Market Continues.

At the December 6, 2023 meeting, Council authorized a two-year agreement with the Stouffville Market to continue to operate a

weekly vendor market in the parking lot at 6240 Main Street from May to October. The agreement also includes two optional one-year extension periods.

Cenotaph & Tank Donation.

On December 6, 2023, Council authorized staff to relocate the Town's cenotaph from its current location at the Stouffville Legion to Memorial Park. In addition, Council also authorized staff to "undergo the required registration process to receive the donation of a demilitarized Leopard Tank from the Department of National Defence."

Council approved that the tank and the cenotaph will be located at the park's southeast corner of Park Drive South and Booth Drive.

On the heels of that report, Council authorized Town staff at the January 17 meeting to "undertake public consultation to obtain feedback (concerning) the future design of the memorial area."

Residents should expect the opportunity to provide feedback in the coming months. Stay updated on OTR's Community News page, the Town's social media accounts, and our website.

COUNCIL MEETINGS:

Council meetings are generally 1 p.m. every other Wednesday at Town Hall in Stouffville. Agendas at calendar.townofws.ca/council. Listen live: townofws.ca/cmlivestream. Live tweets: @ws_townhall



Message from the Mayor

I want to hear from you! Being accessible has always been a top priority for me as Mayor. I enjoy meeting with residents and business owners in my office, but I also enjoy meeting with people out in the community. That's why this spring, I will be hosting a series of Town Hall meetings in each of our 6 wards. I encourage everyone to attend to ask me anything they'd like, and to share feedback with me on what's working well in our community and what we could be doing better.

Dates and locations of the Town Hall meetings can be seen on OTR page 24. To sign up, go to t.ly/gWfEK.

Alternatively, if you would like me to pay a visit to your club, group or organization, please email me at mayor@townofws.ca See you around town.

Message from the Executive Director

OF THE STOUFFVILLE CHAMBER OF COMMERCE

Dear residents and business owners of the Whitchurch-Stouffville community, I am excited to introduce myself as the new Executive Director of the Stouffville Chamber of Commerce, and I am thrilled to have this opportunity to connect with the wider Whitchurch-Stouffville community. I want to express my appreciation to the Chamber's Board of Directors for their trust and confidence in me.

My primary goal is to deliver exceptional value and support to our members and the broader business community, and I am committed to taking our Chamber to new heights and fostering a stronger sense of community within Whitchurch-Stouffville. I firmly believe that a thriving business community is essential for the overall prosperity of the Town, and I am dedicated to ensuring that our Chamber remains at the forefront of promoting growth, collaboration, and success.

Advocacy, government relations, and representation are at the core of what we do. I am committed to amplifying the voice of our business community and advocating for policies and initiatives that support their growth and prosperity. Networking opportunities and business referrals are vital for fostering connections and driving collaboration. I understand the importance of connecting with fellow business owners and leaders, exchanging ideas, and exploring potential partnerships. Together, the Chamber will create a strong business network that opens doors to new opportunities and growth for Whitchurch-Stouffville. As well, in today's rapidly changing business landscape, continuous learning and access to resources are key to staying ahead, including within our local business community.

Under my leadership, our local Chamber will be our business community's go-to source for reliable training, information, and support. Promotional opportunities are also crucial for increasing the visibility of our businesses and reaching new customers. Through targeted marketing campaigns, social media engagement, and collaborative partnerships, we will help them gain the recognition they deserve. I am also passionate about fostering a strong sense of community through the Chamber and actively contributing to the well-being and growth of Whitchurch-Stouffville.



Together, we can make a positive impact on our Town and create a vibrant and inclusive community for all. I encourage you to reach out to me at christian@stouffvillechamber.ca. You can also stay connected with me on LinkedIn and follow my activities on behalf of the Chamber.

I also want to extend an invitation to all business owners in Whitchurch-Stouffville who are not yet members of the Chamber. I encourage you to reach out to me and become involved in our vibrant business community. By joining the Chamber, you will have access to our advocacy initiatives, as well as a wide range of resources, networking opportunities, and support that can help drive the success of your business. Let us build a stronger Chamber that serves as a catalyst for your success and the prosperity of our community.

Sincerely, Christian Buhagiar

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MARK AYTON

The first Canadian to be recognized for lifetime contributions to roadside safety

Mark Ayton is the first Canadian to be recognized with a Lifetime Achievement Award by the Transportation Research Board (TRB) for his role in designing safe roads and for pushing the boundaries of engineering as he works to continually find better solutions to keep road users safe.

“We don’t tend to beat our own drum or celebrate our successes, it’s nose to the grindstone but every now and then we do need to look around and maybe honk our own horns which is something I’m not that good at,” remarked Mark Ayton. “Now that I look back, over the years we have saved a lot of lives, especially on median barrier projects.”

Ayton is a civil engineer and technical expert on geometric and road safety design for Safe Roads Research & Development, that designs, develops, and tests cutting-edge road safety products. Before joining Safe Roads, Ayton spent more than 30 years with Ontario’s Ministry of Transportation, with his last 18 years working in the Engineering Standards Office where he was responsible for the MTO’s roadside design policies, guidelines, and construction standards.

Presented at TRB’s 103rd Annual Meeting, the Kenneth A. Stonex Roadside Safety Award recognizes lifetime contributions to roadside safety. Established in 1991, the award was originally sponsored by General Motors, and named after an employee who was a pioneer for roadside safety long before the seriousness of run-off-road crashes were recognized by transportation agencies.



Mark Ayton accepts the Kenneth A. Stonex Roadside Safety Award alongside AKD20 Chair John Donahue in Washington, DC. Safe Roads and Powell Contracting are divisions of RSG International.

“There are some heavy hitters on that list, to be considered in the same breath as them is pretty overwhelming,” explains Ayton who remains dedicated to his work at Safe Roads even though he’s battling pancreatic cancer. “I don’t think there’s a better team out there, we’re disrupters, we’re looking at changing how things are done.”

Safe Roads Research & Development is a division of RSG International, a woman-led global leader in road safety infrastructure. “Our success as an industry hinges on people like Mark Ayton, a brilliant mind whose goal is to create safe roads for motorists and prevent fatalities. We’re proud of Mark’s accomplishments and are confident in his ability to mentor the next generation of road safety leaders,” adds Lisa Laronde, the President of RSG International.



POTENTIALIZE

Seeking to Raise Awareness, Eliminate Stigma, and Inspire Healing

Ashley Fruck Siomos is another “new” resident in Stouffville. Having been raised in Markham, Stouffville was no stranger. This month (February) marks Ashley’s 4th anniversary here. Although she looks no more than 24, she is a “middle-aged” Millennial.

Professionally, Ashley is a Global Supplier Diversity Leader in Toronto, working mostly from home. Further in the past, she has been a manager of responsible sourcing and supplier diversity, and was once responsible for diversity and inclusion in employee engagement. Academically, she has studied at Seneca, Metropolitan, Harvard, and SDG Academy.

Despite the notable nature of the above, Ashley stands out more for her “second career” - a volunteer gig that is the equivalent of a full-time job. She is the creator and host of Potentialize, a podcast dedicated to raising awareness, providing education on substance use, and eliminating the stigma surrounding addiction.

“I had carried some bad behaviours forward from my youth. Then some life events accelerated these behaviours. Then, I had a problem,” reflects Ashley. As a result, she started seeking solutions. Traditional supports like AA are not as present as they once were, with the closest chapters being in Downtown Toronto, Oshawa, and Barrie. Ashley found online communities and became inspired by other people’s stories. Now, she hopes to give back through storytelling.

“Potentialize was created to help you transform your relationship with substances, so you can live healthier and in alignment with your highest and true self,” recalled Ashley. “I aim to share inspiring, motivating, and thought-provoking stories of individuals that have made the decision to recover and get sober... providing tools and insights that will help you on your journey to making decisions that will lead to a profound life change.”

The Potentialize Podcasts are inspiring, whether one has a substance use issue or not. In Episode 6, Ashley introduces Dr. Janet McMordie, a fellowship-trained sports medicine physician, actor, podcast host, voiceover artist, improv, and stunt performer. Janet brings a very unique perspective to sobriety with a background in medicine, and how even though someone may not meet the medical definition of substance use disorder, they can still have a very serious problem.

The focus of Episode 5 is “My Blackness and Isolation Led to My Addiction”, in which we are introduced to Hillary LeBlanc, an Acadian-Senegalese woman. Hillary shares her remarkable story and gets very vulnerable. It is heartbreaking at times, one that includes tragic life experiences, addiction, racism, and sexual assault. She shares her transition into recovery and her journey of self-actualization which brings her to the place she is today, living the very best version of herself.

