



Arthur Latcham

Hannelore Volpe's

WHEN STOUFFVILLE WAS MAGIC

Page 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 32 businesses, 27 special events, and 22 matters of community importance. And, most of this is classified as Tourism. The theme this month: **more about our community**. 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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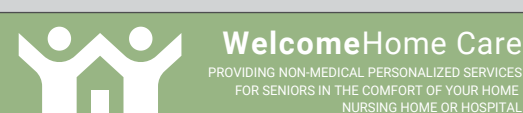
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Speed cameras may soon dot town roads

Public consultation coming regarding new urban park; youth committee given green light

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

Slow down. Stouffville may be getting a bunch of speed cameras.

In a report presented to Council on March 6, Town staff outlined an Automated Speed Enforcement (ASE) program that could “enhance overall road safety for all users, including those most vulnerable throughout our community.”

ASE programs use automated cameras and other technology to detect speeding vehicles and mail tickets to the registered owners. Nearby municipalities, including Durham Region, have participated in ASE programs for a while.

The report advised Council that staff have entered into a Memorandum of Understanding (MOU) with the Town of Newmarket to “further conversations on entering into an agreement for the administration of the Town’s ASE program through their Joint Processing Centre.”

In January last year, Newmarket Council authorized staff to develop an ASE Program through a Town Processing Centre. In October, Newmarket met with area municipalities within York Region to advise of their intention to open a joint processing centre and seek partnerships from municipalities. In February of this year, Stouffville staff met with Newmarket and formulated the MOU.

The program aims to reduce the number of traffic accidents and fatalities resulting from speeding, as ASE programs are “proven to reduce speeding, improve traffic flow, and decrease the frequency and severity of accidents.” According to the Report, programs are now being developed across Ontario municipalities seeking a more efficient way to enforce traffic laws and reduce speeding-related incidents.

At the March 6 meeting, Council authorized Town staff to submit the necessary applications and negotiate with

the Ministry of Transportation and the Town of Newmarket to participate in the program. Any new cameras installed in Stouffville will be pole-mounted, much like cameras in the nearby communities of Goodwood and Claremont.

Specifics about the program, such as the number and placement of cameras, would be presented for Council’s consideration and input at a future meeting. Cameras can only be placed in community safety and school zones.

Urban park. At the March 6 meeting, Council gave staff the go-ahead to remove 6343 Main Street from the Town’s Built Heritage Inventory. The decision comes after Council approved last summer to “remove the current structure and rejuvenat(e) the area into an urban parkland and activity space.”

As a result of Council’s direction to remove the building, Town staff will salvage materials for reuse in the rejuvenation project and will examine opportunities for commemoration of the property.

As part of the rejuvenation project, Council also directed staff to conduct community engagement to gather ideas on how the new parkland will be designed.

Be on the lookout for engagement opportunities in the coming months on the Town’s website, social media accounts and future editions of OTR.

Youth Committee. Staff will report back to Council by the end of June on creating a new Youth Council.

A motion tabled at the February 7 meeting saw Council direct staff to “develop (a) Terms of Reference for the creation of the Whitchurch-Stouffville Youth Council, including but not limited to mandate, application process, election committee and cost.”

Council noted that Stouffville does not currently “have a formal mechanism for youth to provide their input regarding initiatives to enhance youth opportunities within the Town.”



ABOVE: Stouffville Council gave staff the go-ahead to submit the necessary applications to the province to start an Automated Speed Enforcement program. The program could see pole-mounted cameras enforce speeding in community and school zones throughout Stouffville, like the one pictured above in Ajax. Photo credit: durham.ca

Development activity. Council received an update on February 21 regarding development activity within Stouffville.

According to the report, Stouffville has 134 active planning applications, as of December 31, 2023, of which 96 were submitted last year. 453 building permits were issued for new residential or institutional units, generating over \$1.9 million in revenue.

For the complete comprehensive report, visit tinyurl.com/4h4ewjba

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/cm/ivestream. Live tweets: @ws_townhall

ECONOMIC OUTLOOK BREAKFAST A Chamber Blockbuster

By David Tuley

Early on a Monday morning, it was a full house at Sleepy Hollow Country Club. Members of Stouffville Chamber of Commerce and the public at large had assembled to hear Michael Gregory, Deputy Chief Economist & Managing Director at BMO Commercial Bank. The business community was well represented – a virtual who’s who: Corey McCusker (Muttz with Mannerz), Stephen Crawley (Allegra Stouffville), Graydon Card (Card’s Appliances), Dr. Ryan Millar (Renew Integrative Health), Charlotte Cave (Chic Thrills), and more than 100 more. There were also representatives from Stouffville Council, York Region, Venture Lab, York Farm Fresh, and Markham-Stouffville Review.

Michael Gregory is part of the BMO team responsible for forecasting and analyzing the North American economy and financial markets. He has spent his career working in either economics or financial markets research for firms on both sides of the Canada-U.S. border. Prior to his current role, Michael headed up the Financial Services Analysis team at Bank of Montreal, focusing on regulatory and industry restructuring issues, before shifting to BMO Capital Markets Economics in 2004. He moved to Chicago in 2013, providing research support for the U.S. and Canadian fixed income business, before returning to Toronto in 2016.

Michael is a graduate of Concordia University in Montreal and Western University in London, Ontario. He did doctoral studies at Fordham University in New York City, and holds a Chartered Financial Analyst designation.

Michael’s keynote covered a range of important topics including inflation, monetary policy, supply chain disruptions, labor, and housing. The uplifting presentation title: *The Light at the End of the Tunnel*. He provided valuable insights on Canada’s performance over the past few years and the economic landscape for the year ahead, highlighting key takeaways that included: The economy is cooling but is likely to avoid a hard landing; Interest rates are expected to remain high before falling in the summer; and, Housing is anticipated to improve as rate cuts are implemented.

Michael mentioned that the Bank of Canada is slow to cut rates in a conscious effort to avoid overheating the housing market. Reading into his comments, one might reconsider stresses at the top of mind – if you are concerned that your house has lost value in the last couple of years, recognize that this was the result of an intentional shift in financial policy to stem the rise of inflation, as most economic factors impact one another. Your house should increase in value again next year. Hold tight.

Of course, there are unpredictable elements that can affect the economy. Michael pointed to potential risks such as global geopolitical issues (Ukraine, Palestine), oil concerns, a possible U.S. government shutdown, upcoming U.S. elections in November, and household debt in Canada.

The Economic Outlook Breakfast wrapped up with questions posed by the Stouffville Chamber Executive Director, Christian Buhagiar. Many of Christian’s questions revolved around small businesses, which represent the majority of businesses in

Stouffville. Michael reassured him that a drop in rates would help and that the disadvantages faced by small businesses should start to erode. “What best practices should small businesses adopt in the future?” asked Christian in the Q&A finale. “They should focus on sharing ideas and networking, learning about best practices, and keep their confidence up,” said Michael.

It is rumored that the Chamber is hosting another blockbuster breakfast event on Thursday, April 11. To join the Stouffville Chamber, register for events, or learn more about the Chamber, see stouffvillechamber.ca.



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TOWN WINS 3 Top 100 Awards from Festival & Events Ontario

The Town of Stouffville’s Community Services, Museum & Heritage and Events teams have been recognized with three awards from Festivals & Events Ontario: Top 100 Festival Awards for Stouffville Ribfest, Stouffville Holiday Market and the 50th Annual Antique & Classic Car Show at the Whitchurch-Stouffville Museum & Community Centre. Festival and Events Ontario (FEO) represents over 2,500 festivals and events in Ontario and the Achievement Awards recognize excellence in festivals and events across the province.

“Being recognized by Festivals and Events Ontario is the icing on the cake after a record-breaking attendance year for all of these signature events,” says Community Services Commissioner, Rob

Braid. “The team works incredibly hard to deliver top-notch, free and inclusive events in our community and by winning these awards, we are shining a light on Stouffville as not only a great place to live and work but also to play and visit.”

“Congratulations to everyone involved in this remarkable achievement, from our staff to our sponsors and community stakeholders,” said Mayor Iain Lovatt. “I invite our residents to join me in celebrating this milestone as we continue to foster unforgettable experiences for all who call our community home.”

