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# FROM THE EDITOR

## SUMMER 2024 HIGHLIGHTING SUMMER VIBES FROM SOUTH ETOBICOKE TO SOUTH GEORGIAN BAY

**BY: ROGER TUMMINIERI**



Welcome to the Summer 2024 edition of Support Local Magazine, where we're embracing the summer vibes from South Etobicoke to South Georgian Bay. As temperatures rise and days lengthen, our communities come alive with a sense of excitement and possibility.

In this edition, we invite you to explore the vibrant neighbourhoods of West Toronto, where eclectic boutiques, bustling cafes, and lively street festivals await. From The Kingsway and Bloor West Village, to the expanse of the Lakeshore West neighbourhoods in South Etobicoke, there's something for everyone to discover in these dynamic corners of the city.

Venture further afield to the scenic shores of the South Georgian Bay, where pristine beaches, breathtaking hikes, and charming waterfront towns beckon. Whether you're soaking up the sun at Wasaga Beach or exploring the natural wonders of the Beaver Valley and surrounding towns like Markdale, you'll find endless opportunities for adventure and relaxation in this picturesque region.

So grab a cold drink, soak up the summer sunshine, and join us as we celebrate the vibrant communities and local businesses that make our corner of the world truly special. Here's to a summer filled with joy, discovery, and support for all things local.

Cheers!

A handwritten signature in black ink, appearing to be 'RT' with a long horizontal stroke extending to the right.

Photography: Alexa Jackson Creative  
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# THE NORTHWEST PASSAGE

## SUMMER RIDES A TRANQUIL ROAD TRIP FROM TORONTO TO TOBERMORY

BY: ROGER TUMMINIERI



In a world that often races towards its destination, there's a hidden gem of tranquility that awaits those willing to take the road less travelled. The Northwest Passage, a scenic route from Toronto to Tobermory, unfolds as a captivating journey through rolling hills, charming towns, and serene landscapes. Buckle up and embark on a tranquil country drive that weaves its way through Ontario's heartland.

### **Departure from the Urban Bustle**

As the cityscape of Toronto gradually fades in the rearview mirror, the journey along The Northwest Passage begins with a sense of anticipation. Leaving behind the urban bustle, the landscape transforms into a patchwork quilt of green fields, orchards, and quaint farmsteads. The hum of city life is replaced by the rhythmic melody of tires on quiet country roads.

### **Caledon: Rolling Hills and Rural Charms**

The initial stretch of the journey takes you through the scenic hills of Caledon, where the lush countryside unfolds like a watercolour painting. Quaint villages with white picket fences and historic churches punctuate the landscape. Farmers' markets beckon with fresh produce, and roadside stands offer a taste of local honey and artisanal cheeses. The pace of life here is a stark contrast to the urban whirlwind left behind, allowing for unhurried exploration of charming hamlets like Belfountain and Erin.

### **Fergus and Elora: Riverside Retreats**

Heading north, The Northwest Passage meanders towards the picturesque towns of Fergus and Elora, nestled along the Grand River. These riverside retreats boast historic architecture, cobblestone streets, and vibrant arts scenes. Elora's majestic gorge and the stunning Elora Mill Inn provide breathtaking scenic stops. The rhythmic flow of the river becomes a companion on the journey, offering moments of contemplation and connection with nature.

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## Owen Sound: A Glimpse of South Georgian Bay

Continuing northwest, the route introduces a subtle shift as Owen Sound appears on the horizon. The city's rich maritime history is echoed in its harbour, where boats sway gently against the backdrop of Georgian Bay. The Northwest Passage invites you to take a detour here, exploring Owen Sound's heritage sites and scenic lookouts. It's a pause in the journey, a chance to appreciate the blend of history and natural beauty that defines this region.

## Southampton and Sauble Beach: Coastal Serenity

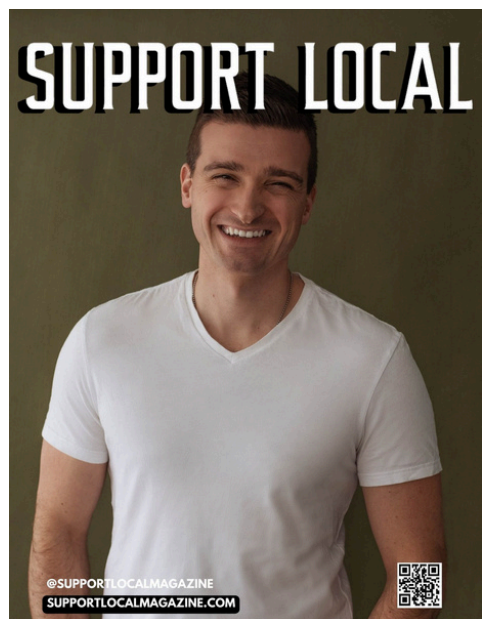
As the drive progresses towards Lake Huron, the tranquil coastal towns of Southampton and Sauble Beach come into view. The serene beaches, sand dunes, and crystal-clear waters create a sense of coastal serenity. The Northwest Passage invites you to linger, perhaps dip your toes in the lake, and relish the unhurried pace of life by the shore.

## Tobermory: Journey's End at the Tip of the Bruce Peninsula

The final leg of The Northwest Passage leads to Tobermory, a picturesque town at the northern tip of the Bruce Peninsula. Known for its turquoise waters, rugged cliffs, and the iconic Flowerpot Island, Tobermory is a reward for those who've embraced the tranquility of the journey. The harbour teems with boats ready to explore Fathom Five National Marine Park, and the local charm invites you to savour the moment.

## The Beauty in the Journey

The Northwest Passage isn't just a route; it's an invitation to savour the beauty in the journey. Along this tranquil country drive from Toronto to Tobermory, the pace of life aligns with the unhurried cadence of the countryside. Each curve of the road reveals a new facet of Ontario's natural wonders and rural charms, making The Northwest Passage a truly enriching and serene travel experience. So, embrace the allure of the open road, let the countryside unfold its stories, and discover the magic that lies in the tranquil journey from Toronto to Tobermory.



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# SPOTLIGHT

## SOUTHGATE A MELTING POT OF CULTURES IN GREY COUNTY

BY: JOHN BUTLER

Southgate Councillor Joan John was raised in Jamaica. Fellow Councillor Monica Singh Soares was born of parents who arrived from Punjab with \$200 and two suitcases. Dundalk Herald newspaper editor Mary Redmond has family roots in Dundalk, the village at the centre of Southgate's farm-studded landscape. These women reflect Southgate, population 10,000, Grey County's fastest growing community, lying between Toronto and Owen Sound. Dundalk, its central town, is multicultural as families with roots in South Asia and the Caribbean move from the GTA for affordable housing and an escape from urban life's pace.

Joan and Monica both lead Southgate cultural organizations. Joan founded JunCtian Community Initiatives, rooted in the Black community but serving everyone. Monica founded Rise Up and Soar, a South Asian impetus but dedicated to all of Southgate. Both organizations focus on youth services but meld cultural roots with Canadian culture. Rise up and Soar holds an annual Diwali celebration and a Christmas-Fest. JunCtian Community Initiatives hosts a Canada Day celebration, attended by people of all backgrounds, featuring entertainers and free Island cuisine.

Deputy Mayor Barbara Dobreen and Mayor Brian Milne enthusiastically participate in Caribbean and South Asian events. Editor Mary Redmond is a supporter, too. The Dundalk Herald, a weekly ten-pager, has operated for 143 years. Mary's parents ran Dundalk's Redmond Brothers Supply Store, where she was privy to all aspects of community life as a teenager working there.

Says Mary, "Things move on. When I look around, I'm more hopeful than I've been in decades, in spite of rough spots from fast growth, and things we lost that are still missing. I'm hopeful because of new people who live here, like being here, and make new things

happen. No one knows how a 'new' Dundalk will happen - one that doesn't let old Dundalk be forgotten and crumble. But as my Dad said, 'There's no one smarter than all of us.'"

When newcomers arrive, so do their businesses. Black-owned Dundalk businesses include Lici Artistic Beauty, Nella's Caribbean Grocery Store, Marvin Miller Catering and Suko Barb Boutique. Monica says South Asian-themed stores will open in town, too.

Faith communities also accompany newcomers. The Dundalk Church of Canada meets Sundays for its largely Black congregation. There are no South Asian faith buildings in Dundalk, but Monica sees this as a priority because centres of worship are social centres for South Asians.

Joan and Monica cite instances of hostility to people of colour, but say Southgate is overwhelmingly welcoming. They praise the physical and social environments that make Southgate a good place to visit and live.

So come visit Southgate. After picking up a delightful take-out Jamaican food lunch or supper at Nella's in Dundalk and buying this week's edition of the Dundalk Herald, make your Southgate visit complete by taking a 20 minute drive through its farmland and forests to picnic at the village of Holstein's pond-side Dam and Jubilee Park, followed by a cool dessert from the Holstein General Store. On the way you might see some of the amazing variety of inventive Mennonite horse-drawn vehicles that grace the country roads of Southgate.



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# SPOTLIGHT

## OWEN SOUND'S RIVER DISTRICT WHERE THE SCENIC CITY COMES ALIVE IN THE SUMMER

BY: VIVECA GRAVEL

Summer is when the streets of the River District come alive! Street-side patios go up, flowers are abundant, and shade from the many trees lining the streets is cast to provide a much-needed break from the mid-day sun.

The River District is known for its incredible shops, plentiful services, exceptional music, bountiful art, endless culture, and unequaled green space. Where else can you purchase a farm fresh, hyper-local, quality lunch and only steps away listen to live music along a riverbank lined with trees?

Owen Sound is filled with talented artists of all kinds, including musicians. We are proud to have them perform on Wednesdays starting June 5th in various locations.