Episode 2: “From Alcohol & Cocaine to the Boston Marathon”. Introducing Luc Zoratto, over 6 years sober he is most definitely thriving over just surviving. He has qualified for the Boston Marathon and is running his own sober coaching business. Luc wrote a “coming out” sober post on LinkedIn that went viral with over 2 million engaged. Luc shares his journey to recovery and how consistency over intensity is so important in not only maintaining his sobriety but in every facet of his life.

Ashley does not dwell on people’s fall to the bottom, but rather on how they rose up. Potentialize Studio Podcast can be found on YouTube, Instagram, Apple Podcast, Spotify, and LinkedIn. And, reach out to Ashley, as everyone needs reassurance – even those providing it!

“May these videos incite people to take action in life. To Potentialize. It’s possible,” concluded Ashley.

BRIEFS

STOUFFVILLE CHAMBER ANNOUNCES 2024 ECONOMIC OUTLOOK BREAKFAST EVENT

The Stouffville Chamber of Commerce is thrilled to announce that the esteemed Deputy Chief Economist of BMO will be the keynote speaker for an inspiring breakfast **Monday, Feb 26, 7:30-9:30am**. In an ever-changing world, it is crucial for leaders, business owners, and community members to stay informed about emerging national and global trends. The Chamber’s annual 2024 Economic Outlook Breakfast aims to provide a comprehensive analysis of the economic landscape, reflecting on the challenges and successes of the past year while offering valuable insights into the trends expected in 2024.

The Deputy Chief Economist will provide a timely pulse-check on the state of the economy, with a specific focus on Ontario and Canada within a global context. Join us at the Stouffville Chamber of Commerce’s breakfast event and discover the key insights that will empower you to thrive in 2024 and beyond.

Free for Chamber Members, \$30 pp for non-members. You must register, go to t.ly/VVLwG.

SUMMER CAMPS GUIDE

The Stouffville Day Camps Guide is available for download at t.ly/oxzYh. Our incredible programming team has put together a wide array of camp offerings for children of all ages and abilities.

U OF W REACHES TO STOUFFVILLE

Looking for Talent? Look no further than the University of Waterloo. The University of Waterloo has thousands of students available for co-op all year round (located throughout Stouffville and York Region).

Students are available to work full-time from January to April, May to August, or September to December. These students come from 120 undergraduate programs. No cost to working with us, the only cost is the hourly pay rate to the student. We also have funding options available that may be able to support.

Let me know if you want to connect to discuss further, happy to setup a time to connect over the next few weeks.

For more information, contact John Mitri, Business Developer, GTA East at john.mitri@uwaterloo.ca. John is a Stouffville resident and is very approachable.

PARKVIEW SEEKS BOARD MEMBERS

The Parkview Board of Directors is a volunteer body that plays a key leadership role in providing guidance and advice to the CEO and executive team of Parkview Services for Seniors. The Board is looking to recruit new members who can use their talents to help guide and support the Board as we continue in our mission to serve seniors today, and into the future.

To complement our skills-based Board, we invite applications from qualified individuals with diverse skills and experience in either governance, human resources, information systems, government affairs, marketing, communications, communications, and finance. Board members must possess a strong commitment to ethical standards, experience as a volunteer, and a passionate interest in seniors housing and the longterm care sector.

If you believe that you could contribute to the future success of Parkview Services for Seniors, we encourage you to apply. All members of the community are welcome to apply. Please email your resume and cover letter describing your interest and skills to Ecressall@parkviewhome.ca.

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Dr. Adeel Sheikh treats enlarged prostate cases using the GreenLight Laser.

not a good life," he recounts. "I was up every 15 to 20 minutes some nights and tired all the time."

Steele's family doctor referred him to Dr. Sheikh at MSH, who performed a quick consultation and told him he was a great candidate for surgery. It just so happened that the hospital had recently acquired a GreenLight Laser, funded with the generous support of the community through the Markham Stouffville Hospital Foundation. He asked Steele if he was willing to be one of the first patients, and he said yes.

CLEAR ADVANTAGES

The most common surgery for BPH is performed endoscopically through the urethra, during which the surgeon hollows out the prostate by shaving tissue away with a cauterity loop. It's effective, but there's a fair amount of bleeding, and patients need to stay in the hospital for a few days to recover.

In recent years, however, the GreenLight Laser has become the tool of choice because it enables surgeons to essentially vaporize prostate tissue instead, eliminating most of the bleeding. Even better, the surgery is now

an outpatient procedure, allowing surgeons to discharge patients the same day and free up much-needed hospital beds.

Dr. Sheikh estimates that the move to Greenlight Laser will increase the hospital's capacity to treat this common problem and subsequently reduce wait times. MSH's Department of Surgery is approaching the task of increasing capacity and reducing wait times from multiple angles—opening a ninth operating room in 2024 and kicking

off a fundraising campaign to acquire new surgical robotics equipment.

As for Steele, he can't believe the difference this surgery made.

"This has been a game changer for me," he notes. "Dr. Sheikh gave me my life back." ■

Lighting the way

Markham Stouffville Hospital's new GreenLight Laser is reducing hospital stays and wait times for prostate surgeries. **BY GLYNIS RATCLIFFE**

In a darkened operating room, Dr. Adeel Sheikh, a urologist at Oak Valley Health's Markham Stouffville Hospital (MSH), dons purple-tinted goggles, as do the rest of the medical professionals that surround him. Dr. Sheikh is handed a surgical instrument—a long, slim tube attached to a machine, which a nurse turns on—and it lights up neon green, casting the room in a futuristic glow.

It's the first time Dr. Sheikh and his team are using the hospital's new GreenLight Laser, and they're about to make the life of Bradley Steele, a 59-year-old Markham resident and risk insurance specialist, a whole lot easier.

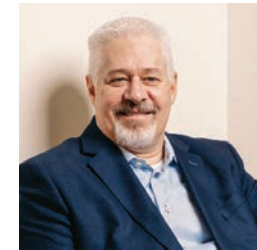
FAR-REACHING EFFECTS

Steele was experiencing a very common condition in men (or people assigned male at birth) as they age—benign prostatic hyperplasia (BPH), or enlarged prostate. The prostate encircles the urethra, but when it increases in size, it starts to constrict the urethra. This causes decreased urine flow and an inability to completely empty the bladder, resulting in an increased need to urinate, and sometimes, pain.

In Canada, more than 50 per cent of men in their sixties experience symptoms of BPH, and that increases to approximately 90 per cent for men in their eighties and nineties. Sometimes medication can control the condition, but when that doesn't work, surgery is needed to hollow out the inner part of the prostate.

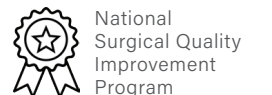
The continual anticipation of needing to urinate can have a serious impact on a person's quality of life. But while the mental burden was significant, it was the physical impact that drove Steele to seek medical advice in the spring of 2023.

"I went to see my family doctor, and I said, 'Look, I can't handle this anymore. This is



Bradley Steele has a normal sleep routine again, thanks to surgery at Markham Stouffville Hospital.

In 2023, Markham Stouffville Hospital's surgical team received two prestigious awards from the American College of Surgeons.



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FRANCIS & MEYER

Amanda & Danielle

By David Tuley



Danielle and Amanda could be considered COVID refugees, representing a growing number of people who have left the city behind and have become contributing members of Stouffville's business community and society. They came in 2021, with their "son" Harley, a fifteen-year-old wiener dog who doubles as their quality control manager.

This is how it looked, but it isn't quite the way it happened. They were living in Toronto and looked for something more to do during the pandemic. Danielle and Amanda shared in common a taste for intentional home décor. "We started making non-toxic soy candles with crystal inlays," said Danielle. "We posted some creations to our social media accounts and people started asking how to acquire them."

They looked at each other in their loft apartment in Uptown Toronto and said, "Are we starting a company?!"

Amanda and Danielle wanted the candles to "feel like home", so they named their company after the streets that they grew up on. Francis Street — Fenelon Falls and Meyer Circle — Markham. The concept for Francis & Meyer Candle Co. was born.

Then they received a major boost — product placement on *The Marilyn Denis Show*, a popular Canadian daytime television talk show that appeared on CTV for 13 seasons. Sales went through the roof. Danielle and Amanda simply outgrew their space.