[left to right]
Rob Braid, Commissioner of Community Services with Alexandra Marchese, Julia Troiani, Sarah Farrant, Shannon Jaffer, and Janine Slaman



Stouffville Celebrates 2024 Sponsorship Opportunities

The Town of Stouffville is taking a new approach to sponsorship by centralizing all the partnership opportunities for Town and Mayoral events. From Stouffville Ribfest to the Mayor’s Charity Golf Classic and the Stouffville Main Street 5K benefiting Markham Stouffville Hospital Foundation, this new approach aims at enhancing relationships with our business community and tailoring sponsorship packages to their unique needs.

Community partnerships play a vital role in shaping our community. From brand visibility to community engagement through participation in events – we can work together to foster a community that thrives and businesses flourish. With our award-winning program of events, this is a great time to invest in Stouffville and our community.

If you are interested in becoming a sponsor or learning more about the program, contact the team directly by emailing sponsorship@townofws.ca.



HOLD THE DATES SPRING/SUMMER

Friday, May 17
Victoria Day Fireworks

Saturday, June 8
Art in the Park

Sunday, June 16
Stouffville Main Street 5K

Thursday, June 27
19 on the Park Patio Series

Monday, July 1
Canada Day Fireworks

Friday, July 19
Symphony Under the Stars

Friday, July 26
Movies in the Park

Saturday, July 27
19 on the Park Patio Series

Fri-Sun, Aug 9-11
Stouffville Ribfest

Sunday, August 11
Antique & Classic Car Show

Saturday, August 17
19 on the Park Patio Series

Friday, August 23
Movies in the Park

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[above] Neil Marr in the centre of family family at Spring Lakes on the occasion of his wife's memorial
[photo credit: Scott Tammik, who is also the photographer for the show]

Local Playwright bringing show to Flato Markham Theatre Apr. 24-27

By Neil Marr and David Tuley

Set in Muskoka in the summer of 2010, there are three couples who turn fifty and are celebrating, although they are more concerned about aging and marriage. And while they all went to high school together, Stan has arrived with his second wife – the much younger Lise, who is French-Canadian. The two other men are much-enamoured by this, while their wives are much-threatened. The confined quarters of the cottage is the setting as the comedy plays off themes of aging and misunderstandings, often a result of Lise's malapropisms.

Bienvenue Oh Trout Lake is by Stouffville-local playwright Neil Marr. It had its premiere in June of 2012 in Stouffville and is returning to the stage at Flato Markham Theatre April 24-27 with five showings. The show originally ran for two weeks and because of word of mouth, the show sold out the second week. Neil is co-directing with

Angela Stewart. They work well together.

"I wrote this play in 2011. The idea came from a planned reunion in the summer of 2010, as my wife and I as well as her two cousins and their spouses were all turning fifty. There is a Trout Lake in Nova Scotia and that was where we planned to meet. Alas, one of her cousins was summoned for a kidney transplant and my wife was the donor, so the summer was spent recuperating and no reunion took place," recounted Neil. "However, I did think it a great idea for a comedy and I wrote it quite quickly, in about three months as I recall. Not too bad considering I was teaching full time."

In *Bienvenue Oh Trout Lake* there are six actors (including Stouffville resident Marlene Foran) and a host of production people. The set is a cottage with a deck. Neil was born in Edinburgh, Scotland and arrived in Canada in 1974. He moved to

Stouffville in 1991 along with his wife and two daughters and has lived in the same house on Ivy Crescent ever since. "I absolutely love the town. I should probably move now that I'm on my own, but my neighbours are fantastic," says Neil.

Neil reports that he is doing more writing now, but would not claim it as a full time endeavor. "I supply teach on occasion, I play golf in the summer and I work for the Cholangiocarcinoma Foundation as a Research Advocate, a role that takes quite a bit of my time. Cholangiocarcinoma is a rare cancer that took my wife, Priscilla in 2021. Priscilla was well-known in the Stouffville community and she is missed terribly," he said.

To buy tickets to *Bienvenue Oh Trout Lake*, go to flatomarkhamtheatre.ca.



A walk in the forest with James Pogue

By David Tuley

James called me out by email, "In the February edition of OTR you surprised me very much in the article about the Reesor bakery. You mentioned that the family had sown roots in the area (or something like that) many years ago. Now, I grew up on a farm and as much as we might have planted roots (asparagus, for example) it was seeds that were sown in the garden and in the fields."

James clearly had it right, and I had it wrong. A friendly banter ended in an invitation to walk James' property and see his maple syrup sugaring operation in action. James lives on 49 acres off Warden Avenue near Aurora Road. He bought the Warden side of the property when the family estate was settled in 2001. The family farm originally extended to Woodbine Ave., where his father, Clayton, did some farming and where James was raised. He attended lower school in Vandorf and later bussed to high school in Aurora.

James leads me down the trails through a sugarbush of thirty trees, telling stories as we walk. We pass the sugar shack, a fire is burning and sap is boiling. The property is a full canopy of trees. He explains that he is enrolled in the Managed Forest Tax Incentive Program, a program that provides incentives for landowner involvement in forest stewardship.

The Pogue family landed in North America in 1825. They eventually made their way to Little Britain on the north shore of Lake Scugog. Many of his relatives have

been laid to rest there. Clayton chose the Wesley Corner/Vandorf site to put down roots. James later attended the University of Montreal in Media Arts. He has been involved in many things, including an AM radio station in Newmarket, but ultimately, James' career led him to Bern, Switzerland where he taught and administered at a language school. He was there for 28 years until his retirement in 2012.

Since returning, James has become the Chair at Wesley United Church at Aurora and Woodbine. Built in 1881, this Gothic-style church contains beautiful stained-glass windows and other unique features — including boards from the original log church. James explains that it is an open, but small congregation, and therefore they rely on a system of "pulpit supply" (visiting pastors) rather than having a resident minister.

When asked why he has a sugar shack, James coyly replies, "You need one to make maple syrup." His family was introduced to the art of the sugarbush by the van Nostrand family. "The whole village used to swim in their lake on hot days," recalled James, "and they showed us how to do it." He didn't implement this knowledge until he moved back in 2012.

"The ratio is 40 to 1," says James, which would suggest 40 liters of sap to make one liter of syrup. He points to some birch trees — "These can produce syrup too, but it is later in the season and the ratio is a more difficult at 60 to 1." He doesn't bother with

the birches, as it would interfere with the Spring Plant Sale at the Wesley United Church (mark down May 25 in your calendar for the Sale).

While walking, James recounts historic events, "These are stumps from the great clear-cutting in the late 19th Century when wood was harvested for the masts of Her Majesty the Queen's naval fleet... that is one of the old logging roads... These stumps relate to Emerald Ash Borer kills, and those fallen trees were the victim of the big storm a couple of years ago. I liked that curly tree there on the ground, while it was up, it could make a beautiful live-edge table now. And that enormous paper birch, the bark of it could be fashioned into a canoe."

James continues, "My father planted that large oak, and I planted this middle-aged oak." We transitioned to a wider trail on high ground where he paused, "This was my father's favourite section. He had a hip transplant in his 70's. I guess he saved the bone fragment because we found it after he died in 1999. While my niece, a pastor in Hong Kong, was visiting, we held a ceremony right here and interned the bone over there."

James' tour concludes with the branches of a balsam fir, "See these bunched together, we use them for Palm Sunday at the church, after all," he says with a smile, "If Jesus was from around here his people would have used these." We retire to the shack for the sweet taste of some warm syrup undergoing the evaporation process.

ANOTHER EXPANSION

The Nock Academy Yoga & Fitness Studio

By Gareth Nock, Nicky Nock, and David Tuley

In the Fall of 2022, OTR reported that Gareth and Nicky Nock had opened an online fitness studio from their home in Stouffville. “During the early stages of the pandemic, we had a lot of time to think about our personal and professional lives. We decided we wanted a change. We packed up our life in Scarborough and moved north to Stouffville. We were in search of a smaller town and a strong community where our family would thrive. Stouffville really delivered,” he said.