Hit the streets on July 13th for the Hottest Street Sale. This street market and festival has been running for over 30 years and brings thousands of eager shoppers to the main street for a full day of shopping and family fun. The renowned Summerfolk Stage is back with a day-long lineup of local artists. The Owen Sound & District Chamber of Commerce once again presents the Community Stage on the steps of City Hall. On-street music is available from local radio stations broadcasting the entire day. Several vendors within the street sale will also provide fun activities for kids; this year, we will run a Touch A Truck event on one of the activated blocks.

Don't forget to mark your calendar with all the other incredible events in the River District. Heartwood Hall is a year-long party with music, different performances, and events. The Historic Roxy Theatre offers award-winning performances by the Owen Sound Little Theatre, endless concerts, film festivals, and more. The Harmony Centre, former Knox Church, offers classes

and concerts for the community and office space for those community groups. The Georgian Bay School of the Arts, Upward Art Studio, and Intersections Wood Collaborative offer regular classes of varying styles, mediums, and techniques. Of course, if you are filling your calendar with events this summer, don't forget to include the weekly Farmers' Market that runs every Saturday morning all year.

Was it mentioned that incredible shops line the streets full of beautiful merchandise? If you are in the market for artisan wares, high-quality goods, and anything else your heart desires, you can buy it from independent local entrepreneurs and really get that community feel as they greet you with a smile.

Thinking about getting a bite to eat? The River District is the place to get it. Each eatery brings its own cuisine and vibe, so you will get a different experience from one restaurant to the next. One thing they all have in common is that they will provide you with a great meal and a fantastic atmosphere.

Each season in the River District brings its own incredible events, but nothing is like that summer feeling, walking around in a t-shirt and flip-flops, getting that iced coffee, and sitting on a patio watching the world go by. There is a different pace in the summer, a calmer and more casual feeling that you just can't beat. The only way to see for yourself is to come and spend the day with us here in the River District.



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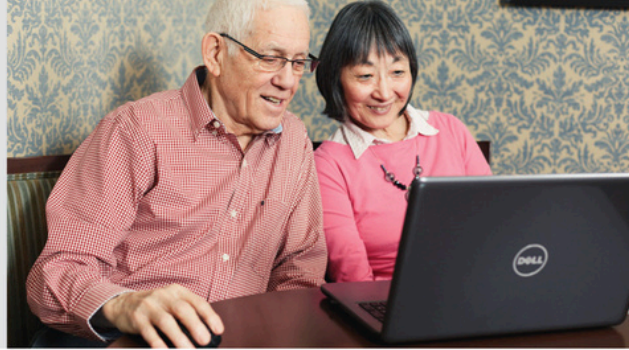
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# Essential tech

## for seniors

### 5 devices that all older adults should know about



Today's older adults are the first generation to routinely use high technology in their day-to-day lives. Here are 5 best devices that all older adults should embrace, as recommended by our Delmanor **LivingWell** Managers, Kristina Lopez Papic and Tiffany Moraes.

#### 1. Tablets, computers and laptops

These devices have been real game changers. And for older adults, portable tablets loaded with apps play an especially important role in communication and cognitive stimulation. "Some favorite apps of our residents include Mind Games and Left vs. Right," says Lopez. "It's great for mental stimulation, they can play every day to stay cognitively engaged." Newspaper apps are also popular, adds Moraes. "Of course, tablets open up the world to older adults through email, Skype, Facebook, YouTube and more." Also, check out foldable keyboards!

#### 2. Smart phones

The go-to device when you're on the move, older adults love their phones "to communicate with friends and family, and they are also great

for emergencies," says Lopez, who says one of her residents favorite phone apps is Uber.

#### 3. Smart watches

Apple watches and Fit Bits have a lot of applications, but older adults primarily use them as fitness trackers, says Moraes. "They love the novelty of connecting to their steps. Smart watches are more accurate than pedometers at calculating steps. They show how distance, calories burned and more. They also have many functions and they're easy to use."

#### 4. Airtag

These small tracking devices can attach to almost any item and use Bluetooth technology to connect to your mobile device, locating the item when it goes missing. "This would be helpful for anyone who constantly loses their keys, phone, wallet and more, this is an amazing piece of technology," enthuses Lopez.

#### 5. Assistive technology

Whether to aid with hearing or sight, there are some great new products, including technology to enlarge your desktop or special phones to help those who have hearing impairments, says Moraes. "There are also devices that connect wirelessly to the television via Bluetooth to help a person who is hard of hearing, they don't have to turn the volume way up."



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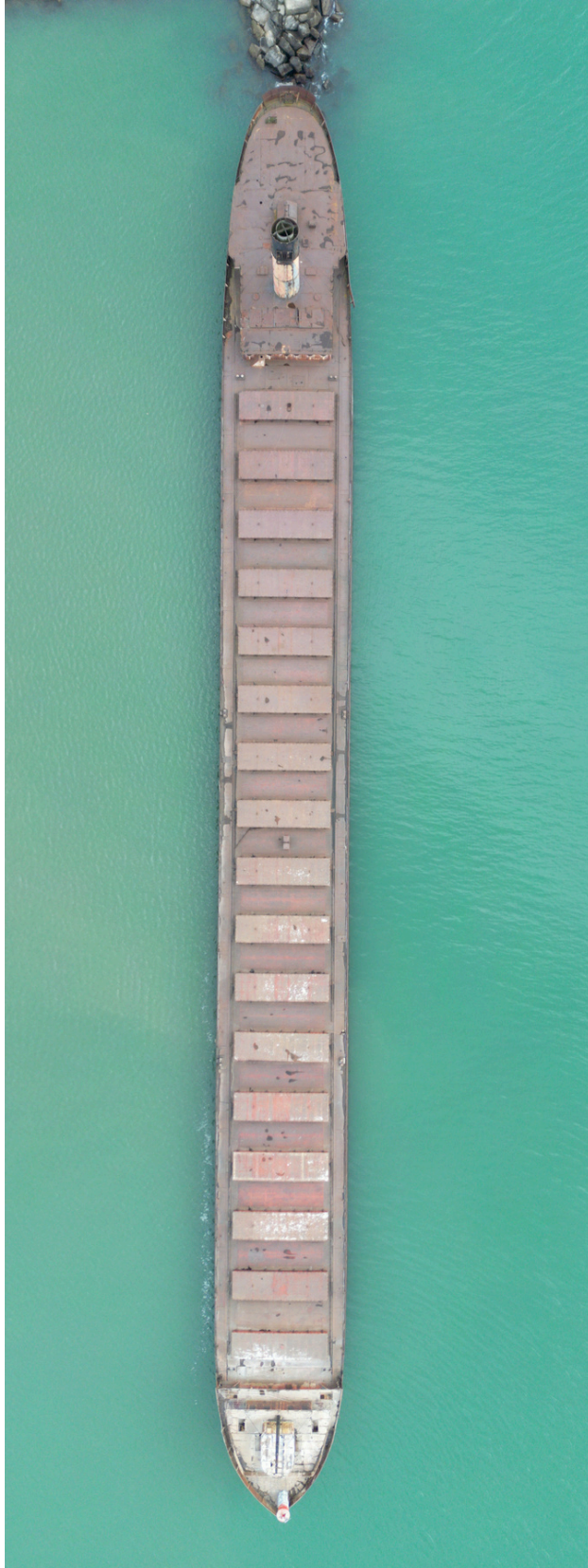
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# LAKESHORE WEST

**Celebrating Summer:  
Exploring the Vibrant Street  
Festivals of West Toronto,  
South Etobicoke, and Port  
Credit**

BY: ROGER TUMMINIERI

PHOTO BY: GREG DUNN



Summer in the GTA brings with it a kaleidoscope of vibrant street festivals, each offering a unique blend of culture, music, food, and community spirit. In the western reaches of the city and beyond, neighbourhoods like West Toronto, South Etobicoke, and Port Credit come alive with an array of festivals that showcase the diversity and dynamism of their communities.

### **West Toronto: A Collection of Culture and Creativity**

West Toronto, home to neighbourhoods like Parkdale, Roncesvalles, and the Junction, boasts a rich cultural tapestry that is celebrated each summer through a series of eclectic street festivals. One of the highlights is the Roncesvalles Polish Festival, a weekend-long extravaganza that pays homage to the neighbourhood's Polish heritage. From traditional folk music and dance performances to mouthwatering pierogies and kielbasa, the festival offers a taste of Poland right in the heart of Toronto.

In nearby Parkdale, the Parkdale Flea Market takes over the streets with an eclectic mix of vintage finds, handmade crafts, and artisanal goods. Visitors can browse through a treasure trove of unique items while enjoying live music, food trucks, and a lively atmosphere that captures the essence of Parkdale's creative spirit.

### **South Etobicoke: Where Community Comes Together**

South Etobicoke, with its charming neighbourhoods and waterfront vistas, plays host to several beloved summer festivals that bring residents together in celebration of community and culture. One such event is the Lakeshore Village Arts and Crafts Show, a juried exhibition featuring the works of local artists and artisans. From pottery and paintings to jewelry and textiles, the show offers a diverse array of handmade goods for visitors to peruse and purchase.