Additionally, Danielle grew up in Markham and her mother currently lives on Main Street Stouffville — the town was not new to her, but rather a place that feels like family. Amanda on the other hand, hails from Fenelon Falls and had lived in Toronto for the past 15 years as an Event Producer. They met 9 years ago and have been married for 3 years now. Not missing the city so much, Amanda says that there is always something happening in Stouffville.

Their move to Stouffville was *intentional* — a term that keeps coming up with these two. Their candles have intention too: The Relax Candle, The Goddess Candle, The Peace Candle, and so forth. Francis & Meyer was born with the hopes of bringing light into people's homes, literally and energetically. These Canadian-made soy candles are blended with essential oils, have premium fragrance, cotton wicks, and smell amazing.

Amanda and Danielle have expanded their brand by adding jewelry / lifestyle products to their lineup. They ship across North America, pop up at events around the GTA (including The Stouffville Market), and offer local pickup.

Francis and Meyer also have an amazing team — including their sales associate Aimee, who will be running the pop-ups at the Stouffville Market this year. She has a passion for the products and vision behind the brand.

When you shop at Francis & Meyer, you can feel confident that you're supporting a local business. Intentional to the end, every page of their website states clearly: *we stand firmly for the equal and inclusive rights of all minorities including 2SLGBTQIA+, all bodies, all skin colours, all abilities. So, although your purchase matters, it matters more that you stand in solidarity with all of the above. Simply put, if you don't, please take your purchase elsewhere.*

For more about Francis & Meyer, to shop, or to book a workshop, see francisandmeyercandleco.com. Instagram: [@francisandmeyer](https://www.instagram.com/francisandmeyer).



Francis & Meyer have also launched a retail pop-up trailer rental business, "The Dreamer". They offer a rental package for adults, and for young entrepreneurs 16 and under; just imagine your kids doing business at the Stouffville Market! For more details see their website and [@thedreamerpopup](https://www.instagram.com/thedreamerpopup).



A Dedicated Children's Fitness Centre ANOTHER FIRST IN STOUFFVILLE

By David Tuley

A first for Stouffville, a dedicated children's fitness facility now occupies a space Downtown. Pivot Functional Fitness (PFF) aims to improve the physical literacy of kids of all ages, from infants to young adults, through developmentally appropriate movement classes and strength & conditioning programs. At the helm are Marianne Prete and Ryan Smith.

Marianne and Ryan met at CrossFit Crux in Stouffville, a business on Sandiford Drive that later pivoted to online services during the pandemic. PFF is softly open now, yet their grand opening is scheduled for March 2nd.

"After university, I started working at a children's fitness centre in Markham," said Marianne, "then later on ran the Youth fitness programs at two different CrossFit gyms. This past year, I was operating out of my garage gym." Marianne was raised in Thornhill. Her family moved to Stouffville when she was 11. Ryan's family moved to Stouffville from Ajax when he was 5 years old.

Marianne has an Honours degree in Kinesiology and has been certified as a personal trainer since 2012. When she is not in the gym coaching or working out, she likes to bake or spend time with their rescue pup, Lily. At PFF, Marianne is focused on the Tots, Kids, and Teens Academies.

Ryan played competitive hockey for over 15 years and began training others once he retired. He has various certifications in coaching and program design and has experience working with kids and adults alike, but his specialty lies in sport-specific training. When he is not in the gym coaching or working out, you will most likely find him reading or watching sports with Lily. At PFF, Ryan is focused on the Athletes Academy.

Programming at Pivot Functional Fitness begins with the Tots Academy (6 months to 4 years). Parents or caregivers will participate with their child in an interactive program catered to developing important physical milestones but also exposing them to various sensory stimuli. Core strength, grip strength, balance, and spatial awareness will all be explored using toddler-friendly equipment, props, and tumbling mats.

Children 4 to 12 years old join the Kids Academy. These action-packed classes will build on growing those gross motor skills and foster a sense of independence and self-esteem. Our preschool and elementary-age children will discover their speed, agility, power, and endurance as they participate in relays, sports skills and drills, gymnastics fundamentals, and fun group games.

Programming continues with the Teens Academy (12 to 18 years). Engaging strength and conditioning classes will introduce safe and age-appropriate weightlifting along with higher-skill gymnastics and different circuit or interval workouts to build stamina and heart health. These teens will start to realize that a structured movement regimen is beneficial for their quality of life as they get older, in more ways than they might think.



Finally, the Athletes Academy is a high-performance athlete program that is tailored specifically to elite athletes and teams that are looking to give themselves an edge in their sport. Their training will differ depending on the time of year (in-season or off-season). Experienced coaching will guide them in the gym so that they can track results, see their progress, and stand out when they return to action.

Aside from classes and training programs, PFF offers other fun activities, such as Pivot Playground (6 months to 9 years), Birthday Parties (All Ages), and Parents' Night Out (4 to 12 years). For more information, see pivotfunctionalfitness.com, or visit them in person on the grand opening day on Saturday, March 2, 12-3pm at 6209 Main Street.

NEW GOLF SIMULATOR Arrives in Ballantrae



Par Golf opened in Ballantrae Gates Plaza very recently. It features three simulator bays that are bookable online. It is a very efficient process: when you book a bay, you receive a door code to unlock the facility. All reservations are by the hour, not the number of golfers. A maximum of 4 golfers per reservation is recommended.

Generally, one hour is enough for one player to play 18 holes or for two players to do a quick nine holes. Two hours are needed for two players to play 18, whereas four players need up to 4 hours to play 18. Given the quality of tech, at \$33.90 an hour, I couldn't find a comparable facility in Ontario for less. As the facility is open for booking 24/7, there is a twilight rate available for \$22.60 an hour.

Par Golf uses Trackman iO - a state-of-the-art technology and the first purpose-built Trackman product designed specifically for the indoor game. Trackman iO combines radar, infrared, and high-speed imaging to deliver real data - including measured 3D spin and spin axis in real-time. With IO, there are no gadgets on the ground to get in the way. Trackman has worked closely with the PGA TOUR for the last 15 years, and at any given time, approximately 90 of the world's top 100 players use Trackman.

Trackman uses a drone flyover of golf courses to create a 3D lidar map with bunkers, fairways, and greens that are as life-like as possible. This mapping, design, and quality control is harmonized to deliver carbon-copy experiences. At Par Golf, the world's top courses are recreated as realistically as possible. Additionally, every shot you hit during any activity on Trackman Range or in a Trackman simulator is automatically captured and saved in the Trackman Golf app, so you can check your stats anytime.

Jenny Kim is the owner of Par Golf, along with her partner in business and life, David Page. David has lived in Stouffville for the past 17 years and has a career in finance, while Jenny is a real estate lawyer with Northview Law. Jenny earned her dual J.D. degree from the University of Ottawa and Michigan State University. Before attending law school, Jenny studied at York University and obtained her bachelor's degree in Sociology while also working with the Ministry of the Attorney General as a Case Management



Jenny Kim and David Page are the owners of Par Golf in Ballantrae. Practice, Feedback, Play - the latest technology will only improve your game.

Coordinator.

Jenny and David met on a golf course. One year David gave Jenny a golf simulator for Christmas, which led to an idea for a business. Luckily, David helped his father build their family home, which provided construction experience pertinent to the build-out of Par Golf.

It is early days for Par Golf, yet Jenny is excited about the future. "We will be running tournaments (approx. every couple of weeks) and will always have at least one tournament running to keep the people engaged," said Jenny. She added, "People can either practice - which is one of the great things about Trackman - instant feedback on every shot equals instant game improvement. And they can certainly play 18 holes at one of 100+ courses available. Some people like to do a combination of both."

For more or to book a session, see pargolf.ca. The website is new and evolving.

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Laura and Luke Reesor NEW OWNERS TAKE LEAD

By David Tuley



Last spring, Jay Reesor, the longtime owner of Reesor's food and farm operations announced his retirement. We interviewed Jay in the May edition of OTR (townofws.com/otr). Back then, he announced that Reesor's Farm Market (Markham) would be taken over by John and Emma Reesor. Recently, Jay made an announcement regarding Reesor's Market & Bakery (Stouffville).

Jay wrote, "As we begin 2024, I am pleased to share with you that Laura Reesor, the current manager, and her husband Luke, are the new owners of Reesor's Market & Bakery in Stouffville as of January 1, 2024. The time has come to hand over the reins,

give up the steering wheel, and pass the torch as they say. I'm so pleased to pass the torch to Laura. As I step back to let a younger generation take over, I'm excited to see what Laura and our dedicated staff will achieve in the future."