Gareth and Nicky are originally from the UK. Collectively Gareth and Nicky have 40 years of experience in health and fitness, working in management and with clients in the UK, Canada and New Zealand gaining international recognition and awards along the way.

Gareth specializes in Pilates, Indoor Cycling and is passionate about the ‘details’ that enhance the experience and the results of fitness, while Nicky is a certified Yoga 200RYT. She brings a flare and creativity that lights up any fitness experience.

In the spring of 2023, OTR reported the first expansion of Nock Academy, from a virtual environment to a brick-and-mortar store at 10 Commercial Street in Downtown Stouffville (@ Church & Main, behind Nature’s Gift and Organic Spa).

We are super excited to expand our business once again in Stouffville. We have been offering Yoga and Pilates in our large, comfortable studio at 10 Commercial St for a year now. The new studio was home to Yoga, Pilates, Barre, and mobility classes. The reason behind the bricks-and-mortar decision, says Nicky, is that “people emerging from the pandemic wanted in-person experiences. There was a bottled-up demand to get out.”

Now, in the early part of 2024, Nock Academy has expanded again. “The opportunity arose late 2023 for us to expand into the entire building. We were so inspired by the support of our members and town residents that we decided to go for it!” said Gareth.

Nock Academy has now opened a new strength and conditioning studio where they are hosting personal and small group training. Their signature program NOCK LIFT is a 6 week-periodized and progressive small-group training program where you will work-out with your group (a maximum 8 people) twice per week. Day 1 is strength-focused - you learn the foundational movements like squat, hinge, lunge to learn great technique and focus on skill acquisition. Day 2 is conditioning- using foundational movements as a base while integrating bigger movements using full-body exercises. Movements like sled pushes, battle ropes and circuits are on the menu.

“Our members currently in the program share with us how working as a team as well as an individual has held them accountable for their workouts. They have enjoyed the collaboration, and this has inspired them to reach their potential. Plus, it’s also great fun!” reported Nicky.

In celebration of their 1st birthday and the new studio, Nock Academy is hosting an open day on **Saturday, March 23, 8:30am-1pm** where you will be able to sample the NOCK LIFT small group workout experience, try a Yoga or Pilates class. You can look to reserve your spot ahead of time by visiting the website thenockacademy.com and heading to the events tab.

You can also come by on the day of the event to simply view the studio or grab any remaining spots in a class.

If you have any questions about the event and The Nock Academy reach out via email at team@thenockacademy.com.



NEW Businesses, Owners and Locations



[left] Cobs Bread is opening in Smart Centres plaza soon.

[right] Buicks Karate has relocated to 60 Innovator Ave., Unit 27. In Downtown Stouffville: Central Barbershop opened at 6391 Main St. There are new owners at Cucina Napoli at 6248 Main St. - make sure to try their hand-crafted donuts, in addition to pizza. And, Garthy Food specializes in Sri Lankan take out and catering at 6252 Main St.

We will be interviewing these businesses in the near future.



TECH STARTUP MASTERCLASS

Going from Zero to Launch

By Diem Lee

Embark on a transformative journey from ideation to market domination with ventureLAB’s comprehensive workshop, “Tech Startup Masterclass: Going from Zero to Launch.” Dive into the intricacies of product development, from conceptualization and technology assessment to prototype development. Simultaneously, explore the dynamic world of market research for validation. This workshop is your key to unlocking the secrets of building a successful tech startup, equipping you with the knowledge and skills needed to navigate the complexities of the entrepreneurial landscape. Join us for a hands-on experience that bridges the gap between theory and practice, providing actionable insights and strategies to propel your startup from zero to launch with confidence and expertise.

Are you ready to turn your tech startup idea into a reality? Join us at our in-person event at the Whitchurch-Stouffville Public Library located at 2 Park Drive, Whitchurch-Stouffville, ON, Canada for a Masterclass on taking your startup from zero to launch. Learn from industry experts, network with fellow entrepreneurs, and gain valuable insights to kickstart your journey.

ventureLAB is a leading global founder community for hardware technology and enterprise software companies in Canada. Located at the heart of Ontario’s innovation corridor in York Region, ventureLAB is part of one of the biggest and most diverse tech communities in Canada. Our initiatives focused on raising capital, talent retention, commercializing technology and IP, and customer acquisition have enabled thousands of companies to create over 4,000 jobs and raise more than \$200 million in investment capital. At ventureLAB, we grow globally competitive tech titans that build-to-scale in Canada, for global markets.

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Hannelore Volpe's "WHEN STOUFFVILLE WAS MAGIC"



Stouffville Magic Festivals of the 1980s were - magical! Above are photos of leaflets and memorabilia courtesy of the Whitchurch-Stouffville Museum.

Stouffville benefactor extraordinaire Arthur “Art” Latcham loved doing his close-up magic. People gathered around, jostling each other, to watch as the coins and cards in his hands moved, were gone, came back, quicker than the eye can see.

This spirit of wonder was what George Schlukbier, the Town librarian at the time, re-created when he and his friend, Dan Laffey, a well-known magician from nearby Claremont, organized Stouffville magic festivals in the early 1980s in honour of Mr. Latcham. An accomplished magician in his own right, Mr. Laffey performed in numerous magic shows, both live and on local and national TV, during his career.

The duo’s efforts and planning led to several magic events in Stouffville starting off with the 1982 Stouffville Magic Festival. Spanning four days from May 6 to 9, it was described as “The largest magic festival of its kind in the country” by the *Stouffville Tribune* newspaper. It was organized in partnership with the Ontario Ministry of Tourism and Recreation and the Whitchurch-Stouffville Chamber of Commerce.

During that time, it seemed that wherever residents and visitors went in Stouffville something magical was happening. There was close-up magic—Mr. Latcham’s favourite kind—on the street all day on “Magic Day”, May 8. There were magic shows at local restaurants, at Latcham Hall, and the Stouffville Country Market, formerly on 10th Line. Latcham Gallery featured an exhibition of fanciful and surreal works by Canadian artist Louis de Niverville. The gallery was then located at 6240 Main Street, now home to the 55+ Club for seniors.

Local residents Bruce Stapley and Ivan and Gale Harris still remember the May 7, 1982 “Magic Banquet” at the former Deer Park Inn on 10th Line. The dinner and show featured prominent

magicians such as Ron Leonard (who was on the daily children’s show “Uncle Bobby” on CTV) and Mars and Maya, one of the first female magic duos. In fact, Mars had once toured with Doug Henning, the famed Canadian magician and levitator popular in the 1970s and ‘80s.

“We weren’t used to having this kind of production,” said Mr. Stapley, the former editor of the *Stouffville Free Press* and a current columnist for *On The Road*, remembering a time more than 40 years ago when Stouffville was still a small town of less than 15,000 people. It was “a very, very professional show. It really got your attention,” he added.

The magicians “came right up to our table”, Mr. Harris recalled. As closely as they looked, when the magician “moved his hands up and down”, the cards were gone. “It was fascinating,” he added. A well-known volunteer-about-town, Mr. Harris was the Curator of the CBC Museum from 1974 to 2007.

At the Saturday night show, the audience numbered around 1,000. “Even at the approach of 11:30, not a single person elected to leave”, the *Tribune* reported.

Then the next year’s festival arrived—with a little controversy. The 1983 event, with the grander name of The Great Canadian Magic Festival, eventually took place over the Canada Day weekend. Originally, Mr. Schlukbier and Mr. Laffey had planned the magic festival for May 27 to 29. The Canada Day weekend meanwhile was headlined as the Great Canadian Flea Festival, apparently in a nod to the famous Stouffville Country Market, also known as the Flea Market or Sales Barn. But there were irate letters to the editor objecting to having ‘fleas’ associated with Stouffville. Eventually, the dust settled. The fleas hopped away to the background.

The Magic Festival combined its events with Canada Day festivities and there it was, the Great Canadian Magic Festival. More than 30 magicians hit the street and various stages in town with rope and ball tricks, illusions where people seemed to be sawed in half, objects and people levitating, and other magic tricks, generally mystifying the public. The 1983 festival “was probably the only one of its kind,” said Mr. Laffey, according to the brand-new newspaper in town, the *Stouffville Sun*. The festival brochure was included in its June 29th edition.