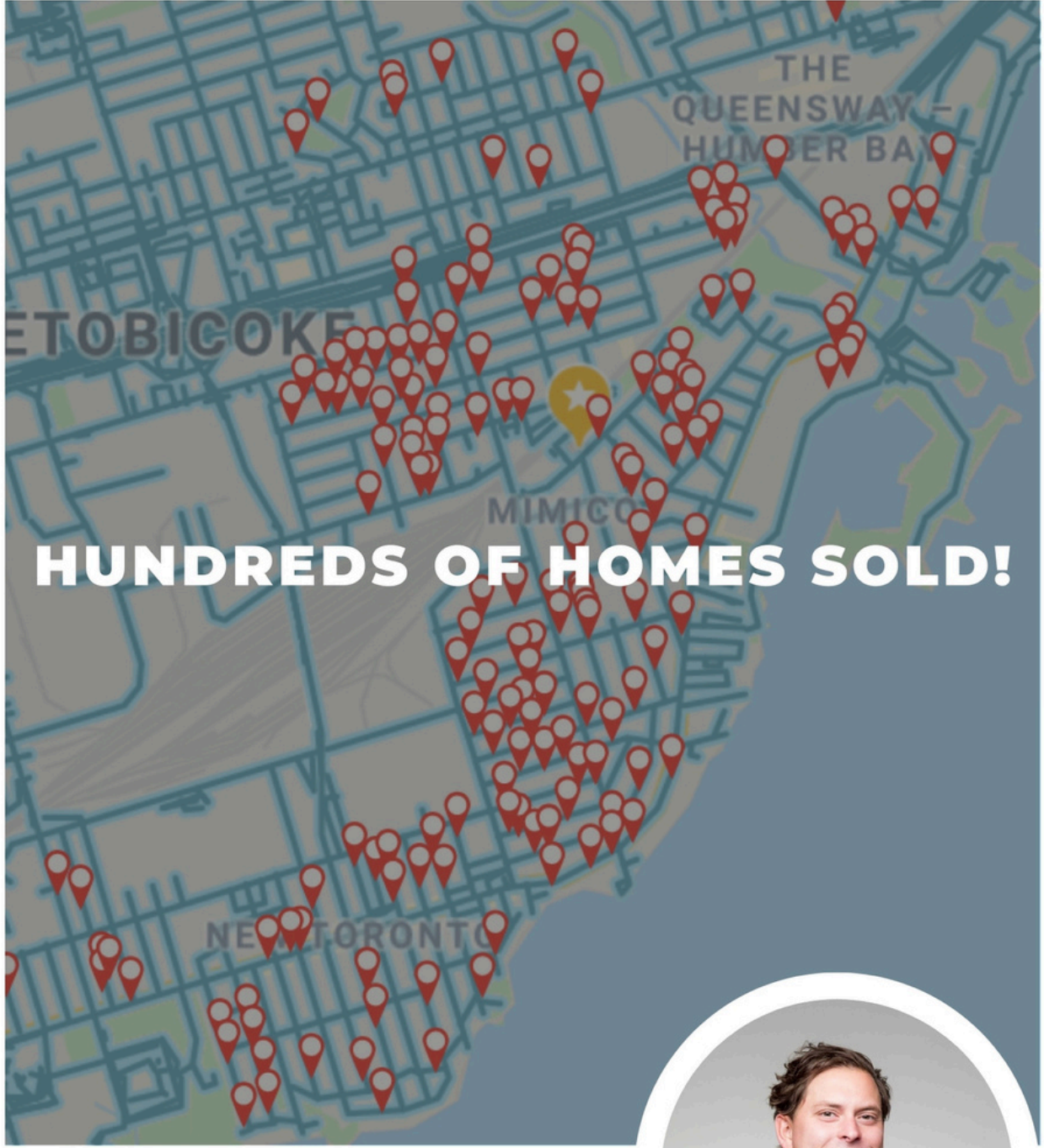
Further north, the Taste of the Kingsway festival transforms Bloor Street West into a culinary mecca, with dozens of local restaurants and eateries serving up delicious fare from around the world. Whether it's savouring gourmet cuisine, enjoying live entertainment, or browsing through artisanal vendors, the festival offers something for everyone to enjoy.

### **Port Credit: A Lakeside Extravaganza**

Nestled along the shores of Lake Ontario, Port Credit is renowned for its scenic beauty, bustling marina, and vibrant summer festivals. One of the highlights is the Port Credit Buskerfest, where the streets come alive with awe-inspiring performances by talented street performers from around the world. From acrobats and jugglers to musicians and magicians, the festival offers non-stop entertainment for the whole family.

Another must-visit event is the Southside Shuffle Blues and Jazz Festival, a three-day celebration of music, art, and community spirit. Featuring performances by top blues and jazz artists, along with an art show, craft vendors, and food trucks, the festival showcases the best of Port Credit's cultural scene against the backdrop of its stunning waterfront.

As summer unfolds in the GTA, the streets of West Toronto, South Etobicoke, and Port Credit come alive with a diverse array of street festivals that celebrate the richness of culture, creativity, and community spirit that define these vibrant neighbourhoods. Whether it's exploring the Polish heritage of Roncesvalles, browsing through artisanal goods in Parkdale, savouring gourmet cuisine in South Etobicoke, or enjoying live music along the shores of Lake Ontario in Port Credit, these festivals offer residents and visitors alike the perfect opportunity to embrace the spirit of summer in the city.



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# FOOD & DRINK

## Exploring the Craft Brewing Scene in South Georgian Bay

BY: ROGER TUMMINIERI

Set amidst the stunning backdrop of South Georgian Bay, a burgeoning craft beer revolution is brewing, captivating locals and visitors alike with its flavourful offerings, innovative brews, and vibrant community spirit. From Collingwood to Wasaga Beach, the region's craft breweries are making waves, crafting unique beers that reflect the area's natural beauty, rich heritage, and creative ethos.

### **A Brewpub Haven in Collingwood:**

At the heart of South Georgian Bay's craft beer scene lies Collingwood, a picturesque town known for its outdoor adventures and vibrant culinary scene. Here, craft breweries like Black Bellows, The Collingwood Brewery and Side Launch Brewing Company have established themselves as local institutions, drawing beer enthusiasts from near and far.

The Collingwood Brewery, housed in a historic grain elevator overlooking the Collingwood harbour, offers a diverse lineup of beers inspired by the region's natural surroundings. From their flagship Downhill Pale Ale to seasonal specialties like the Gateway Kölsch and Rockwell Pilsner, each brew is crafted with care, using locally sourced ingredients whenever possible.

Meanwhile, Side Launch Brewing Company, located in a former shipyard warehouse, pays homage to Collingwood's maritime heritage with its nautically themed taproom and award-winning beers. With a focus on traditional German brewing techniques and quality craftsmanship, Side Launch has garnered acclaim for its Bavarian-style Wheat Beer, Dark Lager, and Mountain Lager, among others.

Discover Collingwood's hidden gem: Black Bellows Brewery. Tucked away in the heart of town, Black Bellows crafts small-batch brews that ignite the senses. With a commitment to quality and creativity, each sip is an adventure.

### **Creative Innovation in Wasaga Beach:**

Just a short drive from Collingwood, Wasaga Beach is home to its own thriving craft brewing scene, with breweries like Wasaga Beach Brewing Company leading the charge. Founded by a group of friends with a passion for brewing, this community-focused brewery prides itself on its commitment to quality, creativity, and sustainability.

At Wasaga Beach Brewing Company, visitors can sample a wide range of beers, from classic ales and lagers to experimental brews infused with locally sourced ingredients. Whether it's their refreshing Blonde Ale, hop-forward IPA, or seasonal fruit-infused creations, each beer reflects the brewery's dedication to pushing the boundaries of flavour and innovation.

### **Embracing Local Flavour in Thornbury:**

Further west, the quaint town of Thornbury is making a name for itself in the craft beer world, thanks to Thornbury Craft Cider & Beer. Situated in a historic apple processing facility overlooking the Beaver Valley, this brewery and cidery celebrates the region's agricultural heritage with its lineup of handcrafted beers and ciders.

From crisp and refreshing ciders made with locally grown apples to traditional English-style ales and stouts, Thornbury Craft offers something for every palate. Visitors can enjoy a pint in the brewery's cozy taproom or soak up the sunshine on the outdoor patio, all while taking in panoramic views of the surrounding countryside.

### **Savouring the South Georgian Bay Brewscape**

As South Georgian Bay's craft brewing scene continues to flourish, each brewery brings its own unique flavour and flair to the region, creating a vibrant array of tastes that reflect the area's natural beauty, cultural heritage, and spirit of innovation. Whether it's enjoying a pint overlooking the Collingwood harbour, sampling experimental brews in Wasaga Beach, or sipping cider amidst Thornbury's apple orchards, one thing is certain: South Georgian Bay's craft breweries offer a deliciously refreshing glimpse into the region's rich brewing tradition and bright future.

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# SPOTLIGHT

## MARKDALE A RURAL REVIVAL AT 175

BY: ROGER TUMMINIERI

Located in the heart of Grey County, Markdale proudly celebrates its 175th anniversary, embodying the timeless charm and resilient spirit of rural communities. What was once a modest settlement has blossomed into a vibrant town, with its roots firmly planted in agriculture and a burgeoning retail business scene.

Markdale's journey mirrors a larger trend of rural revival across Canada, where small towns are reclaiming their identity and attracting new opportunities. Its anniversary marks not just the passage of time but a testament to its ability to adapt and thrive in a rapidly changing world.

Central to Markdale's resurgence is its growing retail business community. From trendy boutiques like Grey Bruce Design Shop to artisanal foodie destinations like Susan's Deli, the town offers a unique shopping and dining experience that attracts locals and tourists alike. Quaint streets adorned with historic buildings provide the perfect backdrop for exploring a diverse range of businesses, each with its own story to tell.

What sets Markdale apart is its commitment to preserving its heritage while embracing innovation. Local entrepreneurs infuse traditional craftsmanship with modern flair, creating products that reflect the town's rich history and contemporary tastes. This harmonious blend of old and new not only sustains the local economy but also fosters a sense of pride and belonging among residents.

As Markdale celebrates its 175th milestone, it stands as a shining example of rural renewal, where community spirit and entrepreneurial drive converge to create a bright future. With each passing year, the town continues to write its own success story, inviting others to join in its journey of growth and prosperity.





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# GO LOCAL

BY: ROGER TUMMINIERI

**Soak Up All The Summer Vibes  
in Sauble Beach**

## Featuring The June Motel: Your Ultimate Staycation Destination in Sauble Beach (and the Beaver Valley)

The June Motel, renowned for its whimsical charm and laid-back luxury, continues to redefine the boutique hotel experience with two Grey-Bruce locations: Sauble Beach and the Beaver Valley. Embracing the spirit of summer, these picturesque destinations offer travellers a refreshing escape infused with style, comfort, and a touch of nostalgia.