Laura is from Gormley, and in fact, her family lives in the family home there. She married Luke Reesor in 2015. Luke owns a contracting business. Laura started at Reesor's Market & Bakery as a cashier and moved through many capacities over 10 years. In between having three sons, and navigating COVID, she became store manager.

When asked about the store Market, Laura is quick to point

out that there is a strong family feel on the team – "we aren't just co-workers," she says. The store averages around 16 staff, while the two bakeries on Ringwood are operated by another 15 people or so. She says that there is a very low turnover. Perhaps it is evidence of the company's first core value: "Putting People First."

Reesor's Market & Bakery is an evolution of a small farm whose roots were sown in 1985 at Ninth Line and Elgin Mills. A little shed served as the 'farm market'. By the mid-1990s, the Reesor's added freshly baked pies and bread to their offerings. These became so popular that they opened a year-round bakery in Ringwood. And this bakery became so popular, it necessitated the need to expand to its current location on Main Street.

Today, the bakers and cooks at Reesor's produce over 60 kinds of bread, cookies, cakes, and muffins, and more than 50 kinds of soups, salads, and prepared meals. The store products that aren't grown or baked by them, are carefully selected from local Ontario producers as much as possible, and this speaks to another core value: "Supporting Local Food."

Laura said, "The change in ownership of Reesor's Market & Bakery and Reesor's Farm Market is now complete. It is a new beginning offering the opportunity for the next generation of Reesor's to preserve all of the best qualities of these amazing businesses founded by Jay and his wife Miriam and also find new ways to grow as time goes on."

"I couldn't be more thrilled to be a continued part of this vibrant community and we are committed to continue to uphold the values and traditions... so dear to our hearts. Our commitment to preserving the store's quality of customer care and products is unwavering," she added.

When asked about how the store may change or evolve, she says that they will maintain what faithful customers have grown to expect. "We also hope to be able to provide our community with new and exciting products as time goes on. Our dedicated and hardworking staff at the Reesor's production kitchens make it all possible and we are so pleased to keep working with them."

Though Reesor's Farm Market is under new ownership, "We will continue to sell their delicious strawberries and sweet corn at the store amongst other produce as well," concludes Laura. After all, Luke and John Reesor are first cousins.



[on the cover] Laura and Luke Reesor with their boys.
[left] Part of the smiling team at Reesor's Farm Market
[above] Fan favourites: freshly made cookies and muffins

DOING THEIR PART

Going Green at Stouffville United

By Nikki Devereux and Joanna Parry

Stouffville United Church, located on Church Street in Downtown of Stouffville, has been looking at ways to update the historical building and to become more energy-efficient and user-friendly. As part of our Creating Community for All initiative, we are undergoing renovations within our building to allow it to be a better-functioning space for community groups of Stouffville to use, such as the performing arts, musicians, seniors, and youth groups.

We started this project by updating the electrical wiring throughout the building by replacing the original knob and tube wiring. We were fortunate to be able to secure a grant from the United Church of Canada - "Faithful Footprints" program. This program offers inspiration, tools, and grants to help faith communities to reduce their carbon footprints.

The initial \$20,000 funds given as an energy efficiency grant money was used to retrofit our original sanctuary pendant lights to LED efficient bulbs and to replace two old hot water tanks with a new high-efficient one. As we removed a gas-burning furnace that was 32 years old and replaced it with a heat pump, we were given an additional \$10,000 in grants because it was decarbonizing and further reduced our carbon footprint. This then allowed us to have cooling in the Church sanctuary which we haven't had before. We further invested Church money to rewire areas of the church that had knob and tube and replaced about 100 light fixtures from fluorescent to LED energy-efficient bulbs. We are thrilled by the new lighting provided by Phoenix Electrical Services of Stouffville. Not only is it efficient, but it has also given the space variable lighting options whilst retaining the historical light fixtures in the sanctuary.


Our biggest carbon-reducing effort was to utilize the new heat pump installed by Ken Smurthwaite Heating Ltd. We will benefit from getting a reduction in our energy bill and having a space that will be comfortable to use all in all seasons. We are excited to have this facility available for our Stouffville community to enjoy.

Our next step is to renovate the front of the sanctuary to create a more versatile and inviting stage area for music performances, speaking engagements, and concerts. These renovations have allowed Stouffville United Church to reimagine and see the potential uses of the space. With that in mind, the larger staging will give home to the Stained Glass Centre for Performing Arts.


This January, Stained Glass Centre for Performing Arts was the newest of venues in the 2024 edition of Wintersong Music Festival that will take place in Stouffville. We were excited to welcome the headliner, Wintersleep in concert.




[left to right]
Doug Smurthwaite and a team member, with Nikki Devereux and Jim Eles.




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Experience Canadian Tradition First-Hand through a maple syrup tour at Willowgrove!

Kick off the beginning of Spring by celebrating a long-standing Canadian tradition at Willowgrove. They have been offering their family-friendly maple syrup program for over fifty years, but have recently opened it up to the general public during the March Break.

From March 11-15, and Saturdays, March 9 & 16, celebrate the end of winter while learning about what goes into making a batch of maple syrup. Through a hands-on tour guided by their experienced education staff, you will learn about the entire maple syrup production process and leave with the knowledge to tap your own maple trees at home.

Learn the history of maple syrup production, how to identify and tap a maple tree, and get the opportunity to taste the sap in its pure and most natural state. After harvesting the sap, witness the refining process of a small batch of the fresh maple syrup we all know and love.

Included in the maple syrup educational experience is the Bobby the Tree and Pearl the Squirrel puppet show, one you won't want to miss.

Smaller tour groups allow for a more personal experience for participants, with active participation and a much more in-depth learning opportunity. Photographers will find many opportunities

to capture the beautiful Willowgrove property, as well as friends and family engaging in the syrup production process.

At the end of your tour browse the pop-up Market Shop, where you can purchase Maple Syrup and items such as Willowgrove Honey and fresh pressed Apple Cider. Other market items include limited edition mugs and tote bags. Individually sold maple candies help support their camp fundraiser and is a sweet little treat.

Tickets can be purchased in advance at Willowgrove.ca, but availability is limited so plan ahead.



CELEBRATING 100 YEARS!

The York Regional Forest you know and love today has flourished for over 100 years. To commemorate this centennial anniversary, York Region has organized a year-long celebration packed with activities and events for people of all backgrounds and ages.

Throughout the year, you are invited to join festivities as we honour the splendour of nature and celebrate a legacy of conservation and our shared commitment to preserving the Forest for generations to come!

With many activities from exhibits, a photo contest to guided walks and Family Day events, there's something for everyone to enjoy — all free of charge. Follow york.ca/environment/forests/york-regional-forest for more information, and visit the special legacy exhibit at the Whitchurch-Stouffville Museum (see OTR page 22).



Savour Ontario's Sweetest Season at Bruce's Mills Conservation Park

As snow begins to melt and spring arrives in Eastern Canada, warmer days and cool nights cause sap in maple trees to flow up from the roots, kicking off the maple harvesting season. Maple producers carefully collect and boil down the sap into syrup, prioritizing the sustainability and health of the maple trees throughout the process.

Frequently referred to as liquid gold, the use of Canada's most iconic product has a long history. Indigenous peoples of the Eastern Woodlands, including the Abenaki, Haudenosaunee, and Mi'kmaq, highly valued the sweet sap of the sugar maple. According to Haudenosaunee tradition, the sap was used to cook venison and the Anishinaabe used maple curing to preserve food for the winter months when food was scarce.

Today, Canada is the leading global producer of maple syrup, accounting for 78 percent of the world's supply, and exports it worldwide.

Nestled in the Maple Belt, residents of Stouffville can witness the captivating tree-tapping and boiling process firsthand at Bruce's Mill Conservation Park during the Sugarbush Maple Syrup Festival. The

park, extending over 250 acres of land owned and maintained by Toronto and Region Conservation Authority (TRCA), boasts mature sugar maple trees in a mixed deciduous forest crisscrossed with trails.

Bruce's Mill Conservation Park and Kortright Centre for Conservation will host the festival from March 9 to April 7, 2024. At Bruce's Mill Conservation Park, festivities will be held on weekends, extending throughout the March Break (March 11 – March 15) and the Easter long weekend (March 29 – April 1). The Kortright Centre for Conservation will be open seven days a week, where visitors will have the opportunity to enjoy the festival every day.