The festivities began with the Miss Whitchurch-Stouffville Pageant at Stouffville District Secondary School (SDSS), then located on Edward Street, with 21 young women hoping to win the title. This magical long weekend also featured the Giant People Parade, the Masque Ball in Ballantrae, the Buttermakers’ ball tournament, street dances, and a Big Bazaar.

The annual festivals continued with the 1986 Stouffville Magic Festival presenting “PRESTO!” a musical evening featuring “technical wizardry”. A headline in the Wednesday, Oct. 22, 1986 *Stouffville Sun* tells the story: “Magic Festival Lacked Support”. Profits were down even though the children’s shows did make a profit, Mr. Schlukbier stated, noting that “The Friday and Saturday shows at Deer Park Inn were sold out”.

While support from some entities in town remained, many of those who had supported previous magic festivals “declined donating to the 1986 show, feeling the event was being held for the last time,” Mr. Schlukbier said.

But what a time it was! The magic festivals attracted magicians from the prestigious Sid Lorraine Hat and Rabbit Club in Toronto, including Shakespeare the Magician (Dave Houston), who often performed in this area.

The spirit behind it all was Art Latcham. The buildings that bear his name do so for a good reason: he donated them. Mr. Latcham moved to Stouffville in the early 1950s and lived here until he passed away in 1979. This entrepreneurial man from humble beginnings donated the funds for Latcham Hall and the Latcham Gallery as well as for the tennis courts in town and the original picnic shelter and main ball diamond in Memorial Park, along with the bleachers and lights. You’ll see the Latcham name on buildings as you stroll around neighbouring towns such as Port Perry and Goodwood, too.

Mr. Latcham had a knack for buying the right pieces of real estate at the right time. Prominent among these is the 50-acre parcel of land he purchased at Ninth Line and Highway 7 in Markham in 1967. With the advocacy of dedicated people from the surrounding community, it eventually became the site of the Markham-Stouffville Hospital.

The outdoor pool in Memorial Park was also due to Mr. Latcham’s generosity. Enjoyed by several generations of Stouffville residents for about 50 years, it was closed in 2001 to be replaced by the indoor pool in the Leisure Centre.

Stouffville resident, Keith Acton, remembers that outdoor pool well. He was one of many local youngsters who would spend their summers there and recalled how Mr. Latcham would come to the park and have the kids crowd around as he performed magic for them.

“Coins would disappear and show up in your ear,” Mr. Acton said. “There was really no logical explanation. It was pretty impressive,” the Ward 3 councillor and local Boston Pizza owner said. After playing in the NHL for 15 seasons, Mr. Acton became

an assistant coach, holding the position for 20 years, 11 of those with the Maple Leafs.

Mr. Acton also recalled that when the Stouffville Bantam Team he was on was selected to play several games over a 10-day period in Switzerland, Mr. Latcham paid for their flights. But during the games, the players were puzzled to see little knots of spectators with their backs turned to the game. They were watching Mr. Latcham doing his card and coin sleight-of-hand instead!

Local magician Sig Kusatz and his wife Teresa Kusatz often saw Mr. Latcham at the Stouffville Country Market performing his coin and card tricks. “Sig and I have always enjoyed seeing Magic Tricks and were very impressed by his skill and presentation even in this casual setting,” she said.

In fact, Mr. Latcham was an early member—the 69th—of the Sid Lorraine Hat and Rabbit Club in Toronto which was started in 1941. It is part of the International Brotherhood of Magicians which now has around 15,000 members, the largest such organization worldwide.

After Mr. Latcham’s passing, some of his collection of magic books, posters and other items was on display at the Whitchurch-Stouffville Public Library. The poster showing the Great Randi was just one of those overlooking the library patrons as they read their newspapers and periodicals. Particularly interesting was the bookcase filled with tomes by the great magicians including Harry Houdini, Professor Louis Hoffmann, Jean-Eugene Robert-Houdin (from which Houdini derived his name) and Howard Thurston—some of them autographed. They were displayed in a tall bookcase with cut glass doors which was donated by Mr. Latcham.

The Art Latcham Magic Collection was originally dedicated on May 8 in the Latcham Gallery during the 1982 magic festival. Many of the artifacts traveled to the Roberts Library at the University of Toronto for about a month during the summer of 1983 to advertise the Great Canadian Magic Festival. While some artifacts from that collection remain at the Whitchurch-Stouffville Museum, the rest were transferred to Carleton University in November 2012.

The Museum is at 14732 Woodbine Ave., and has around 18,000 artifacts in its collection and buildings dating to Victorian and earlier times including a log cabin from around the 1850s. You can check out upcoming events and exhibits at townofws.ca/play/museum.

Over the years, many festivals have been added to Stouffville’s events roster. Three of them recently received Top 100 Awards from Festivals and Events Ontario. They are Stouffville Ribfest, the Stouffville Holiday Market, and the 50th Annual Antique & Classic Car Show at the Whitchurch-Stouffville Museum & Community Centre.

And on this year’s Canada Day weekend, the town will see more than 25,000 people converge on Stouffville for the annual Strawberry Festival in Memorial Park. Now in its 40th year, it has grown to become one of the largest festivals in York Region.

Hannelore Volpe is a former reporter with the *Stouffville Sun*, The *Stouffville Sun-Tribune* and the *Stouffville Free Press*.

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'COVER' STORY'

Hometown Artist Returning to 19 On The Park with New Album, Book in the Works

By Jim Mason



Jason Wilson and his band return to 19 on the Park April 27. The photo was taken by Irman Babur during a video shoot in Stouffville.

Jason Wilson will not require directions for his April 27 concert at The Lebovic Centre for Arts & Entertainment – 19 on the Park. For one, the two-time Juno nominee lives in Whitchurch-Stouffville.

And he's already played the Main Street concert hall nine times. There have also been a couple of video and photo shoots in the auditorium. But this show will be different for Wilson, who has played more than 2,500 concerts. It will include cuts from many of his first 10 albums, as well as a preview of his yet-to-be released album of covers, Auld Acquaintance.

Not just any covers but songs made famous by bands Wilson has played or recorded with during his 40-year career. The list includes UB40 (he is the cousin of keyboardist Michael Virtue), Ron Sexsmith, Amanda Marshall, Alanis Morissette and Messenjah.

A book will accompany the album release next year. That's a natural link for the history professor at the University of Guelph, who has written eight books and co-authored the national bestseller The Toronto Maple Leaf Hockey Club: Official Centennial Publication, 1917-2017.

Last year's release, Ashara, was accompanied by three videos, including two shot with Wilson's band in Stouffville.

"There was a time I considered The Bamboo, that iconic Queen Street club, to be my home venue," Wilson told OTR. "Later, it was Hugh's Room, another classic Toronto venue. But now, considering that my wife and I have lived in Stouffville for 14 years and that this will be my tenth appearance here, 19 on the Park really feels like home."

Wilson did need directions to a pair of showcases his band played earlier this year, in Ireland and the Cayman Islands. The Stouffville show will be followed by a string of dates in northern and central Ontario.

Special guests at the Stouffville show will include legendary Jamaican-Canadian guitarist Carl Harvey (Toots & The Maytals), Scottish multi-instrumentalist (including bagpipes) Ali Hutton (Old Blind Dogs) and dancers Sophie Mlodzik and Kenzie Moore. Wilson's band includes saxophonist Marcus Ali, vocalist Laurel Tubman, drummer Vince Reel and bassist Michael Shapinko.

For more, go to jasonwilsonmusic.com. Tickets for the Stouffville show are \$28.25 - \$32.77, see enr.pw/RApwD.

REDEFIND FINDS • DIY Workshops

6258 Main St., redefinedfinds.ca.

- Paint Your Own Piece Workshop - March 24
- Citrus Jewellery Making Workshop - April 6
- Spring Wreath Workshop - April 7
- Stained Glass Workshop - April 14

All registrations can be made in store at Redefined Finds, 6258 Main St. or online at redefinedfinds.ca

We also have our next RF Mini Market on Saturday, March 30, from 11 - 2 featuring Alanna's Kitchen and Claremont Meadows.