### **Sauble Beach: Coastal Chic Meets Retro Vibes**

Situated along the shores of Lake Huron, The June Motel's Sauble Beach location exudes coastal charm and retro flair. Inspired by the carefree spirit of beachside living, the motel's vibrant decor, pastel hues, and playful accents create an atmosphere that is both inviting and Instagram-worthy.

Each of the motel's rooms is thoughtfully designed to evoke a sense of seaside serenity, with plush furnishings, vintage-inspired artwork, and modern amenities that ensure a comfortable stay. Guests can unwind on their private balcony or patio, sip cocktails by the pool, or stroll to the nearby beach to soak up the sun and surf.

### **Beaver Valley: Rustic Elegance in the Countryside**

Situated in the rolling hills and lush landscapes of the Beaver Valley, The June Motel's newest location offers a tranquil retreat for those seeking respite from the hustle and bustle of city life. Blending rustic elegance with contemporary comfort, the motel's design pays homage to the area's natural beauty and agricultural heritage.

Each room at the Beaver Valley location features bespoke furnishings, cozy linens, and panoramic views of the surrounding countryside. Guests can explore nearby hiking trails, sample locally sourced cuisine at charming eateries in Kimberley, or simply relax and recharge amidst the peace and tranquility of rural Grey County.



### **A Boutique Experience Unlike Any Other**

Whether lounging poolside in Sauble Beach or savouring the serenity of the Beaver Valley, guests at The June Motel are treated to a boutique experience unlike any other. From personalized service and thoughtfully curated amenities to a sense of community and camaraderie, each stay is infused with the warmth and hospitality that have become synonymous with The June Motel brand.

As summer beckons and travellers seek out new adventures, The June Motel's Sauble Beach and Beaver Valley locations offer the perfect blend of relaxation, rejuvenation, and exploration. Whether escaping for a weekend getaway or embarking on a road trip through Grey-Bruce, guests are invited to experience the magic of The June Motel and create memories that will last a lifetime.

# *Welcome to* **SAUBLE BEACH**



The June Motel Owners  
April Brown & Sarah Sklash  
[thejunemotel.com](http://thejunemotel.com)

# GREY COUNTY LIFE

## ROCKLANDS MARKET Love Only Beyond This Point

BY: ROGER TUMMINIERI

Hidden away in Berkeley, a quaint town in Grey County, lies a gem that embodies the essence of community spirit and local vibrancy. Rocklands Market is a multifaceted venue that caters to a variety of events, ranging from intimate weddings to corporate retreats. With its idyllic setting and commitment to supporting local artisans, Rocklands Market has become synonymous with unforgettable experiences infused with rustic charm and sophistication.

For those seeking a picturesque backdrop for their special day, Rocklands Market offers a venue that transcends the ordinary. The serene ambiance of its surroundings, coupled with versatile event spaces, provides the perfect canvas for creating memories that last a lifetime. Whether exchanging vows amidst lush greenery or dancing under the starlit sky, weddings at Rocklands Market are imbued with a sense of timeless elegance and romance.

Beyond weddings and celebrations, Rocklands Market opens its doors to local businesses and corporations, offering a unique setting for corporate gatherings and retreats. From board meetings to management brainstorming sessions, every aspect of corporate events is meticulously curated to ensure productivity and innovation thrive in this tranquil environment. With state-of-the-art facilities and a touch of rustic flair, Rocklands Market provides the ideal backdrop for fostering creativity, collaboration, and team bonding.

What truly sets Rocklands Market apart is its unwavering commitment to supporting the local community through initiatives like The Market Shoppe at Rocklands Market - a vibrant hub where local artisans, vendors, food producers, and artists come together to showcase their talents and products. Here, visitors can immerse themselves in a treasure trove of artisanal goods, from handcrafted jewelry to farm-fresh produce, all while enjoying the sounds of live music and participating in interactive workshops.

The Market Shoppe at Rocklands Market takes place on Sundays during the summer months, starting on June 30th and culminating on August 4th. These events offer a unique opportunity for the community to come together and celebrate local craftsmanship and creativity. Each Sunday market is a vibrant collection of sights, sounds, and flavours, where neighbours gather to support and uplift one another.

As visitors peruse the vendor stalls, they're greeted by a diverse array of offerings, from artisanal foods to crafts and artwork, each bearing the hallmark of local ingenuity and passion. Meanwhile, live music performances set the stage for an atmosphere brimming with joy and camaraderie, while workshops provide opportunities for hands-on learning and creative expression.

For those looking to escape the hustle and bustle of daily life, The Market Shoppe at Rocklands Market offers a welcome respite—a chance to reconnect with the community, savour the simple pleasures of local living in Grey County, and bask in the warmth of shared experiences.

In a world where authenticity and connection are increasingly prized, Rocklands Market stands as a beacon of hope and inspiration. With its unwavering dedication to supporting local artisans, fostering meaningful connections, and creating unforgettable experiences, Rocklands Market continues to be a beloved cornerstone of the Grey County community and a shining example of what can be achieved when passion, creativity, and community converge. Whether hosting a wedding, corporate event, or simply strolling through The Market Shoppe at Rocklands Market on a lazy Sunday afternoon, Rocklands Market invites visitors to experience the magic of community, one celebration at a time.

To book your event or retreat at Rocklands Market, contact Roger, Creative & Programming Director, at [general@rocklandsmarket.com](mailto:general@rocklandsmarket.com).



TOP: CYBERPUNK SMOKER, BUTTERFLY GRILL, THE BLACK HOUSE  
BOTTOM: THE BLACK HOUSE (LEFT), CATHEDRAL DINING ROOM (RIGHT)



# SPOTLIGHT

## DOWNTOWN ORANGEVILLE YOUR NEXT DESTINATION FOR SHOPPING & DINING

BY: ROGER TUMMINIERI



Downtown Orangeville is a hidden gem waiting to be explored. With its charming streetscapes, historic buildings, and vibrant atmosphere, the downtown core is a mecca for shoppers and food enthusiasts alike.

### **Shop 'Til You Drop:**

From boutique clothing stores to specialty shops, Downtown Orangeville offers a diverse array of shopping experiences for every taste and budget. Fashionistas and those interested in outdoor sports can peruse the racks at lifestyle shop, Moguls In Mocean, while home decor enthusiasts can uncover hidden treasures at Suzanne Gardner Flowers.

### **A Culinary Journey:**

After a day of shopping, Downtown Orangeville beckons with an enticing array of dining options to satisfy every craving.

### **Community and Culture:**

But Downtown Orangeville is more than just a shopping and dining destination—it's a vibrant community hub where residents and visitors come together to celebrate art, music, and culture. From live music performances at the Orangeville Blues & Jazz Festival to art exhibitions at the Orangeville Art Group, there's always something exciting happening in the downtown core.

### **Plan Your Visit:**

Whether you're in search of the perfect outfit, a delicious meal, or a dose of local culture, Downtown Orangeville has something for everyone. So why not plan your next shopping and dining adventure in this charming Dufferin County town? Come explore Downtown Orangeville and discover all it has to offer.



# In Good Spirits

A circular logo with the text "downtown Orangeville" in a lowercase, sans-serif font.

**August 16th**  
**6pm-10pm**  
**Mill Street**  
**Orangeville**

Small-batch  
craft beverage  
sampling &  
social.

**Visit**  
**[DowntownOrangeville.ca](http://DowntownOrangeville.ca)**  
**for details!**

**August 17th**  
**11am - 4pm**  
**Mill Street**  
**Orangeville**

Foodfest featuring  
delicious bites from  
Orangeville's  
local food  
scene.

# taste of Orangeville

A circular logo with the text "downtown Orangeville" in a lowercase, sans-serif font, partially overlapping a stylized yellow and orange swirl graphic.



# FEATURE

## BUBBLE GROVE NATURE ESCAPE AT RHYTHMIC ROOTS FARM CHATSWORTH

BY: ALEXIS BRENNER

Bubble Grove started as a dream about a place where culture, nature and creativity could come together, offering guests a space that inspires and renews through connection and the incredible beauty of the land, entwining culture and agriculture, and celebrating the joys of life in beautiful, natural spaces.

The journey of building up to this beautiful farm and retreat centre began as a dream over 15 years ago. In March of 2022 we moved to this property to gleefully become dedicated and passionate land stewards and ever since we have breathed everything we have into creating Bubble Grove and Rhythmic Roots Farm.

All of this has come together with my partner in life and all things, Andrew Duncan, and our 2 wonderful children who have grown up in the bubble of this dream becoming reality. This is truly a family endeavour.

Bubble Grove is a farmscape Retreat Centre perched on the edge of the Niagara Escarpment, overlooking the Big Head Valley in Chatsworth, Ontario.

This 86 acre property boasts a beautiful landscape of soaring forests, abundant orchards, lush meadows, ancient rock formations, and long views from the vineyard atop the ridge.

Sky Camp is our off grid dome for getaways and retreats which is nestled into a beautiful field, up against the forest edge, with plenty of space to stretch out and move and a wonderful wood fired cedar sauna to melt in.

The Nest and The Nook boast beautiful bell tents for picnics and experiences.

Our Orchard Event Space is a stunning spot for events and celebrations, nestled into our 10 acre organic apple orchard with mossy Escarpment rocks, twinkling trees, and privacy all around.

Come explore the 7km of trails in every season! In the Spring, our orchards come alive with blossoms and fire flies. In the Summer we are surrounded by wildflowers and spectacular sunsets. Autumn brings an incredible show of colours throughout the forest, and Winter is a special time for snowshoeing and cross country skiing.

Through hosting workshops, retreats, getaways and events we are able to share this incredible Escarpment landscape with our guests and craft special experiences which hopefully ignite the imagination and create memories.