Tickets are available online at maplesyrupfest.com. Act fast as they sell out quickly.

During the festival at Bruce's Mills Conservation Park, visitors can take part in sugar bush tours, watch historic and modern syrup production demonstrations, and enjoy maple syrup tasting. Traditional horse-drawn wagon rides are also available. And don't miss the chance to bring home sweet maple products, there's a wide range of tasty treats from the gift shop!

This year, for the first time, exclusively at Kortright Centre for Conservation, stroll through the lantern-lit forest during evenings at the festival—an ideal date night experience available on Fridays and Saturdays from 6 p.m. to 9 p.m. For more information on festivities at the Kortright Centre, visit maplesyrupfest.com.

Join us at Bruce's Mill Conservation Park or Kortright Centre for Conservation, or both, for an unforgettable and delicious experience this March.





Stouffville Celebrates

Launching the 2024 Sponsorship Program

In 2023, the Town of Stouffville presented a year of memorable events as part of the Stouffville Celebrates Series. Highlights included the inaugural Stouffville Main Street 5K in support of the Markham Stouffville Hospital Foundation, record attendance numbers at the 10th annual Ribfest which was headlined by Shawn Desman, and the 50th Annual Antique and Classic Car Show at the Whitchurch-Stouffville Museum. Each event was made possible through the generous support and collaboration of our sponsors who helped bring these events to life.

As we move into a new year, we are excited to launch the 2024 Sponsorship

Program. This year the program aims to expand, offering a full slate of events and a range of opportunities for engagement and community-focused initiatives.

To all our existing sponsors, new potential partners, and community supporters, we look forward to connecting with you soon to see how we can collaborate. Let's make 2024 a year to remember, filled with celebration and unparalleled community spirit.

For more information on the 2024 Sponsorship Program, please visit our website at townofws.ca/events or email sponsorship@townofws.ca.



EXHIBITIONS

The York Regional Forest: A Growing Legacy

York Region has partnered with the Whitchurch-Stouffville Museum to bring you *Celebrating 100 years of the York Regional Forest*, an engaging exhibit featuring the history of the forest since 1924.

This year marks an important milestone as the Forest turns 100! The York Region Forest is the heart of the Region's natural landscape, but it was once devastated by deforestation. After a century of restoration, today's Forest offers a wide array of ecological and economic benefits to the Region. Learn about the Forest's history, restoration, and all of the amazing things that happen there. Take in the sights and sounds of the forest, and learn about its growing legacy.

The exhibit runs at the Whitchurch-Stouffville Museum, January 11 - December 14, 2024. Visit Wednesday-Saturday, 10am-4pm. Free Admission.

Mathieu Larone: Night Visions

Latcham Art Centre presents *Night Visions*, an exhibition by Montreal-based artist Mathieu Larone who presents drawings that transport viewers to familiar spaces made strange. Set alongside collaboratively-made music videos, Larone's narratives and recurring motifs invite us to take in mysterious stories, while blurring the line between illustrative work and fine art.

At Latcham Art Centre his work is chained only to references found within the Gallery; viewers are asked to create their own narratives based on the dissonant symbols and places found in each work. The pieces present a story mid-way, with information intentionally left out for viewers to contend with. Larone categorizes this quality of his work as related to liminal space. Liminal spaces are spaces of transition, charged with tense energy by events that just happened or are

about to happen. Spaces that have an eerie or uneasy quality, an element of nostalgia, and a sense of wonder to them.

As Larone describes, "It's incredible what that evokes in people without any other information. You just apply yourself to [make sense of the scene]. You're the character in the background."

Night Visions runs from January 19 - March 16 at Latcham Art Centre, 2 Park Drive.



Join us at the Stouffville Chamber of Commerce's annual breakfast event and discover the key insights that will empower your business.

2024 ECONOMIC OUTLOOK BREAKFAST

MONDAY, FEBRUARY 26, 2024 — 7:30 AM – 9:30 AM
SLEEPY HOLLOW COUNTRY CLUB (13242 10TH LINE, STOUFFVILLE ON L4A 3P8)

Premium hot breakfast provided

Complimentary for members of the Chamber
(Member companies are welcome to register more than one person)

\$30 per person for non-members

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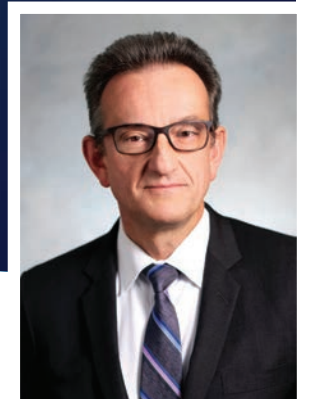


SPACE IS LIMITED
SO REGISTER EARLY.

Join us for an insightful breakfast event hosted by the Stouffville Chamber of Commerce, exclusively for the Whitchurch-Stouffville business community. The Deputy Chief Economist of BMO will be our keynote speaker, providing valuable insights into the economic trends expected in 2024. Don't miss this opportunity to connect with fellow business and political leaders, learn from industry experts, and gain valuable knowledge to thrive in 2024 and beyond. Join us at the Stouffville Chamber of Commerce's annual breakfast event and discover the key insights that will empower your business.

KEYNOTE SPEAKER

Michael Gregory, CFA
Deputy Chief Economist and Managing Director, BMO Capital Markets



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SPACE IS LIMITED
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Celebrate International Women's Day with us on March 8th! Join the Stouffville Chamber of Commerce for an empowering event featuring inspiring speakers, a vibrant marketplace, and opportunities for networking and collaboration. Don't miss out! Join us and celebrate International Women's Day in style!

SPEAKERS

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Ballantrae Community Centre
- Ward 5 :** March 25, 7pm
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LANDSCAPE SUPPLIES

STOUFFVILLE SENIOR OF THE MONTH

JAN ARNOLD

- **WHAT IS YOUR AGE?** Always younger than tomorrow!
- **HOW DID YOU COME TO LIVE IN STOUFFVILLE?** My family had been in old Markham since 1950, the era of the Leadbetters, the Didiers, the Wilsons, and the Arnolds. Stouffville had maintained that small, old town "feel" - my best friend lived here, so I bought my home in Stouffville in 1985, a quaint, little bungalow on our beloved Church Street, a wonderful place to raise my daughter DaleMarie, whom I had the honour of mothering..
- **TELL US ABOUT YOUR FAMILY.** My parents, Ernie & Mary Arnold, relocated from Uptergrove (Orillia area) to Markham when my Dad, who worked as a linesman with Ontario Hydro, was transferred to this area. I have two brothers; Jerry resides in the Cayman Islands with his wife Nancy; Michael lives in old Markham with his wife Dina. DaleMarie resides and works here in Stouffville.
- **TELL US ABOUT YOUR CAREER.** I am a retired Registered Nurse (once a nurse, always a nurse). Starting in 1971, I worked in outpost nursing, hospital nursing and Public Health nursing. I have been so blessed to provide tender, loving, educated nursing care to so many individuals and their families...truly, my honour. Now, I provide service to my clients at Reesor's Market and Bakery and at O'Neill's Funeral Home...I look so forward to going to work every day!
- **WHAT HAVE BEEN THE HIGHLIGHTS OF YOUR LIFE?** Graduating as a Registered Nurse (I will forever see the look of pride & joy on my parents' faces), and mothering my DaleMarie.
- **WHAT'S LIFE ALL ABOUT?** It's all about remembering that peace transcends understanding... every storm runs out of rain....always be humble and kind.
- **WHAT DO YOU LIKE BEST ABOUT LIVING IN STOUFFVILLE?** I love Stouffville for its sunshine, the green spaces, my friends and neighbours. I love the feeling that I am one very small piece in the joy & wonderment puzzle that is our wonderful community here in Stouffville.
- **WHAT WOULD MAKE LIFE IN STOUFFVILLE EVEN BETTER?** Life in Stouffville will be better when we successfully meet the challenges of our homeless individuals, our food challenged people and our healthcare....every person deserves kindness and respect.



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

From WHERE I LIVE with BRUCE STAPLEY



BEESWAX AND BLESSINGS

Taking a 'Nun Run' To Cedar Valley

Upon opening the door to Joyous Light Candles in Cedar Valley you find yourself immediately calmed by the soothing aroma emanating from the beeswax candles within.