Mayor Lovatt Hosts TOWN HALL MEETINGS

"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." Register at t.ly/9WfEK.

- March 18, 7pm, Ballantrae Community Centre
- March 25, 7pm, 6240 Main Street
- March 27, 7pm, Leisure Centre

PLAY BALL! Registration for the 2024 Season is now Live

A summer of fun including a Year End Tournament Space is limited. Register today at Stouffville Baseball Association's website at stouffvillebaseball.com.

STOUFFVILLE LAWN BOWLING 2024 Registration

Join the fun. All skill levels are welcome. Free training, mentoring, and equipment provided. In person registration Monday, April 29 & Wednesday, May 01, 7-8:30pm. Open House Sat., May 04, 10am-3pm. Online registration for returning members is now live at stouffvillelbc.com.

STOUFFVILLE LEGION Branch 459

Senior Safety Session

York Regional Police is partnering with the community to provide an educational session to seniors in York Region. Topics to include Fraud & Scams, Crime Prevention, Elder Abuse, and Personal Safety. March 21, 10:30am-12pm @ Stouffville Legion, 150 Mostar. Sign up at rochellestouffvillelegion@rogers.com.

Pasta Dinner Night

Friday, March 22, 5-7pm. Choice of Homemade Lasagna or Spaghetti Dinner. \$18 including tax. Sign up in the Clubroom or call the Legion at **905-640-1714**.

Live Music Jamie Warren

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Sunday, May 5, 2024 at 12 noon

Join us at Hilton Markham Suites for a delightfully divine diversion, featuring delicious tea, sandwiches, cakes and celebrations. You will be served a decadent afternoon tea service, alongside a gorgeous fashion show and silent auction. This is a great gift idea for a special birthday, an early Mother's Day celebration, or just an excuse to get together with friends and family. Best of all, by joining us you will be helping Evergreen support those in our community coping with a life-threatening illness, caregiving or grief.

Tickets are \$100 per person. For more information visit our website or contact us on info@evgcares.org / (416) 499-2185.

Find out more and register: www.evgcares.org | info@evgcares.org | 416 499-2185

Evergreen provides community based supportive programs to individuals and their families in Markham, Stouffville and Thornhill, who are living with life-threatening illness, caregiving or coping with the death of a loved one.



10,000 Trees

Celebrates 35 Years of Environmental Stewardship

By David Tuley

On this late winter morning, I meet Robert Roszell and Scott Heaslip at the Main Street Bakehouse. Robert is a Claremont native and is the Chairman of 10,000 Trees for the Rouge. Scott is part of the Organizing Committee for 10,000 Trees and is also a volunteer with the Oak Ridges Trail Association; he has lived in Stouffville for the past 30 years.

We are meeting this day to talk about the planting project they have planned for Bruce's Mill Conservation Park on April 27-28, but first, they tell me about 10,000 Trees.

10,000 Trees for the Rouge is a non-profit charity organization that is managed by a dedicated group of volunteers. They have been working tirelessly since 1989 to restore and preserve natural habitat. With a lot of determination, they've become one of Ontario's and Canada's premier tree-planting groups.

Over the years, 10,000 Trees has restored more than 250 acres of land by planting over 225,000 trees and shrubs. Their efforts protect creeks and streams from soil erosion, while also creating vital wildlife corridors. This organization has achieved remarkable results in preserving the Rouge Valley's fragile ecosystem.

"Since our inception as an offshoot of Save the Rouge Valley and the Rouge Valley Foundation, we've now grown into a separate

organization with registered charity status," says Robert. "Our legacy is hands-on education and stewardship. We've introduced thousands to the joys of planting trees and restoring wildlife habitat."

Each spring, the group hosts one of Canada's largest one-day planting events, attracting up to 2,500 enthusiastic volunteers who roll up their sleeves and plant trees with a smile. The 2023 planting event at Hillmount Park in Markham was a resounding success, and the excitement continues with upcoming events at Bruce's Mill Conservation Park in 2024 and 2025.

But their commitment doesn't end there. 10,000 Trees for the Rouge also organizes a Fall Planting event in the Rouge National Urban Park, bringing the community together into Canada's first "Urban" National Park. In addition to these major events, they plan for small infill plantings throughout the year, aiming to boost plant diversity and density in previous planting sites.

As 10,000 Trees for the Rouge celebrates 35 years of preserving the Rouge Valley's natural beauty, their message is clear: together, we're making a difference. Join this remarkable group of volunteers and be a part of a legacy that nurtures the land, wildlife, and people in our city.



ANNUAL EARTH WEEK EVENT APRIL 27 & 28 @ BRUCE'S MILL

Join us at Bruce's Mill Conservation Park for our annual Earth Week event to plant 5,000 trees and shrubs. Please note April 27th is a set-up day and we will be moving plants and equipment into the field. April 28th will be the primary tree planting day. We need help with both.

Location: Bruce's Mill Conservation Park, 3291 Stouffville Road

Date: Set-up Event (and Planting Coach training) - April 27, 8 AM; Planting Events - April 28, 9am-12pm or 1pm-4pm.

Volunteers required: 1500 (75 for Saturday, 750 for each Planting Event)

Number of plants: 5000

What to Bring: Shovel, Bucket (2 or 5 gallon), water bottle, Eventbrite ticket, High school Volunteer Form

What to Wear: Long pants, Boots/sturdy footwear and gloves

Washrooms: Portable toilets will be available.

Parking: Parking will be available. Follow the 10,000 Trees signs to the "Open Acres".

Registration: Go to rb.gy/nk788y or scan to register on Eventbrite.





IN THE VILLAGE

MARCH 30, 2024

11 A.M. - 1 P.M.

Hop on over to the Village of Stouffville
 (Main St.) for photos with the Easter bunny,
 treats, and family fun!



[left to right] Paul Calandra, Minister of Municipal Affairs and Housing; Sunny Bains, CAO; Hena Kabir, Manager of Development Planning; Dwayne Tapp, Commissioner of Development Services; Iain Lovatt, Mayor; Stan Cho, Minister of Long-Term Care [photo by Katrina Robert]

Town receives \$2.6M from Building Faster Fund

On Friday, March 1 in Stouffville Town Hall, Paul Calandra, the Minister of Municipal Affairs and Housing, and MPP for Markham-Stouffville, announced that Ontario is providing the Town of Whitchurch-Stouffville with \$2.6 million in funding through the Building Faster Fund after the town exceeded its 2023 housing target, breaking ground on a total of 1,141 new housing units last year.

Announced in August 2023, the Building Faster Fund is a three-year, \$1.2 billion program that is designed to encourage municipalities to address the housing supply crisis. The fund rewards municipalities that make significant progress against their targets by providing funding for housing-enabling and community-enabling infrastructure. Funding is provided to municipalities that have reached at least 80 per cent of their provincially assigned housing target for the year with increased funding for municipalities that exceed their target.

Stouffville's housing target for 2023 was 477, yet 1,141 units were built, which equates

to a 239% exceedance. For exceeding the goal Stouffville came in 7th place when compared to 50 Ontario municipalities. Only 19 of the 50 communities exceeded the goal, and Stouffville is the only York Region municipality in the mix. Georgina came in at 92%, while Vaughan and East Gwillimbury achieved 60% of their target; the others in York Region were less than 50%.

"Ministers, on behalf of the Town of Whitchurch-Stouffville, thank you for this funding from the Building Faster Fund. I truly applaud your government's deep commitment to solving the housing crisis. Your goal of building at least 1.5 million homes by 2031 is a lofty one, and here in Whitchurch-Stouffville, you can count on us to do our part... The funds you are giving us today will enable us to invest in housing-enabling infrastructure, and I look forward to working with our staff on a plan of how to spend it," said Mayor Lovatt.

He added, "Speaking of staff, we would not be standing here today without the very hard work of our amazing staff here

in Whitchurch-Stouffville. I can't overstate how much time and energy went into not only meeting our goal but knocking it out of the park. There are far too many to name individually, but to our staff – thank you."