The property we are on has hosted retreats and nature-based experiences dating back to the early 1980's and we are proud to carry on that tradition here. Seeing the wonder and smiles from our guests and hearing the stories of memories made and the feeling of calm that comes over you here is just so fulfilling to know we are a part of that spark.

A vibrant rural economy is key to strong rural communities and our local food network. The experiences and events hosted at Bubble Grove directly support our agricultural and ecological projects on the property which run under Rhythmic Roots Farm. They also help to support our local business buddies and community good works like the Chatsworth Community Food Bank.

There is much in the works here. We invite everyone to come on out and explore this incredible landscape of the Escarpment and Grey County. Escape to the Escarpment At Bubble Grove and Rhythmic Roots Farm.

# PROFILE

## MAEGAN COOKSON BOON BAKERY OWEN SOUND

BY: ROGER TUMMINIERI



Why does Maegan Cookson do what she does? Well, the short answer is, she can't help it! And the long answer is... in her own words:

**Passion.** Passion for food. And when I say 'food' I mean food made from scratch with human hands. Food that brings the body and the mind nourishment and joy.

**Creativity and Curiosity.** What if we lived in a world where wheat, barley, and rye didn't exist? What would baked goods look like? Taste like? Smell like? What textures would they have? What can millet flour make? What can oat flour do? What happens when you blend buckwheat and brown rice flour? There are so many underutilized flours to choose from! It is an exciting culinary adventure myself and my team are on. Gone is the need for "all-purpose" gluten-free blends that don't perform and are misleading to the average home-baker. It is my experience that there is no such thing as a gluten-free "all-purpose" blend to bake with. The only way to get good results in gluten-free baking is to blend flours tailored to each recipe. So that's what we do! And you can taste the difference?

**Community.** Community through food and place. Food brings people together. The more connection we have with each other the further we get away from the large corporate offerings that do nothing for us and move money away from the local economy and into the pockets of global market food chains and oligopolies. Having small business food and beverage options in your neighbourhood means you meet your neighbours and members of your community and connect over similar values and likes. That is why I chose downtown Owen Sound as the location for the bakery.

**Personal need.** Discovering myself and my son are better off without gluten and dairy meant I had to get creative and develop recipes that worked. If I wanted to eat good gluten-free bread I was going to have to make it myself! If I wanted to eat a dairy-free Nanaimo Bar I was going to have to make it myself! Good alternatives are hard to find so I made them happen for myself and my son and wanted to share them with others. And choice! It is so hard to find choice in gluten and dairy-free options. That moment when someone asks, "what is gluten-free or dairy-free here?" And I say, "everything" and their faces light up with pure joy brings me much fulfillment and gives me great purpose.

# PROFILE

## DAX STEWART LOCAL TILE CO. SHELBURNE

BY: ROGER TUMMINIERI

### Embracing Creativity and Spreading Joy

*The Passion Behind Local Tile Co.*

We caught up with Dax Stewart, owner of Local Tile Co. in Shelburne to find out why he does what he does...

In the bustling world of business, there's something truly special about those who find their purpose in making others happy. As the owner of Local Tile Co., I've discovered that joy is not just a byproduct of what we do; it's at the very heart of our mission.

At Local Tile Co., our passion goes beyond simply selling tiles. It's about creating spaces that inspire, uplift, and bring smiles to the faces of our customers. There's nothing quite like witnessing the sheer delight on someone's face when they see their vision come to life, tile by tile.

What drives me each day is the opportunity to harness my creativity in this industry. From selecting the perfect colour palette to designing intricate patterns, every project is a canvas for innovation. It's the thrill of exploring new trends, techniques, and materials that keeps me inspired and eager to learn.

But perhaps the most rewarding aspect of what I do is the chance to provide exceptional customer service and advice. Guiding our customers through the process, sharing insights, and helping them make informed decisions is a responsibility I hold dear. Because at the end of the day, it's about more than just selling tiles; it's about building relationships and making a positive impact in our community.

As the owner of Local Tile Co., I am privileged to be part of a journey that celebrates creativity, learning, and above all, spreading joy. It's a role I embrace wholeheartedly, knowing that every tile laid is a step towards making someone's dream space a reality.

Join us in our mission to bring happiness, creativity, and outstanding service to every project. Together, let's transform spaces and make smiles contagious, one tile at a time.



# PROFILE

## ALEXA JACKSON ALEXA JACKSON CREATIVE CLARKSBURG

BY: ROGER TUMMINIERI



In the heart of Clarksburg, a beacon of creativity shines brightly, courtesy of Alexa Jackson Creative.

Alexa Jackson, the visionary behind this thriving studio, has recently unveiled her latest masterpiece: a brand-new space destined to be the epicentre of visual storytelling in the community.

Specializing in branding photography for local business owners, Alexa Jackson Creative offers a unique blend of artistry and strategy, breathing new life into brands with captivating imagery. But that's not all—Jackson's portfolio also boasts enchanting children's and family portraits, capturing the essence of each individual with authenticity and warmth.

What sets Jackson, a registered dietician turned photographer, apart is her unwavering commitment to her craft and her clients. With a keen eye for detail and a passion for storytelling, she effortlessly translates visions into stunning visual narratives, leaving a lasting impression on all who have the privilege of experiencing her work.

And the excitement doesn't stop there—Alexa Jackson Creative is gearing up to introduce a new dimension to its repertoire: dog portraits. Combining Jackson's talent with her love for our furry friends, these upcoming sessions are bound to be nothing short of magical.

In a world saturated with images, Alexa Jackson stands out as a true artist, elevating the ordinary to the extraordinary one frame at a time. As her new Clarksburg studio, which is also available to rent, becomes a haven for creativity, the future looks brighter than ever for Alexa Jackson Creative and the community it serves.



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# MENTAL HEALTH & WELLNESS

## **Burnout, Healing, and Transformation:** How an epic road trip changed my life and birthed a new me

BY: MARIA ARCURI, RN, BSCN, MED, RNP®

Without much thought, I blurted out to my husband, "Hun! We need an epic road trip! Go and find us a motorhome, we're heading down south!" My husband, always supportive of my intuition (and insistence), immediately listed his classic car for sale, found an ad for an old RV on Facebook Marketplace, and booked a flight to Morro Bay, California. He proclaimed that he had found 'the one' for us. It was apparently super cool and he was going to drive it all the way home to Grey County. I was his "mission command" at home, organizing all his stops and his overnight stays for his return home, while he drove the entirety of Route 66.

I needed this trip. I was totally burnt out and had been for a long time. In the last few years, I had simultaneously started a business, moved out to the country, built a house, and completed a Masters degree. All while travelling to the United States as an international lecturer and educator. I was running a very busy Nursing Anesthesia business with hundreds of clients and nearly one hundred staff working back-to-back, 17-hour days, without taking a single day off. During that time, it was thrilling, but much of it was a blur.

Finally, I had enough. My body and mind were crying out for rest. I needed an escape, to breathe, and I needed space. I started to plan an epic 5-month road trip to the Southern US.

<<Beep beep>> I was looking out the front door when I saw my husband, Rob, pull up in what looked like a Nintendo spaceship. He was smiling from ear to goofy ear behind the wheel of a turbocharged 1987 Vixen21D RV. I walked out of our home in slight disbelief. I thought to myself, 'we're going to live in this thing?!' It was actually happening!

We packed up our three dogs along with my computer, printer, small filing cabinets, some of my favourite clothes and essentials. Crammed into our 21-foot, 36-year-old motorhome, and we set off to become digital nomads for the next 5 months.

We drove all over the Southeastern US; each state unique with so much to see and so many wonderful people. We stopped in Ohio for Skyline Chili Dogs, went to Dolly Parton's Stampede in Pigeon Forge, Tennessee, ate Kentucky Fried Chicken in Kentucky, the whole bit. We were a circus on wheels, catching the attention of plenty of people as we travelled in our Vixen. People would honk at us on the highways or roadways and wave to us while taking pictures, and we would always laugh and wave in return. We looked especially funny when we would pile out of our little spaceship with three large dogs in hand, always bringing so much joy and laughter to those watching. We were approached for pictures and videos, and everyone always asked us if we had our own YouTube Channel. My response was always the same, "heck no, no one even knows that I am gone."

I was expecting to meet retired couples, but instead we met many young families, some who had converted school buses to homes, others who sold everything and hit the road with their children. They would homeschool their children, working digitally, or taking on odd jobs along the way. The children were getting much life experience and a fantastic education visiting all the nature parks and museums. It was an opportunity for them to be around all walks of life, practicing their conversational skills while speaking to so many people along their journey. It was wonderful to see happy, young families, where children lived without heavy burdens, expectations, and the numerous extracurricular activities that were expected of them. These were my kind of people, taking life by the horns and living it their way. I learned so much when I was on the road; we are made to adapt, to let our fears go and to start a new adventure.

Being the country girl that I am, we avoided big cities and stayed mostly in rural areas and small towns. I felt myself healing, changing, as we drove through winding country roads, catching the sunsets and listening to the beautiful rivers winding their way through the mountains in Tennessee, West Virginia and Pennsylvania. We swam in crystal clear spring water



with manatees in Florida and got spooked by alligators. Our Vixen RV did break down a few times along the way and I was grateful how talented and skilled my husband was in mechanics. The RV breakdowns were typically an opportunity for me to explore on my own. When we broke down in St. George, South Carolina, I found myself sitting inside an old laundromat next to a sweet elderly local woman. She shared her life story with me, and what life looked like for her ancestors. There was so much history in the places we visited, and the people were always so kind to share them with us.

I stepped onto the little main street and popped into the old department store built in the 1940's, still owned by the original owners who were now well into their 80's. Back in its heyday, this was a bustling town. I felt like I had walked back into time. The vibes were still humming. All of the furniture and the building itself were intact and original. I felt like a woman in the 1950's, while I was being pampered and treated to the southern hospitality. I tried on several beautiful dresses while the older woman owner carried pins in her mouth and a tape measure around her neck. She smiled and giggled and clasped her hands joyfully every time I walked outside the change room dressed in another beautiful, classy dress. I felt beautiful, graceful, reinvigorated. These sweet ladies passed their healing frequencies onto me.