The welcoming handicraft shop is owned and operated by the Sisters of the Holy Theotokos Greek Orthodox Convent as part of their mission to follow the traditional Greek Orthodox life of prayer and labour by supporting themselves with the work of their hands. In addition to a vast array of original 100% beeswax candles, the nuns also produce and sell a full line of baptism and wedding items, all-natural cosmetics and creams, homemade jams and jellies, tomato sauce, and gift baskets. With the help of volunteers, they concoct classic Greek baked goods and hold bake sales and souvlaki tents on selected weekends throughout the summer season.

The shop, the adjoining facility where the candles are made, and the residence housing the convent's quintet of nuns are located on 20 acres of picturesque rolling hills on Faulkner Ave. just west of McCowan Rd. Natural spring-fed ponds serve as one of the highlights of the property, which was formerly a retreat centre for auto parts manufacturer Magna International.

"When we started in 2001, we wanted to try something that related to the theme of the Convent, and candles are something you

light in a church," said Mother Magdalene, who holds a Business degree. "We started small and then expanded our line to include all varieties of candles and started selling to the public." Mother Magdalene oversees the enterprise along with Mother Irene, who graduated with a degree in Tourism and Hospitality.

Joyous Light sends candles to churches all across Canada. Sales of candles to Stouffville area residents have received a big boost through the years largely as a result of having been included in the Town's annual Open Doors tour. Joyous Light has also been featured in local newspaper stories through the years. "That kind of made people aware that we existed," said Mother Irene. "After all we are in the northernmost tip of Stouffville so that really helped."

Things took off on the national front when the nuns and their candle operation were the subject of several CBC news features. "That really opened things up for us across Canada and helped our candle sales," said Mother Magdalene. "We now go through between eight or nine tons of beeswax a year. Churches take larger volumes obviously, but profit margins are much less for churches because we try to help them."

The beeswax used to make the candles comes from beekeepers in Ontario and across Canada. "We use 100% natural beeswax so whatever has been given to us by the bees, we don't tamper with it," said Mother Irene. The result, she adds, is a candle that burns cleaner, hotter, brighter and longer than paraffin candles. "When beeswax burns it produces a multi-level vibration that calms the inner senses."

In addition to producing the candles and running the candle shop, the nuns of the convent look after the maintenance aspects of the property. "We take care of all the grounds through all seasons," said Mother Magdalene. "In winter we snow plow and we clean away the snow - we have to have things ready early each morning as we might have people coming to our chapel services and we can't be dependent on someone coming to do it for us."

While the nuns are happy to see their business flourish, they get a greater sense of satisfaction from the sense of community

CONTACT Bruce Stapley, brucemstapley@gmail.com

they have fostered. The candle shop, the bake sales, and souvlaki tents have come to be seen as a time of bonding and sharing for the many people who regularly attend. "Traditionally in the Greek Orthodox faith the monasteries are an anchor for communities," said Mother Irene. "The people enjoy coming to the bake sales. The turn-outs are always good and they get to enjoy the property and they see that we are part of the community."

"I think it's like a safe haven for people too, there's a feeling of trust," said Mother Magdalene. "Some people say they just feel something when they come down the driveway. We had one lady - she passed away last summer - who would always come here with some other ladies. She coined it 'The Nun Run.'"

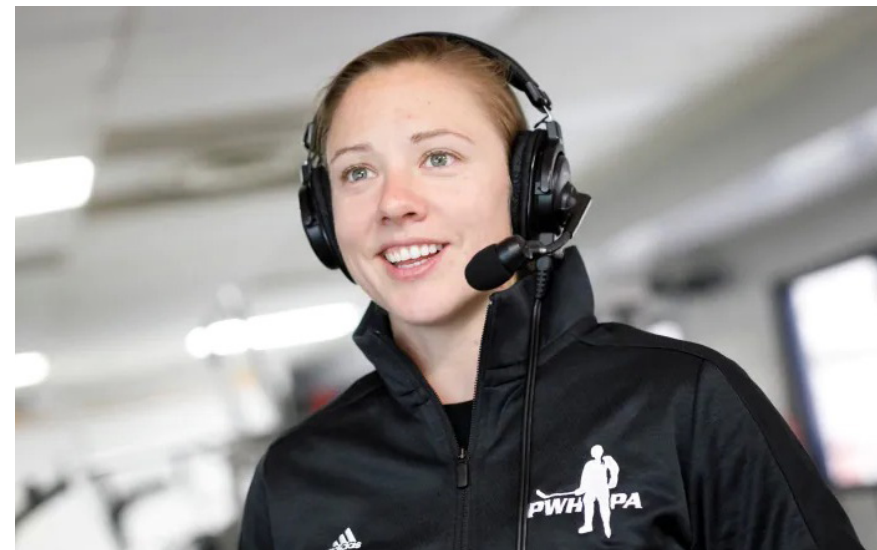
"We don't even look at all the people who come here as customers," said Mother Irene. "They're our friends."

Mother Magdalene (right) and Mother Irene are nuns with the Holy Theotokos Convent that operates the Joyous Light Candles shop in Cedar Valley as part of their monastic mission to follow a life of prayer while striving to be self-sufficient.



HOCKEY TEARS OF JOY

Stouffville native Liz Knox proud to help make the PWHL a reality



Stouffville native Liz Knox was one of the driving forces behind the new Professional Women's Hockey League.

Liz Knox takes a lengthy pause.

We're discussing the unprecedented popularity of the new Professional Women's Hockey League on the day a game between Toronto and Montreal was moved to Scotiabank Arena. The arena would sell out within minutes of tickets being released.

"For the first two weeks, I was just emotional every time I saw a game, saw it on TV or just saw someone interact with it on social media," she told OTR Magazine in late January. "It made me so proud to be a part of. Honestly, it still makes me cry. Just how meaningful and impactful it was for us to be a part of. What a gift to give to the next generation of athletes."

Who could blame her?

The Stouffville native has been a leading pioneer in female hockey, first as a player and now as an advocate for today's players.

Knox played goal in the Canadian Women's Hockey League (CWHL) for five seasons, then helped found the Professional Women's Hockey Players Association (PWHPA) after the league folded in 2019.

Knox is now on the Executive Committee of the PWHPA's successor, the Professional Women's Hockey League Players Association (PWHLPA). She helped negotiate a new collective bargaining agreement for the union on behalf of the new league's players.

"This ownership group didn't want to

start a league without an agreement in place," she said. "That speaks to the amount of respect they have for these athletes."

These are full-time jobs in-season for the PWHL players, "no different than the NHL," Knox said. "All the little details set the standard for professionalism."

It's a far cry from Knox's 'professional' days when a team presented her with an invoice for the goalie equipment they ordered for her.

Knox is also a full-time firefighter in Oakville, the goalie coach at the University of Toronto and the goaltender director with a girls hockey organization in Oakville.

Now 35, the kid who grew up on Stouffer Street has maybe the ultimate local hockey resume.

The converted figure skater played in the Stouffville-Markham Girls Hockey Association and the primarily boys Whitchurch-Stouffville Minor Hockey Association, winning a prestigious Ontario Hockey Federation peewee A championship for the host Stouffville Clippers in 2002.

She'd later backstop Stouffville District Secondary School to an OFSAA girls title.

The Athletic, the North American sports website, placed Knox on its 'Hockey's 40 under 40: The important people who are shaping the game's future' list in 2020.

"It's been a busy few years but I'd say it's all worth it now," she said. "Just to see how the league has taken off and how everyone has taken to it. It's been awesome to witness."

SportsTown with JIM MASON



CONTACT Jim Mason, jimmason905@gmail.com

SPEEDY SAWYER'S WORLD RECORD HONoured BY TOWN

Sawyer Nicholson strolled to the front of the Town of Whitchurch-Stouffville council chambers. Good thing. If she'd run, no one may have seen her. Sawyer was honoured during a town council meeting last month for setting the world record for the fastest 5K by an 11-year-old girl.

Sawyer, now 12, finished the Niagara Falls International Marathon's 5k in 17 minutes and 28.1 seconds on Oct. 22. It's believed to be the first world record ever recorded by a Stouffville athlete. Phoenix's Grace Ping, who set the old record of 17:28.30 in 2015, now runs for Oklahoma State University.

Sawyer, who was featured in OTR in 2022, finished first overall at The Falls - 80 seconds ahead of the men's champion. She was recently selected to the Ontario U16 team that will compete against Quebec this month.

Highlighted on Sawyer's 2024 calendar are both the New Balance Indoor (March 7-10, Boston) and Outdoor Nationals (Philadelphia). The Grade 7 student at Wendat Village Public School plays rep soccer when not training with the Durham Dragons track team.