"I applaud the work being done by Whitchurch-Stouffville and all the other municipalities that have met or exceeded their housing targets and I'm proud to see our community helping lead the province when it comes to building homes," said Minister Calandra.

Attending the press conference with Minister Calandra was Stan Cho, Minister of Long-Term Care. He said, "As part of our government's plan to fix long-term care in Ontario, we're investing \$6.4 billion to build 58,000 new and upgraded long-term care spaces for our seniors to call home. Last year alone, we broke ground on 416 new long-term care spaces in Whitchurch-Stouffville. With the help of our municipal partners, we're building long-term care and getting it done for seniors across the province."

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COMMUNITY CHRONICLES

Looking Back On 147 Years of Print Media in Stouffville

With the *Stouffville Sun-Tribune* recently succumbing to the pressures that have led to the discontinuation of print versions of community newspapers across the country, I thought it would be a good time to reflect upon the proud history of such publications in Stouffville.

The Town's first newspaper, the *Stouffville Alert*, started in 1877, the year of Stouffville's incorporation. *The Pilot* began printing in 1883, followed by the *The Advance*, which used William Lyon Mackenzie's wooden printing press. The *Tribune* began its 135-year print run in 1888, with the *Illustrated Free Press* beginning in 1893. By the turn of the century, the *Tribune* was the only one left standing.

Flash ahead to 1982. The *Tribune* was flourishing with legendary editor Jim Thomas in his 33rd year of what would end up as a 73-year involvement in journalism here in Stouffville. Enter a wunderkind from Thunder Bay, Jim Mason, who was hired to be the editor of The *Stouffville Sun* - the only editor that paper would ever know. The *Sun* quickly became a worthy competitor as Jim Mason proved to be on an equal footing with his elder namesake.

The two Jims would end up with a slew of awards for their papers and themselves. Jim Thomas, who started his career as a part-time sports writer with the *Tribune* in 1949, earned the 1962 award for Best

Sports Page in Canada by the Canadian Weekly Newspaper Association, one of over 30 awards to come his way in his time with the paper. After his retirement from the *Tribune* in 1989 he was named Whitchurch-Stouffville Citizen of the Year and last year was inducted into the Ontario Community Newspapers Association (OCNA) Hall of Fame.

Jim Mason's *Sun* would also earn numerous awards. His personal treasure chest includes a Queen's Diamond Jubilee medal, a Business Person of the Year award from the Stouffville Chamber of Commerce, and a Melvin Jones Fellowship from the Stouffville Lions Club. He serves as MC for all candidates meetings at election time and volunteers for numerous other local initiatives such as the Town's annual Terry Fox Run.

The *Tribune* purchased the *Sun* in 2000 and the two papers merged three years later with Jim Mason as editor, a post he retained until his retirement in 2016. After his retirement, Jim Thomas continued to write his *Roaming Around* column in the *Sun-Tribune* until 2022.

The turn of the century saw a spate of monthly publications spring up here in Town. Whitchurch-Stouffville This Month led off in 2001, was bought out by the *Tribune* in 2004, and was eventually terminated. A year later Stouffville jeweller David Barthau and I put together a group of 10 Stouffville area backers to create The *Stouffville Free Press*. With Kate Gilderdale as editor, the paper earned wide acceptance before closing in 2019.

Snap'd Stouffville, a monthly pictorial take on Town events, came and went. Nicole Fletcher started *The Stouffville Review*, a well-received monthly publication which is now combined with its sister paper the *Markham Review*.

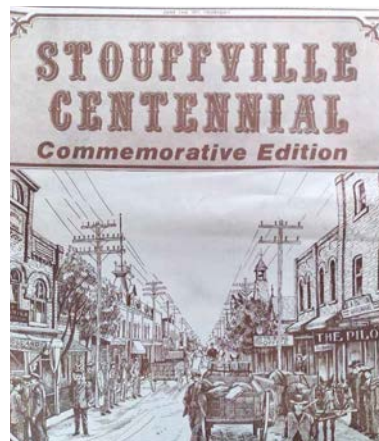
The closing of the *Tribune's* print version left the Town without an all-Stouffville paper. And that's where Whitchurch-Stouffville's visionary Economic Development Officer David Tuley becomes part of our story. With no previous journalistic experience, he came up with the idea to put out a print publication to help him do his job back in 2017. Thus was born *On*

the *Road in Whitchurch-Stouffville*, or OTR as it is known. "I started OTR to check off as many boxes as possible: Local Business Promotion, Small Business Development, Promote tourism and agriculture, strengthen the sense of community, provide a vehicle for official Town communications," David told me in 2019.

David's original eight-page newsletter evolved into a 32-page magazine that is jam-packed with information from the Town and stories on businesses, local organizations, community heroes, and much more. It includes contributions from Jim Mason as well as the Town's super citizen Susan Tucker. OTR is mailed out to all residents and is also available online.

And it has the blessing of Jim Thomas. "OTR is about people, that's so important," Jim says. "David is a master of providing the Town with what we really need."

[below] In 1977 the *Stouffville Tribune* produced an 80-page publication celebrating the 100th anniversary of Stouffville's incorporation. **[far below]** the last edition of the *Stouffville Free Press* that published monthly from 2005 to 2019. The paper's name was taken in part from the *Illustrated Free Press*, one of Stouffville's earliest publications from the 1890s.



STOUFFVILLE CURLER BRINGS HOME SILVER FROM NATIONAL SPECIAL OLYMPICS Alexander 'Lebron James' Geense also plays basketball, soccer and softball

Alex Geense of Stouffville won a silver medal in the curling competition at the Special Olympics Canada Winter Games in Calgary this month.

He had a blast, on and off the ice. But truth be told, the 21-year-old would have probably rather been putting up jump shots than shooting for the button.

A multisport (add softball and soccer to the list) athlete in the Special Olympics community, Alex is a point guard on the Aurora Dunks basketball team. But with basketball not on the menu of sports at the Winter Games, Alex took another route to Calgary.

After completing his schooling at Stouffville District Secondary School, the Glad Park Public School graduate was accepted into the York Region District School Board's PEAK (Pathways to Employment & Applied Knowledge) program. The curriculum included a weekly visit to the Richmond Hill Curling Club.

It wasn't basketball, but Alex took to the sport quickly. His team won gold at a Special Olympic Tournament last year and qualified for Calgary where they made it to the finals.

"My experience with Special Olympics was fun," Alex told OTR from Calgary. "It

feels amazing to be rewarded for doing my best. Winning a medal? It's great to be recognized for my efforts."

Now in his third year of curling, he's the vice on his team. This is serious stuff. Alex and his team practiced for eight hours every Tuesday leading up to Calgary. The out-turn is his specialty.

An avid traveler, Alex was looking forward to seeing Calgary for the first time, amongst other things. "Just showing people what I'm made of," he said, "and maybe making some new friends."

Alex was one of 1,500 athletes from across the country who took part in eight sports.

How big a basketball fan is Alex? After being adopted by the Geenses, they let him pick a new middle name. He's officially Alexander 'Lebron James' Geense, named for the Los Angeles Lakers superstar.

Alex and his oldest brother Chad were in LA last year to take in a pair of NBA games, one to see the Lakers play the Grizzlies and wthe other his beloved Toronto Raptors face the Clippers.

Special Olympics was launched in the United States in 1968. Its motto: "Let me win. But if I cannot win, let me be brave in

SportsTown
with JIM MASON



CONTACT Jim Mason, jimmason905@gmail.com

the attempt." In Canada, there are more than 42,000 people with an intellectual disability taking part in more than 6,100 Special Olympics programs.

"The Special Olympics is just a wonderful program," said Naomi Geense, Alex's mom. "They are so inclusive."

Alex had suffered a brain injury as an infant before joining the Geense clan in Stouffville. He is the youngest of six in the family and one of five who were adopted by the family that continues to provide foster and long-term care to children.

"He was very fragile when he came to us as a foster child," Dad Lou Geense, the former minister at EastRidge Church, told OTR. "Like so many others that came our way he was immediately embraced by our family and soon became one of us."