We met so many older people on this journey, and always took the time to stop and listen. Veterans would share their stories about their time in Vietnam, and women would share what it was like raising a young family during a time where it was 'different' and 'easier', and where the middle class were able to enjoy life a lot more. The advice given to us during our five months on the road was priceless, and I will never forget it. I will forever be grateful for their words and friendships during that time. Rob and I were routinely invited to enjoy a bowl of homemade chili or casserole in the homes of the beautiful people that we encountered. We were even invited for Christmas dinner in St. Augustine, Florida, surrounded by the loved ones of a gentleman who was so gracious to provide us a warm meal, while so many warm hearts surrounded us. Wherever we went, it felt like home. Down in Florida, we attended dances with meatloaf and fresh green beans, and we danced to Elvis on stage. We were surrounded by happy smiling older folks, and we would often hear them say, "Hey, who let those young kids in? Check their ID!". It always followed by a room full of laughter. Everywhere we went, we were known as "the kids". It was divine.

We made friends wherever we went, answering questions about our life and adventures. We spent one full month in Webster, Florida where Rob talked 'cars' with the older gentlemen, and where I practiced water aerobics with the older women. I loved being around the older women, who never once treated me like I was too young or inexperienced in life. We would often get together for tea or yoga practice and discussed politics, and family. They shared their stories of what it was like to raise a family during the 'good old times' and I shared my life stories, my triumphs, and my challenges. They listened attentively, never with any judgement, usually in awe of how much I had seen in life already as an experienced Nurse. I felt myself letting go of the nagging thoughts and traumas and doubts that I had been dragging along with me.

Empowered by all of these experiences, I began to see clearly what was happening in my life, and what I really valued. I knew that I was ready for a big life change. I was tired of the competition and the litigiousness and the constant grind of business. I was so refreshed being away from the hustle culture. I was finally able to exhale. I leaned heavily into nurturing my mind, body, and soul with everything I needed while I was on the road. I shared what I learned and my experiences with the older women. I surrounded myself with good people, I sat in nature, I hugged trees, I walked barefoot in the grass, and I maintained deep states of meditation. I started studying Plant Medicine for my own healing, and it was then, at that moment when I decided that I needed to share my own positive healing experiences, my knowledge, and my education with others. This is where 'Maria Medica' was born.

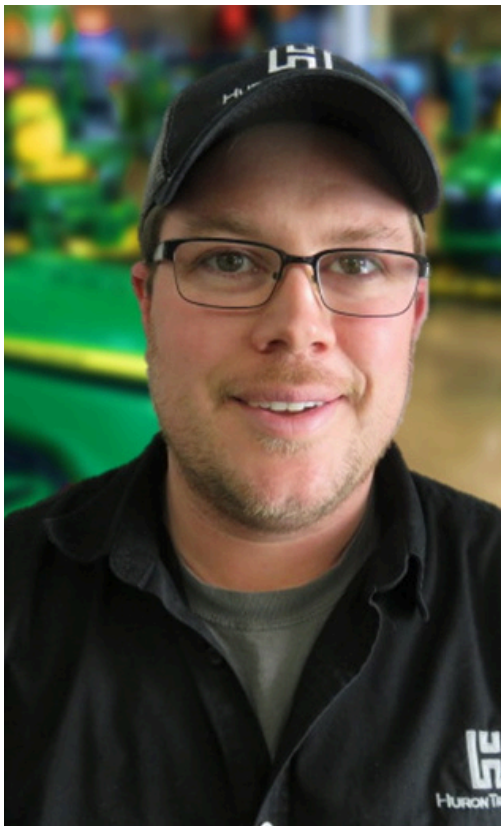
As we made our way back home, I filled my journal with ideas and plans for my new venture. I was a budding new self, ready to continue my healing powers in a new dimension and apply my decades of medical experience and education. I was ready to bring healing to others.

Upon our return home to Grey County, I scaled back on my chaotic Anesthesia business, and I leaned into my other existing gifts in life that I had never shared with others. Most, innate, and given to me by my ancestors. I developed a plan. I immediately started studying Herbalism and Ayurveda and I planted medicinal gardens. I started practicing energy work openly, which was taught to me by my grandmother, who was taught by her mother (my great grandmother). I am so excited to be able to share my decades of medical experience and education, combined with natural medicine to my community.

# TRACTOR TALK

## THE THERAPEUTIC EFFECT OF CUTTING GRASS ON A JOHN DEERE RIDING MOWER

BY: TYSON RIER



In the hustle and bustle of modern life, finding moments of peace and tranquility can feel like a rare luxury. However, for those who have experienced the therapeutic benefits of mowing their lawn with a John Deere riding mower, the simple act of cutting grass becomes a rejuvenating ritual.

### **Nature's Therapy:**

Spending time outdoors has long been hailed for its positive effects on mental and emotional well-being, and mowing the lawn is no exception. The rhythmic hum of the engine, the gentle breeze on your face, and the scent of freshly cut grass combine to create a sensory experience that soothes the soul and calms the mind.

### **Mindful Movement:**

Riding on a John Deere mower offers more than just a means of yard maintenance—it's an opportunity to practice mindfulness and be fully present in the moment. As you navigate the terrain, adjusting your speed and direction, you become attuned to the subtle nuances of your surroundings, fostering a sense of connection to the natural world.

### **Stress Relief:**

For many, mowing the lawn serves as a form of stress relief, allowing them to escape the pressures of daily life and find solace in the simplicity of the task at hand. The repetitive motion of mowing can be meditative, helping to quiet the mind and alleviate feelings of anxiety and tension.

### **Physical Activity:**

In addition to its mental and emotional benefits, mowing the lawn also provides a valuable opportunity for physical activity. Riding a John Deere mower engages muscles throughout the body, promoting cardiovascular health and strength while enjoying the great outdoors.

***You just have to get in the seat.***

# ARTIST PROFILE

## LUKE MACBRIDE, PHOTOGRAPHER FROM SOUTH ETOBICOKE TO AFRICA

BY: ROGER TUMMINIERI  
PHOTOS BY: LUKE MACBRIDE

Originally from South Etobicoke, Luke MacBride has travelled the world seeking experiences and pursuing his passion for photography. Join him in his travels as he explores new places and new faces throughout Africa.

Check out MacBride's portfolio for more inspiring images and to keep up with his journey:

[lukemacbride.com](http://lukemacbride.com)



# MAIN STREET POLITICS

Covering The Issues That Matter  
To All Canadians

BY: JAMES MALONEY, MP

## Supporting Science and Communities with Climate Action

Fighting climate change protects our communities, including along the shores of Lake Ontario. It protects the economy and our health. By 2050, the health costs of climate change, if left unmitigated, could reach \$87 billion per year and Canada's GDP could see losses as high as \$101 billion per year, according to third-party modelling. The costs of not taking climate action are too high. Here are some of our initiatives:

- A \$93 billion suite of major economic investment tax credits that are already creating good-paying jobs in our community—in clean energy, in clean technology, and in clean manufacturing.
- A 30 percent Clean Technology Manufacturing investment tax credit and the up to 40 per cent Clean Hydrogen investment tax credit, to attract billions in private investment and create thousands of good-paying jobs.
- Protecting communities from floods and storm surges with \$6.9 million over five years, and \$1.4 million ongoing, to strengthen the Meteorological Service of Canada's extreme weather early warning system. This builds on the recently completed upgrade of 33 state-of-the-art radar stations across Canada.
- Budget 2024 also provides \$15 million to advance a low-cost flood insurance program. By next year, the Canada Mortgage and Housing Corporation will establish a national flood insurance program, to be developed in partnership with provinces, territories, and the insurance industry.

Investments in clean energy production are expected to reduce household energy spending by 12 percent—about \$1,200—by 2050, but many homes could be made more energy efficient to make these savings even greater. That's why the government is helping cover the cost of home retrofits to lower the cost of home heating and cooling for low-to-median income Canadians.

Budget 2024 also launches a \$903.5 million Canada Green Buildings Strategy to combat the twin challenges of energy affordability and climate change by supporting energy efficient retrofits that will lower home energy bills for renters and homeowners.

## Investing in Science

It is an important part of climate innovation. Our recent budget invests in Canadian research, building on current federal support, including support for The Strategic Science Fund, providing up to \$858.7 million to 24 third-party science and research organizations starting in 2024-25.

Budget 2024 is also investing to make it easier for talent to access research opportunities, for new businesses to start-up, and for existing businesses to grow, with new proposed measures, including:

- **A new Canadian Entrepreneurs' Incentive:** When this incentive is fully rolled out, entrepreneurs will have a combined total and partial exemption of at least \$3.25 million when selling all or part of a business—encouraging innovators to keep innovating in Canada. The new Canadian Entrepreneurs' Incentive will mean entrepreneurs will be better off when earning capital gains of up to \$6.25 million, such as from selling their business.
- **Modernizing the Scientific Research & Experimental Development tax incentives** and further capitalizing the program with \$600 million over four years, and \$150 million per year ongoing, to boost research and innovation.

- **Enhanced federal research support** of \$2.6 billion including:

- \$1.8 billion in core research grant funding for a 30 per cent increase over five years of Canada's core research grant programs that support faculty-led research projects. It will indirectly support thousands of graduate student and post-doctoral fellows with their research, including their work on climate action, health emergencies, artificial intelligence, and psychological health.

- \$825 million over five years to the granting councils to increase the annual value of master's and doctoral students' scholarships to \$27,000 and \$40,000, respectively, and post-doctoral fellowships to \$70,000. To make it easier for students and fellows to access support, the enhanced suite of scholarships and fellowship programs will be streamlined into one talent program. This new program will also increase the number of graduate students and post-doctoral fellows benefitting from research scholarships and fellowships by approximately 1,720 each year.