Susan's TIP-OFF

with SUSAN TUCKER

CONTACT Susan Tucker, otrtipoff@outlook.com



SCORING GOALS FOR THE COMMUNITY

Scoring Goals for the Community is coming to Stouffville March 23! Yes, get excited, it's coming to the Clippers Area on Weldon Rd and promises to be a fun night out for all!

I had the honour recently to sit down with Ollie and his friend Sam Daskalopoulos to discuss the upcoming Scoring Goals for the Community charity hockey game. Sam did most of the talking during our time together, well actually he did all the talking because Ollie is one of few words! Ollie is the mascot that evolved from this incredible Stouffville-based initiative that Sam created back in 2017. Ollie was created to give a face to the campaign, and is a great way to connect with kids and the community. A naming contest was held that received more than 250 entries, and the winning choice was Ollie.

Sam grew up as a huge hockey fan thanks

to his mom, but didn't actually start playing the game until his adult years. It then became a passion and he saw a way to help the community by doing what so many loved to do...play hockey!

Scoring Goals for the Community was officially born in 2019. Unofficially it began in 2017 when Sam organized a game with his workmates and friends that raised \$5000 for The United Way. It has continued each year except 2020 and 2021, and to date has raised over \$87,000 via 8 games, each game contributing to a different charity which includes The Able Network, The Whitchurch-Stouffville Food Bank, Autism Newmarket, among others. Is there a better way to raise much-needed funding than having fun? This is a great event with lots of excitement and surprises and makes for a fantastic night out with family or friends.

There's some extra exciting news this year, as there is a now children's book available to order which adds to the fundraising coffers. 'Scoring Goals with Ollie' is a book written by Sam's beautiful daughters... Anastasia, Christina and Isabella. The story is about Ollie, "a six year old boy who loves his family, friends, school and hockey! Ollie learns a valuable lesson and realizes the benefit of strong friendships and having a supportive, positive community around him." These young ladies did a masterful job in writing this book, helped with the design and layout, and can now say they are published authors who reached the top spot on the Amazon children's bestseller

list! Now THAT is an accomplishment. All the characters in the book are people in the life of the Daskalopoulos family, including Sam's sister Lisa aka Kiki who recently lost her battle with cancer at the young age of 50 yo. The book is dedicated to her and funds are being donated to the cancer society in Kiki's name for copies purchased up until February 24, 2024, so head on over to Amazon and buy yours as soon as possible.

The game in March is the 9th game in the series and you can expect a lot of on ice action and a special appearance by Ollie himself while raising funds for 360 Kids, an organization dedicated to preventing homelessness by helping youth at-risk or in crisis, transition to a state of safety and stability.

The player roster is open to anyone age 18 and over, you can find the requirements by going to the website and filling out the registration form, there are only 32 spots up for grabs. Go quick!

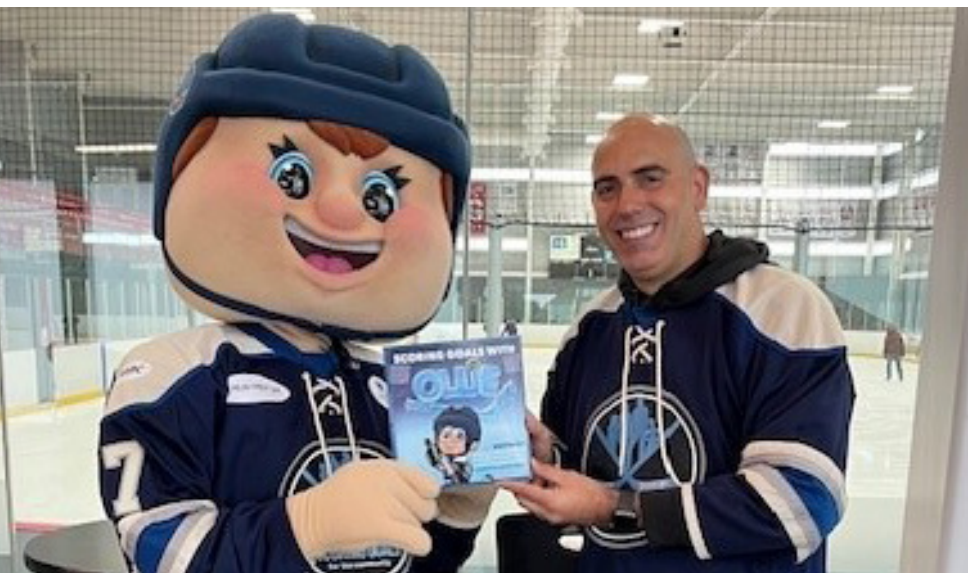
If you're not a player and still want to be involved in the fun, there are several ways you can support this valuable event. You can:

- Sponsor a player
- Purchase tickets and enjoy the action
- Donate to the silent auction
- Participate in any or all of the other fundraising activities at the game, like Chuck a Puck, the silent auction and other surprises
- Sponsor various aspects of the evening, from advertising in the program to having your company logo on team towels, water bottles, and even the team jersey. All the details are on the website.

What can you expect on March 23? I won't reveal all but there is of course the main event, different fundraising events as mentioned above, a kid's zone with activities, and it all wraps up with a celebratory party afterward at Boston Pizza.

You can find more details about registering to play, or to be a sponsor, when you go to scoringgoalsforthecommunity.com. There is contact info there as well if you have any questions.

Sam, congratulations to you and everyone involved in this wonderful endeavour, you have created a unique and fun experience for us with the bonus of it benefitting so many in our community.



SAVOURY AND NUTRITIOUS

Pork Loin Roast with Roasted Root Vegetables

tales from
the **Q**
with DAVE MILLS

In the realm of hearty and wholesome meals, few dishes can match the deliciousness and nutritional value of a well-prepared pork loin roast paired with a roasted root vegetable medley. This dish has nutritional advantages and packs a powerful punch of health benefits. Now, full disclosure: I am not a nutritionist, so I am going by what I am told and what I research, and I am only expressing my own opinion

The Health Benefits of Pork Loin

Contrary to popular belief, pork loin can be a lean and healthy protein option when prepared correctly. Pork loin is an excellent source of high-quality protein, which apparently is essential for muscle repair and overall body function. Additionally, it provides a range of essential nutrients which play a crucial role in energy metabolism, including B vitamins like niacin and thiamine

Choosing lean cuts of pork loin can help reduce saturated fat intake while still enjoying the benefits of essential minerals such as zinc and selenium. I have read that Zinc is essential for immune function, wound healing, and DNA synthesis, while selenium acts as a powerful antioxidant, protecting your cells from oxidative stress.

When choosing pork loin, it is healthier to trim excess fat, but I prefer not to take too much off as this is where the flavour comes from. Also, opt for cooking methods that promote a healthier outcome, such as roasting or grilling.

The Nutritional Richness Root Vegetables

Accompanying our pork loin roast, the roasted root vegetables bring their own set of nutritional benefits to the table. Root vegetables, including carrots, sweet potatoes, and parsnips, are rich in dietary fibre, promoting a healthy digestive system and providing a sense of fullness.

These colourful vegetables are also packed with vitamins and minerals. Carrots, for instance, are a fantastic source of beta-carotene, which is converted into vitamin A in the body – essential for maintaining healthy skin, vision, and immune function. Sweet potatoes offer a hearty dose of vitamin C, while parsnips contribute to your daily

vitamin K intake, which is important for bone health.

Roasting root vegetables enhances their natural sweetness and caramelizes their sugars, creating a delightful taste that complements the savoury notes of the pork loin. This cooking method also preserves the vegetables' nutritional value by minimizing the loss of water-soluble vitamins during the cooking process.

Recipe: Pork Loin Roast with Healthy Roasted Root Vegetables

Ingredients

- 1.5 kg pork loin roast (approx)
- 4 large carrots, peeled and chopped into chunks
- 3 sweet potatoes, peeled and cut into wedges
- 4 parsnips, peeled and sliced
- 1 red onion, cut into wedges
- 4 cloves of garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste

Instructions

- Preheat your oven to 375°F (190°C).
- In a small bowl, mix together the minced garlic, dried thyme, dried rosemary, olive oil, salt, and pepper to create a marinade.
- Rub the pork loin roast with the marinade, ensuring it is evenly coated. Allow it to marinate for at least 30 minutes for the flavours to infuse.
- In a large roasting pan, place the marinated pork loin in the centre and surround it with chopped carrots, sweet potatoes, parsnips, and red onion.
- Drizzle any remaining marinade over the vegetables, ensuring they are well-coated.
- Roast in the preheated oven for approximately 1 to 1.5 hours or until the internal temperature of the pork reaches 145°F (63°C).
- Allow the pork loin to rest for 10 minutes before slicing.
- Serve the succulent pork slices alongside the caramelized roasted root vegetables for a wholesome and satisfying meal.