[left] Alex Geense with parents Naomi and Lou Geense at the Special Olympics Canada Winter Games in Calgary this month. **[below]** Alex Geense (front row, second from left) and teammates celebrate after winning silver medals at the national Special Olympics this month.





HELEN FORSTER A WALKING HISTORY

I recently had the honour, and I truly mean Honour and privilege of meeting with local resident Helen Forster to chat about many topics and events that she has experienced in her 101 ½ years. Yes, you read that right, but it sounds even more incredible when I say she was born in 1922. Just think about that for a minute... 1922! What comes to mind when you hear that? It's hard to imagine that at that time, you would pay 2 cents for a loaf of bread, and 2 cents for a pound of bananas! We have all seen pictures, read a lot of interesting history and heard many stories from our grandparents

or other relatives, but Helen lived it and has many a tale to share. My couple of hours with her were not nearly enough and I don't have enough room here to share my fascination with her life stories.

Helen has lived in Stouffville in a retirement residence for 11 years now, and she loves it here. She has what she calls a square mile route that she used to walk every day, along Main St. turning onto any of the small side streets, or sitting by the clock tower or reading in the park, her walk took her and her friends for a trek of 5 miles every day. Due to restrictions over the past couple of years, the walking expeditions came to an end.

While we chatted, as I would put my reading glasses on during our conversation so I could make notes, it was interesting to observe that Helen does not require glasses...thanks to laser surgery she had more than 50 years ago.

She has led an interesting life from growing up in Nova Scotia, and moving around the country, she counted that she had lived in 20 different places from East Coast to west settling in Ontario, and finally Stouffville to be closer to her daughter and grandchildren.

1922, the year she was born was the year that insulin was given to the very first patient to treat diabetes. Electricity was just starting to be introduced into Stouffville homes, so while we begrudge the occasional power outage when a storm hits, think of the days of no electricity and what a huge change it made in everyday life. Think too, of our current Main St., back then it was called the corduroy road, it was made from logs laying perpendicular to the shops. Horses and carriages traveled that road, without the nice soft air-ride tires we enjoy. The ride then would have been a little on the bumpy side, I can feel that in my spine! Living through the Great Depression which began in 1929, meant that things were beyond our current comprehension on how life actually was right here in Canada. The rationing of food, everyone limited as to how much flour, sugar, butter, etc. that they could have. Businesses converted into munition and supply factories

for various war requirements. There were no options like we enjoy today of going to the grocery store to pick up your favourite brand of whatever item. There was take it or leave it. Done.

Please keep this just between you and I, but Helen lied (gasp!) about her age so she could join the armed forces when World War 2 began. She and all of her friends had no hesitation and headed down to sign up to join the various military branches to defend our King, Queen and country. Loyalty to the throne was fierce in those days, there was no denying anyone who wanted to go off to war, they signed up as fast as they could. Helen's dream was to become an ambulance nurse. She completed her training and was scheduled to ship out overseas, but at the last minute her father stepped in and prevented her from going. The ship she was supposed to be on, that many of her friends and colleagues were on, was torpedoed, all lives lost.

One of the stories she recalled from war time was when she saw a nun in the park, with several maps laid out around her. Helen knew that something was amiss, and after making a couple of calls, it turned out the nun was actually a man in disguise... a spy set on destroying ammunition storage facilities. He was caught and dealt with thanks to her sleuthing.

Helen's husband served as a gunner in the war, they married just before he was shipped out, as did many other couples. He was one of the lucky ones who returned, and they were able to begin their married life together. He worked several different jobs and businesses that had them moving around the country, Helen spent 9 years volunteering with the Children's Aid and later turned that into a rewarding paid career from which she retired.

My time spent with Helen is invaluable to me. She is walking history, I know she wasn't sure if she wanted to do this article, thinking she was not interesting enough. I assure you Helen, it was absolutely fascinating to spend time chatting and hearing your stories and I am extremely grateful you shared your time and tales with me.

A HEALTHY TWIST TO BBQ

So, I have been writing about great BBQ food for a while now. I love grilling up a good steak, chicken, or ribs, but I am increasingly looking to incorporate healthier choices without compromising my love for BBQ.

Transitioning to a healthier diet is often perceived as synonymous with eliminating meats. However, adopting a healthier eating pattern is possible while still enjoying meat in moderation. By making mindful choices and incorporating various nutritious foods, you can strike a balance that supports your health and your culinary preferences.

One effective strategy for transitioning to a healthier diet while still including meats is to focus on the quality and quantity of meat consumption. Opting for lean cuts of meat such as skinless poultry, fish, and lean cuts of beef or pork can significantly reduce saturated fat intake while providing essential nutrients like protein, iron, and B vitamins.

Now, I am not an expert in this field, but recently, I have been intrigued by how essential protein is for the human body for many reasons, and I want to know more. So I decided to reach out to a friend, Brittany Dunbar, who is and can help us all understand how a healthier balanced approach is achievable and the importance of protein in our everyday diets.

Brittany has a Masters of Science in which she focused on protein metabolism and how we can effectively maintain or build muscle. She also has a Post Graduate in Sports Nutrition. She combines her personal passion for sport and exercise with scientific education to provide personalized nutrition services to her clients. I asked Brittany to shine a little light on how we can all add some healthier choices to our meals and the importance of balance and explain how and why protein is so important for our bodies.

Brittany explains, "Protein is the building block to muscle. As we age, this becomes even more important to combat the signs of muscle wasting that occurs when we don't exercise, specifically strength training, and don't provide the body with enough protein".

I have always been aware that we all need to eat healthy, that vegetables are good for you and, cooked right, can provide essential

nutrients, and that meat, cooked right, can provide a source of protein. However, I have never really dug in to find out how much protein we need or other ways we can increase our protein intake without...I am going to say it...without eating too much meat.

I asked Brittany to help me out here.

"The aim is 1.2-1.8g/ kg of body weight! Spaced out over breakfast, lunch, dinner and a few snacks, this can be easily obtained if you're willing to "map out" your meals. Don't think animal protein is the only source! Edamame, legumes, beans, broccoli, potato, quinoa, nuts/nut butters are all a great source of protein. Protein supplements are also useful, but I always like to encourage clients to get from real food sources first and use protein powders/shakes as backup". explained Brittany.

Aim to fill half your plate with colourful fruits and vegetables at each meal and experiment with different cooking methods and flavour combinations to keep things interesting. Grill your vegetables instead of steaming them. Grilling gives vegetables some great flavour without compromising their nutritional value.

More importantly, diversifying your protein sources beyond meat can enhance the nutritional quality of your diet. As Brittany said, legumes, beans, and broccoli are excellent sources of protein, they are also a great source of fibre. Incorporating these plant-based proteins into side dishes for your BBQ steak, chicken, or pork—in soups, salads, stir-fries, and casseroles—can add texture and flavour while boosting nutrient intake.

In conclusion, I am not looking to take meat out of my diet, and I am not suggesting you take it out of yours; however, transitioning to a healthier diet while still enjoying BBQing is entirely achievable with thoughtful planning and mindful choices. By focusing on the quality

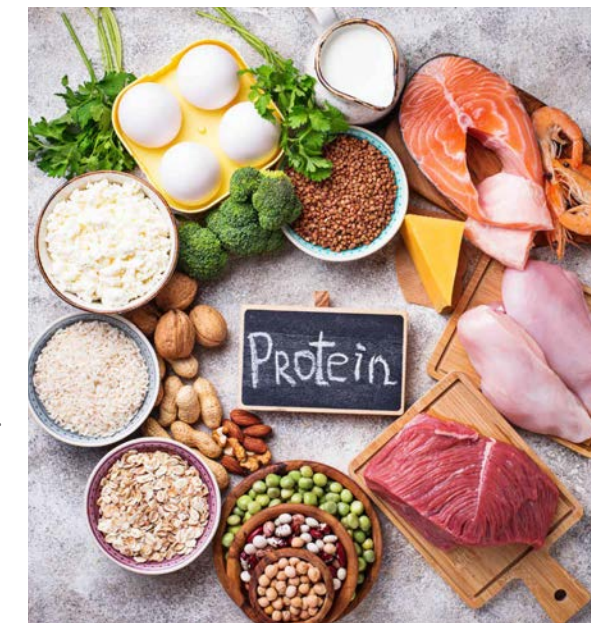


CONTACT Dave Mills, david@stouffville.com

and quantity of meat and incorporating a variety of plant-based foods, you can create a balanced eating pattern that supports your health and well-being for the long term without compromising amazing flavours. Oh ya, and exercise, exercise, exercise, which is something else I need to do more.