Budget 2024 takes further action to build the clean economy:

- **A new 10 per cent Electric Vehicle (EV) Supply Chain investment tax credit** to build key segments of the EV supply chain—electric vehicle assembly, battery production, and cathode active material production—to secure the future of Canada's automotive industry.
- **Making EVs More Affordable** by topping-up the Incentives for Zero-Emission Vehicles program, which provides rebates of up to \$5,000 for the purchase of eligible vehicles. The government is also building a national, \$1 billion EV charging network.
- **Securing the Canadian Biofuels Industry** to drive production and adoption of renewable diesel, sustainable aviation fuel, and renewable natural gas, supported by up to \$500 million per year through Clean Fuel Regulations compliance payments and \$776.3 million over the next six years under the Clean Fuels Fund.

- **Launching the Canada Carbon Rebate for Small Businesses**, to directly return \$2.5 billion in proceeds from the price on pollution to an estimated 600,000 small- and medium-sized businesses via an accelerated and automated return process. Rebates will be provided every year going forward.

The bottom line is that building safer, healthier communities means being good stewards of the environment. Fighting climate change today by taking action on a number of fronts will allow us to pass on the Canada we know and love, one of beautiful landscapes, clean air, and healthy ecosystems, all while creating the next generation of good-paying jobs.





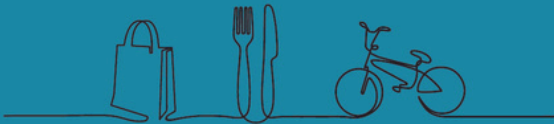
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Streetscape, Bloor West Village

# DAY TRIPPIN'

BY: ROGER TUMMINIERI

**Making The Best Of A Day In  
Bloor West Village**

Nestled in the west end of Toronto, Bloor West Village exudes charm, character, and a vibrant community spirit. Known for its tree-lined streets, historic storefronts, and bustling atmosphere, this neighbourhood has earned its reputation as a premier destination for shopping, dining, and leisurely strolls.

#### **A Shopper's Paradise:**

Bloor West Village boasts a diverse array of shops and boutiques, offering everything from trendy fashion finds to specialty foods and unique gifts.

For food lovers, Bloor West Village is a culinary paradise, with an abundance of gourmet shops, bakeries, and specialty food stores lining its streets. From artisanal cheeses and freshly baked bread to imported delicacies and locally sourced produce, there's something to tempt every palate.

#### **Culinary Delights:**

When it comes to dining, Bloor West Village offers a tantalizing selection of options to satisfy every craving. Whether you're in the mood for international cuisine, casual comfort food, or fine dining fare, you'll find it all here.

Start your day with a leisurely brunch at one of the neighbourhood's cozy cafes where you can enjoy hearty breakfast classics and freshly brewed coffee. For lunch or dinner, explore the diverse culinary landscape of Bloor West Village, with restaurants serving up everything from Italian and Greek cuisine to Thai, Indian, and Japanese fare.

#### **Community Spirit:**

What sets Bloor West Village apart is its strong sense of community. Residents and business owners alike come together to support one another and foster a welcoming atmosphere that makes visitors feel right at home.

Home to the World's first Business Improvement Area,

Bloor West Village is a tightly knit community with a healthy business landscape.

Throughout the year, the neighbourhood plays host to a variety of community events and festivals. These events showcase the talent and creativity of local artisans, musicians, and performers, while bringing the community together in celebration of art, culture, and heritage.

#### **Leisurely Strolls and Outdoor Spaces:**

One of the joys of exploring Bloor West Village is simply taking a leisurely stroll along its tree-lined streets and soaking up the ambiance. With its charming storefronts, quaint cafes, and lush greenery, the neighbourhood invites visitors to slow down and savour the moment.

For those seeking outdoor recreation, Bloor West Village is also home to several parks and green spaces where you can relax, picnic, or enjoy a leisurely bike ride. High Park, one of Toronto's largest and most beloved parks, is just a short distance away, offering acres of natural beauty, walking trails, and recreational activities for all ages.

With its charming streetscapes, diverse shopping and dining options, and strong sense of community, Bloor West Village stands out as one of Toronto's most beloved neighbourhoods. Whether you're indulging in a culinary adventure, perusing the shops for unique finds, or simply enjoying a leisurely stroll, Bloor West Village offers something for everyone to enjoy.

So why not plan a visit and experience the charm and vibrancy of this iconic West Toronto destination for yourself?



Welcome to The Village of Islington



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what's happening



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# MIND OVER MOTOR

## THE UNBEARABLE WEIGHT OF RAW TALENT

BY: ROBERT IANTORNO



**"To strive, to seek, to find, and not to yield."**  
- Ulysses, Alfred Lord Tennyson

My buddy, Kev, aka "Barn Daddy" from Cosmic Moto Works, won't stop, can't stop. Kev surfs an unending torrent of finding, buying, fixing, building, and selling classic motorcycles and components, and has a devoted following in the Canadian bike scene. He has a reputation for chasing down old bikes in sheds and barns, often in the middle of the night and far far away. I went along with Kev to an undisclosed location in The Port Lands of Toronto to hopefully buy some old bikes

from an old biker and witnessed the paradox that fuels the Barn Daddy.

The buildings got older and more interesting as we crossed bridge after bridge, eastbound and down on the southeast end of the city. Kev is a trained industrial designer and cut his teeth building and modifying armoured Mercedes G Wagons for use in war zones around the world. He's immediately likeable - lean, tall, with a razor sharp wit and a mind that can sustain thinking at high RPM for days on end. Here's a young man who chooses to live life on his terms, building lightweight Nortons and authentic 1960s Harley Sportsters, stalking and seeking parts from reclusive old bikers around the clock.

The Port Lands are a former marsh and industrial shipping area of the city, undergoing significant redevelopment into a new waterfront. In its current phase, this is a kind of evanescent no place. It's in flux, in a brief stasis between one phase and the next. This is exactly the kind of place where Kev can find "The Good Stuff". Who knows, he could potentially find a 1965 Harley KR, or maybe even parts of a Vincent or a Laverda. We see condo development signs posted on chain link fences surrounding gravel lots, recently razed. The old brick warehouses are becoming more and more scarce now, their windows boarded up, and building permits posted. There's a sense of urgency in the pursuit of these old motorcycles in old places from the collections of old men, and the window to find and buy these machines is closing, and Kev can feel it. If Kev doesn't save these bikes, they'll likely disappear into the ether.

We get to our destination, which is a rough, brick building surrounded by a moat of rusty junk and racoon traps. There are "KEEP OUT" signs on the chain link fence, and I can see bits of old bikes everywhere. The guy we're meeting emerges, a white-bearded, "OG" biker in a hooded smock and coveralls, the kind of guy that's been out of production for decades. Kev's demeanour is friendly, but not too friendly, and I can tell that he is able to temper his expectations; his hand steady on the



KEV, AKA "BARN DADDY" FROM COSMIC MOTO WORKS

throttle. The gruff Old Biker leads us from one building to the next, over piles of seats and cylinder heads, shelves stacked with tanks, exhaust pipes and handlebars hanging from the rafters. I can tell that the Old Biker is feeling us out to see if we know our stuff, or if we're just a couple of young punks eager to overpay for some ratty bike. I notice stickers and fragments of posters from ancient bike shops; this is archaeology of the Toronto bike scene. I'm starstruck when I see a BSA Rocket with ray gun tailpipes and get a bit giddy over a Ducati 860 in pieces. In the meantime, Kev and the Old Biker have begun talking Harleys and Nortons and our host is clearly impressed at the young man's encyclopedic knowledge of starters and carburetors and serial numbers. Kev deftly climbs up into the rafters, scanning every part and carcass. He holds up an airbrushed Kawasaki tank and asks, "How much for this?". The OG replies with a number, that even to me seems too pricey. It's the same thing with each of the 60s Harleys, and the 1940s Indian. Kev knows how much is too much, what's worth fixing and what's too far gone.

The Old Biker is talking freely now, telling us tales from "The Old Days", the wild times of rebuilding bikes, partying for days on end, and riding hell bent for leather across the country. He's comfortable here amongst the

parts and pieces of once fierce but now dormant bikes; vapour trails of times past. Kev asks about a chrome square stock "sissy bar" with a Harley Davidson "1" welded to it. The Old Biker replies with yet another preposterous price. It's clear that the Old Biker is just fine keeping all of this rusty junk right here with him for company. Kev shoots me the slightest of looks and it's time to go, there's nothing for us here. We say our goodbyes to the "Old Biker" and his "Old Bikes", and we leave the place knowing that all this treasure will continue to sit and decay. We head northwest out of the Port Lands empty handed.

The frustration is palpable as we stop to eat some overpriced hipster burgers on Queen Street. I get a ticket for parking amongst indecipherable modern signage. I consider it a price of admission to this view of what moves Kev. He was born with the ability to endure the punishment and the disappointment while seeking out what most others can't even sense. He can dive right into the marsh and untangle a stagnant rusty metal mess, all to find that one particular exhaust pipe, that crank case cover, that frame; and he just needs to put things back together. Kev seeks something that can't be caught, yet he continues against the clock and against the odds. Every venture, every find, every bike that passes through his shop is a sacrifice. Respect to the "Barn Daddy".



# REAL ESTATE

BY: ROGER TUMMINIERI

Featuring Austin Keitner  
Owner of The Keitner Group

Urban life and GTA real estate sales are fast paced, exciting, stressful, at times demoralizing, rewarding, and often fun. Truthfully, all of that can be true for Blue Mountain real estate sales, too, but no traffic, beautiful scenery and easy access to nature make life in and out of work somehow more peaceful and enjoyable. For Austin Keitner, founder of The Keitner Group, a top sales team in Ontario, making The Blue Mountains home base for his family happened completely by accident. In this exclusive interview, we delve into Keitner's motivations, challenges, and the rewards of his decision to relocate his family and to expand his business.