CONTACT Dave Mills, david@stouffville.com

Conclusion:

Serving a pork loin roast with healthy roasted root vegetables is not just a treat for your taste buds but also beneficial for your overall well-being. Packed with lean protein, essential vitamins, and minerals, this dish showcases how a well-balanced and thoughtfully prepared meal can be both nutritious and delicious. So, the next time you're looking for a hearty and wholesome meal option, consider this recipe for a satisfying culinary experience.





COMMUNITY NEWS

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TOWN HALL
111 Sandiford Drive
Stouffville ON L4A 0Z8

[townofws.ca](#)

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. February 21 – 1 p.m.
- Wed. March 6 – 1 p.m.
- Wed. March 20 – 1 p.m.

Upcoming Public Meetings

- (if required):
- Wed. February 21 – 7 p.m.
 - Wed. March 6 – 7 p.m.

Residents may watch the meeting live online at townofws.ca/cmlivestream.

Anyone wishing to submit comments, may write to the Town Clerk at 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 for more information.

Follow all council meetings on Whitchurch-Stouffville's official council Twitter account [@ws_townhall](#).

Join our Council E-Newsletter at: eeurl.com/ckPNg9 and receive meeting agendas and summary reports straight in your inbox.

MORE INFO:
townofws.ca/council

RECREATION

Recreation Volunteer Opportunities

Calling all volunteers! We are looking for passionate people ages 14 and up, who want to share their talents, skills and experience with the community. Current volunteer opportunities include sports classes, skating lessons, PA Day camps and more! Please email volunteer@townofws.ca for more information.

Spring 2024 Program Registration

Online and in person:
February 27, at 12 p.m. for Residents
March 5, at 12 p.m. for Non-Residents
townofws.ca/active



Plan out your best summer yet! Participate in recreational, swimming, sports, arts, museum, theatre camps, and more!

Summer Camp registration opens for Residents on Tuesday, February 6, at 12 p.m. Register at townofws.ca/active

Trivia Night

March 7, 7:30 pm – 9:30 pm, \$10
A full-service, fun Trivia Challenge event at 19 on the Park with your friends to take bragging rights! Prizes for trivia champions and raffle draws throughout for more excitement! Alcohol service available for purchase on-site. Register at townofws.ca/active with barcode 30020.

Wine and Paint Night

February 22, 7:00 pm – 9:00 pm, \$30
Enjoy a relaxing setting with a brush and a glass and take pride in your growing painting skills at the Latcham Art Centre. Supplies provided along with an instructor who will guide you during your new favorite night out. This is a 19+ event with wine available for purchase - government issued ID is required. Register at townofws.ca/active using barcode 30022.

NEW BURIAL OPTIONS IN STOUFFVILLE

Navigating the journey of loss can be overwhelming. We've added new land burial lots at Stouffville Cemetery (12118 Tenth Line) in Whitchurch-Stouffville, providing a serene resting place for your loved ones.

Our inground lots suit both casket and cremation interments, allowing for personalization with markers. We also offer Inground cremation lots and columbarium niches. Learn more at townofws.ca/cemeteries or contact us at cemetary@townofws.ca for assistance. Your loved one's memory deserves a special place, and we're here to help.

POUNDKEEPER WANTED!

Are you responsible, with a safe place and transportation? Whitchurch-Stouffville is looking for a dedicated Poundkeeper.

As a Poundkeeper, your job is to care for large animals and farm livestock (except dogs) found running loose or trespassing in our town. If an animal isn't claimed within a reasonable time, you can keep or sell it according to the Pounds Act.

Your term as a Poundkeeper matches the Council's term.

Reward:
Financial compensation awarded.

Interested?
Contact the Clerk's division at clerks@townofws.ca or call 905-640-1900 x 2225 for more details about this exciting role.

CUSTOMER SERVICE

(905) 640-1900 | toll free: 1-855-642-TOWN
customer.service@townofws.ca

ADDITIONAL RESIDENTIAL UNIT – PUBLIC CONSULTATION SESSION #1

The purpose of this Public Consultation Session is to seek public input to inform zoning regulations to enable up to (3) Additional Residential Units (ARUs) on fully serviced residential lots as required to bring the Town's Zoning By-law into conformity with Bill 23, the More Homes Built Faster Act, 2022.

On November 28, 2022, Bill 23, the More Homes Built Faster Act, 2022 received Royal Assent. This bill is part of Ontario's Housing Supply Action Plan and aims to support the province's goal to add 1.5 million new homes in Ontario by 2031. This Provincial Bill requires Ontario municipalities to amend local Official Plans and Zoning By-laws to allow:

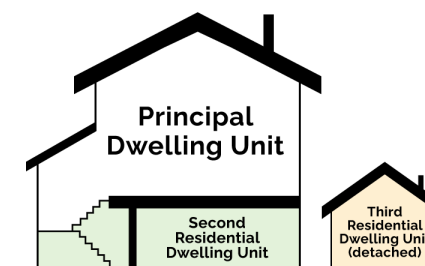
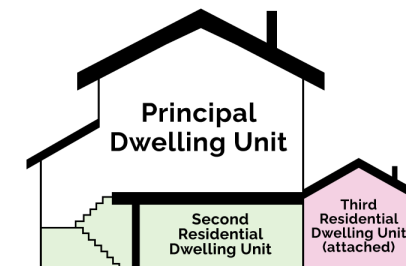
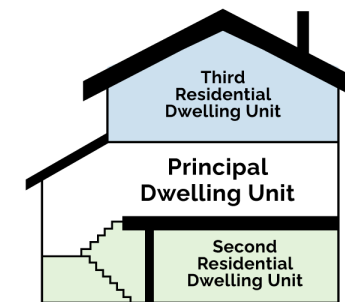
Up to 3 Additional Residential Units (ARUs) on a parcel of residential land within fully serviced (municipal water and sewer) settlement areas. This can occur in two combinations:

- 2 ARUs within the principal residential building (detached house, semi-detached house, townhouse) plus 1 ARU in an accessory building;
- or 3 ARUs in a principal residential building (detached house, semi-detached house, townhouse) provided there is no ARUs in an accessory building.

What is an Additional Residential Unit?

ARUs are commonly termed second suites, additional dwelling units, basement apartment, accessory apartments, in-law suites. They are self-contained residential dwelling units, with their own cooking facility, sanitary facility and sleeping area. They must be located within a principal residential building such as single detached, semi-detached or townhouse dwelling.

Following the passing Bill 23 they can now be located in a detached accessory building (commonly termed garden suites, coach houses, granny flats, and laneway houses) within a permitted yard.



WHEN & WHERE?

Monday, March 4, from 5 p.m. – 8 p.m.

Town of Stouffville's Development Planning is hosting a Public Consultation Session in the Adult Program Room located at the Whitchurch-Stouffville Library located at 2 Park Drive in Stouffville.

Additional Information:

Staff encourage residents to attend to provide feedback and visit the project page at cometogetherws.ca to participate in a survey, get more information and project updates.

If you have any comments or questions, please visit cometogetherws.ca or contact the Town's Senior Planner at 905-640-1900 ext. 2326 or brandon.slopak@townofws.ca

WINTER PARKING

Between December 1st and March 31st each year, vehicles are prohibited from parking on any road from 2 a.m. to 6 a.m., and during winter maintenance activities. On-street parking permits ordered during winter road maintenance activities will be void.

The success of these parking restrictions relies on the cooperation of the entire community. Residents are encouraged to plan ahead, utilize off-street parking options, and communicate these regulations to neighbors and visitors.

Residents and visitors are urged to adhere to all parking regulations to facilitate snow clearing efforts and maintain safe road conditions.

MORE INFO:
townofws.ca/parking

STOUFFVILLE

January 2024



COMPARED TO LAST MONTH

\$1,199,787

AVG. SALES PRICE

ALL HOME TYPES

52

DAYS ON MARKET

47

NUMBER OF SALES

94

ACTIVE LISTINGS

MARKET UPDATE



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David Mills

Sales Representative

Debbie White-Mills

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