If you want to know more about the science of nutrition...which intrigues me, reach out to Brittany brittfitnessandcoaching.com

Next month, look forward to a great healthy recipe...with meat. Enjoy!





COMMUNITY NEWS

CUSTOMER SERVICE

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

TOWN HALL

111 Sandiford Drive
Stouffville ON L4A 0Z8

@wstouffville

@townofws

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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:

Wednesday, March 20 – 1 p.m.
Wednesday, April 3 – 1 p.m.
Wednesday, April 17 – 1 p.m.

Upcoming Public Meetings

(if required):
Wednesday, March 20 – 7 p.m.
Wednesday, April 3 – 7 p.m.

Residents may watch the meeting live online at [townofws.ca/cm livestream](https://www.townofws.ca/cm livestream).

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](https://twitter.com/ws_townhall).

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

MORE INFO:
[townofws.ca/council](https://www.townofws.ca/council)



FINAL DRAFT NEW OFFICIAL PLAN FOR COUNCIL ADOPTION

The Town will be presenting its Final Draft of the New Official Plan to Council on **May 1, 2024 at 1:00 p.m.** for consideration for adoption. The Final Draft New Official Plan contains policies that promote the building of healthy, complete and sustainable communities which further the growth and economic development of the community, help protect farmland, and protect environmentally sensitive areas of the Town.

The Council Agenda including the Staff Report outlining the key issues and responses to the Public and Agency Comments will be available here, the Thursday prior to the Council meeting: calendar.townofws.ca/council

Please visit cometogetherws.ca/opr to sign-up for our interested parties list, to receive notification of the upcoming Council meeting. The Final Draft of the New Official Plan dated October 2023 is available on the project webpage for review.

NEW FROM PLANNING: ADDITIONAL RESIDENTIAL UNITS

The Town of Stouffville is excited to involve our community in shaping the future of housing! We're seeking your valuable input on zoning regulations to allow up to three Additional Residential Units (ARUs) on fully serviced residential lots, aligning our Zoning By-law with Bill 23, the More Homes Built Faster Act, 2022. Your feedback is crucial in building a welcoming and inclusive Stouffville!

For more details and to share your thoughts, please visit us at [townofws.ca/aru](https://www.townofws.ca/aru)

MUSEUM



The York Regional Forest, A Growing Legacy - The Exhibition

January 11–December 14, 2024
10:00 a.m.–4:00 p.m., Wednesday–Saturday
Celebrating 100 years of the York Regional Forest, York Region has partnered with the Whitchurch-Stouffville Museum to bring you an engaging exhibit featuring the history of the forest since 1924. Free Admission.

Easter Hoppenings

Saturday, March 30, 10:00 a.m.–1:00 p.m.
Ages 2-7, \$15.00 per child
Go on an Easter egg hunt throughout the Museum's heritage buildings, snap a pic at the photo station, create a themed craft, play Victorian lawn games, explore exhibit galleries and more! Pre-register at [townofws.ca/active](https://www.townofws.ca/active) using barcode 30859. Only children need to be registered for this event, and must be accompanied by an adult (chaperones do not require a ticket).

Museum Open House

Saturday, May 18, 10:00 a.m.–4:00 p.m.
All ages, free
Celebrate International Museum Day at your local museum! Fun for everyone, this afternoon will introduce you to what the WS Museum has to offer.

MUSEUM HOURS

Wednesday–Saturday, 10:00 p.m.–4:00 p.m.

We continue to accept bookings for education programs (virtual or in-person), group tours, and all types of rentals (including corporate rentals and weddings). For more information, contact (905) 727-8954 or email wsmuseum@townofws.ca.

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.



Summer Camp Registration is Open!

Participate in recreational, swimming, sports, arts, museum, theatre camps, and more! Register at [townofws.ca/active](https://www.townofws.ca/active)

Stouffville Card Show

April 7, 10 a.m.–3 p.m. at the Leisure Centre
This FREE family friendly event is a great chance to browse and trade! If you've been searching for that last card to finish off your favourite set, you don't want to miss this card-collecting destination. Check out a wide variety of cards at the Stouffville Card Show, such as: Pokemon, Magic: The Gathering, Vintage Sport, Modern Era Sport. Free admission with a suggested food bank donation! Vendor applications are still being accepted. [townofws.ca/cardshow](https://www.townofws.ca/cardshow)



Sign up for Summer Hockey!

The York Adult Hockey League (YAH!) invites you to join the excitement! Lace up for a season of fun, fitness, and skill-building with the best value-added league in York Region, offering 15 regular season games, 2 playoff games, and even bonus opportunities. Discover more at [townofws.ca/hockey](https://www.townofws.ca/hockey)

Drop in and Get Active!

Get moving with our drop-in recreational programs featuring basketball, pickleball, volleyball, and more! Join us for friendly matches and energetic fun in our welcoming community environment.
[townofws.ca/dropins](https://www.townofws.ca/dropins)

19 ON THE PARK 2024 CONCERT SERIES

Jason Wilson & Ashara

Saturday, April 27, 7:00 p.m.
Where Scotland meets Jamaica, in Canada! The brainchild of Scottish-Canadian and award-winning visionary Dr. Jason Wilson, Ashara presents a joyful blend of Scottish folk, global roots and reggae.
[townofws.ca/theatrevents](https://www.townofws.ca/theatrevents)

Practically Hip

Friday, May 10, 7:30 p.m.
Canada's number one Tragically Hip Tribute for over 20 years!
[townofws.ca/theatrevents](https://www.townofws.ca/theatrevents)

SPRING PROGRAMS

Trivia Night

March 7 & April 11, 7:30–9:30 p.m.
19+ event
Challenge your friends to a fun trivia night and have the chance to walk home with prizes and bragging rights! Cash bar available on site. Register at [townofws.ca/theatrevents](https://www.townofws.ca/theatrevents)

JOIN THE STOUFFVILLE TEAM

Working for the Town of Stouffville means being a part of a tight-knit workforce, where we foster a sense of belonging. Whether you are looking to maintain our parks, plow snow, test water, build roads, plan future developments, serve the residents directly, or support staff, your work can impact the community of Stouffville in a valuable way. Find opportunities at [townofws.ca/careers](https://www.townofws.ca/careers)

HAVE YOUR SAY:



COMMEMORATIVE SPACES IN MEMORIAL PARK SURVEY

Share your thoughts and help shape the future of Commemorative Spaces in Stouffville and Memorial Park! Participate in our survey to provide feedback on Canada 150 Garden, the relocation of the Cenotaph to Memorial Park, and the incorporation of a donated Leopard Tank. Your input is crucial in preserving our community's legacy. Join us at [townofws.ca/mpcss](https://www.townofws.ca/mpcss).



BLOOD DRIVE ON APRIL 17

Join us at Latham Hall, 8 Park Dr. S, on Wednesday, April 17 from 10 a.m. to 2 p.m. for the Stouffville Blood Donation Event and make a meaningful impact in our community's health. Book your appointment at [blood.ca](https://www.blood.ca). Your donation can save lives!



Wishing you The Happiest Easter Long Weekend...
From Our Family to Yours



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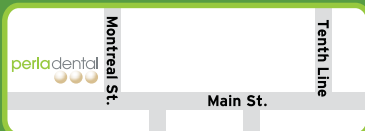
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UNCHECKED CAVITIES THREATEN MORE THAN YOUR SMILE

DID YOU KNOW that untreated cavities can progress into abscesses beneath the gums? This can potentially lead to severe infections that can spread to other areas of the body, triggering serious health complications.

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