Austin Keitner's story is one of chance, and surrendering to the circumstances of his life and what was happening in it at the time. Quite simply, COVID lockdowns forced his kids into homeschooling at the last minute leading into January of 2022, and with 4 kids aged 3 months to 6 years at the time, there was no way Austin and his Wife, Jocelyn, were going to be able to scramble to find the required help to school and care for their kids so that they could maintain the level of service their business required. Months earlier, Austin had learned of an outdoor school called Blue Mountain WILD School, so he called the founder, Jeff Barrett, and drove up to see the campus, loved it, and enrolled the next day.

The plan was to stay at a family member's place to ride out the school year and enjoy ski season without needing to commute back to the city with the whole family each week, all while operating the Real Estate business remotely through technology, a well trained and skilled team, and occasionally going into the city for key meetings. Austin was also spending time getting to know the local Blue Mountains real estate market and had friends and family asking him for help with their real estate plans there, so he got to work knocking on doors and networking for opportunities, and began to establish market share in this new area.

"I had visited The Blue Mountains every winter, most weekends, and never got to know the real estate market," Keitner explains. "It was almost embarrassing that I was there, but not really there for so much time."

By immersing himself into the community, he learned that the people are amazing, the real estate is dynamic, the food is as good as in the city, and the overall vibe is on a next level. "It's the ideal home base for me and my family right now," Keitner says. "I'm so glad we were able to expand our business to this market and maintain growth in the markets we've operated in the city for the last 10+ years. We couldn't have done it without our key partnerships, amazing agents, and dedicated staff."

After just a few months of Blue Mountain/Georgian Bay living, Austin and his family bought a house and haven't looked back yet. Of the 1000+ families The Keitner Group has helped buy and sell, everyone has moved for their own unique reason and circumstance, and Keitner and his family are no different. By understanding their buyer's and seller's needs, motivations, goals, and dreams, The Keitner Group agents take that understanding and utilize the latest technology through their partnership with PLACE.com, by being members of multiple real estate boards, and by implementing guerrilla tactics including door knocking, events, and networking, to get the results that their clients deserve.

Helping people realize the dream of homeownership almost anywhere in Ontario is the mission of The Keitner Group, and they are standing by to help you, too.

# CUTTING COSTS

BY: ROGER TUMMINIERI

Southwestern Ontario's thriving business community is one thing that truly sets our province apart. One of the challenges facing every business these days is rising costs; how do you keep your prices low and your customers happy, when the cost of doing business is going up?

Luckily, Miguel Cardenas has been providing local businesses and nonprofits with cost reduction services since 2021, ensuring that his clients are never paying more than they should be for expenses like telecom, payment processing, waste disposal, shipping, facility supplies, and more.

After 25 years in the industrial printing industry, helping businesses across several industries manage implementation and installation of high-level technology, Miguel decided to bring his expertise working with businesses and embark on his own entrepreneurship journey, opening a Schooley Mitchell franchise. His is one office in the expansive network of North America's largest cost reduction consulting firm. Schooley Mitchell has been reducing business costs for over twenty years, resulting in \$650 million saved for over 29,000 clients.

Miguel and his team at Schooley Mitchell ensure clients of all sizes are getting the best business services at the best price – all while identifying billing errors, eliminating redundancies, and improving efficiency. They do this by leveraging proprietary software, best-in-class pricing databases, and long-standing relationships with service providers to find savings, then monitoring accounts on an ongoing basis so they remain optimized. On average, Schooley Mitchell's clients reduce their expenses by 28%.

Schooley Mitchell's work is based on a symbiotic, mutually beneficial model – they are driven by producing results for clients and have no ties to

## Discover the Benefits of Working with a Cost Reduction Expert

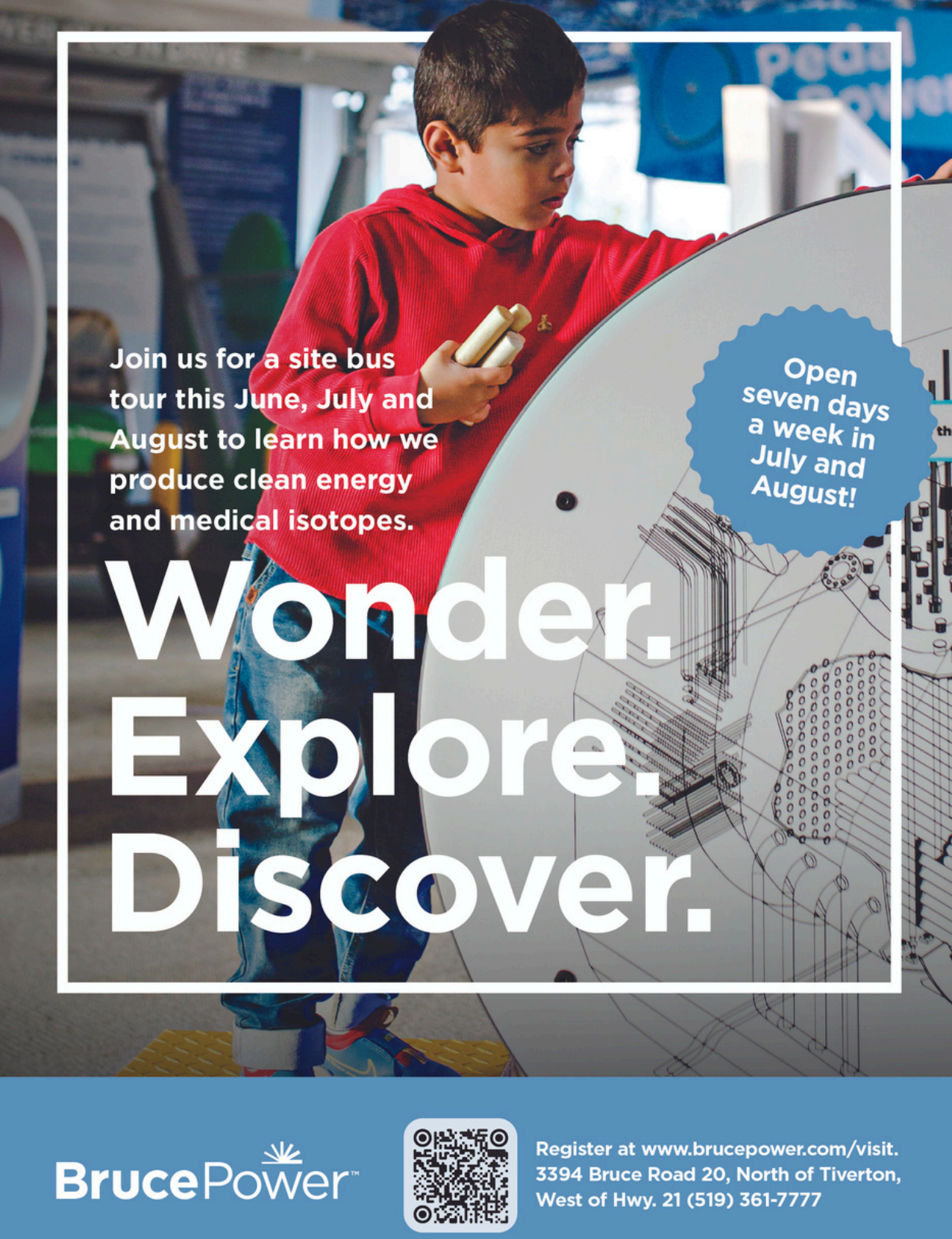
vendors or service providers. Their fees are contingency based and self-funded by a portion of the savings found.

If you're interested to see how Schooley Mitchell's specialized cost reduction services can benefit your organization, reach out to Miguel directly.

For more information, visit his website at [www.schooleymitchell.com/mcardenas](http://www.schooleymitchell.com/mcardenas)



Miguel Cardenas  
Cost Reduction Expert, Schooley Mitchell  
[miguel.cardenas@schooleymitchell.com](mailto:miguel.cardenas@schooleymitchell.com)

A young boy with dark hair, wearing a red hoodie and blue jeans, is looking intently at a large, circular technical diagram on a wall. He is holding a rolled-up document in his hands. The diagram shows various mechanical and electrical components, including pipes, valves, and a grid of small circles. The background is a blurred indoor setting, possibly a museum or educational facility, with blue banners visible.

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a week in  
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Austin Keitner and The Keitner Group Powered by PLACE has the tools and the resources to make your real estate dreams come true. Austin and his team have helped almost 1,000 people successfully achieve their real estate goals. Reach out to see how they can help you with yours too!

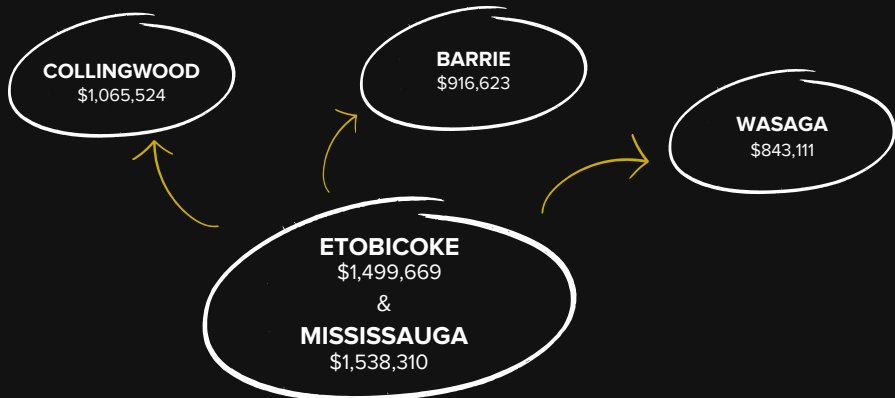
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### 2023 AVERAGE SALES PRICE OF DETACHED HOMES

SOURCE: TREBB



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