

FREE

NINTH EDITION

# The Heart of Barrie

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THE DOWNTOWN BARRIE BIA  
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## Stories from the Downtown Community

### Exploring is a State of Mind

As the excitement of the holidays fades and winter rages on, cabin fever and the winter blues can set in. Flying to a tropical destination is always a nice way to escape, but time and money don't always allow for such luxuries.

Fortunately, getting away can be a state of mind.

Staycations, a silly name and a simple concept, are rising in popularity. Part of what makes travelling interesting is seeing new sights, learning new things and having new experiences; while these are certainly easier to do in an exotic locale, they're still possible in your own backyard.

We're fortunate to live in a beautiful part of the world, with gorgeous and unique seasons that transform our scenery four times each year. There's so much to explore in our country, our province and even at home in Barrie; the next time you're faced with some time off and nothing to do, try being a tourist in your own city.

Before you leave the house, check the local newspaper or online to find out what's going on. Barrie is home to a variety of community events and festivals throughout the year. Websites (and phone apps) like Yelp and TripAdvisor are also useful tools to discover new places to go and things to do.

When you're travelling, much of the fun lies in exploring. Look at your city from a differ-

ent perspective by leaving your car at home. Hop a bus and head downtown: taking Barrie Transit is easier than ever. You can Google your route and receive public transit directions, including when and where to catch the bus and an estimated trip time. Once you're at your stop you can check on the projected arrival of your bus by texting the posted stop number to 705-999-8956. When your ride arrives, enjoy the view or catch up on some reading, as your bus winds its way to your destination

Alternatively, if the journey's not far, take the trek on foot - it's amazing what you can discover when you have the time to stop and look. Take the road less travelled and plan your route along side streets and scenes you don't encounter day-to-day.

Once you're downtown, your agenda is up to you. Here are some ideas:

*Take a walk through history.* A quick search online for "Heritage Barrie Walking Tours" will reveal seven self-guided tours that you can take to discover some of Barrie's history. There are also paper copies available at the Barrie Public Library. On your walk, jot down or photograph any places of interest, and once you're home, visit [www.barriearchive.ca](http://www.barriearchive.ca) to learn more about the location and to view photos of days gone by.

*Appreciate some time in nature.* Barrie is blessed with a five-kilometre trail that wraps its way around Kempenfelt Bay, with a view

that changes both season-to-season and day-to-day. Or visit Audrey Milligan Park on the south side of Perry Street; it's a provincially significant wetland, just a short stroll from the downtown core, and home to hundreds of ducks and other wildlife.

You can also enjoy some quiet time in other downtown parks like Queens Park, St. Vincent Park and Sam Cancilla Park. Turn the data off on your phone to truly get away from everything for a while.

*Take touristy photos.* Paris has the Eiffel Tower, New York has the Statue of Liberty and Pisa has a leaning tower: each city has its own unique icons. Barrie is home to the Spirit Catcher at Heritage Park, the Thinker statue outside the MacLaren Art Centre, and Archer's Arch, outlining the shape of our old city hall. Goof around and snap some shots to show your Barrie love.

*Have a meal at a locally owned restaurant or cafe.* It's a great way to break from routine and try something new, in the same way you would while traveling. Downtown Barrie features a wide variety of cuisines: you can find Indian, Italian, Mexican, Japanese, German, Dutch, Korean, Thai and Greek, plus all kinds of Canadian classics, from grilled-cheese eateries, to burger joints, to vegetarian restaurants and fine-dining establishments.

*Learn something new.* Sign up for a hat-making class at Le Petit Chapeau; expand your knowledge with a cheese tasting at J'adore

Fine Cheese and Chocolate; try a cooking class at Warwick Hughes Food Market; learn to sew, quilt, weave or embroider at Spool Lounge; try a painting night at Canvas and Cabernet; take art classes at Art in House; check the Barrie Public Library for workshops; drop by Boardsters board game night at The Creative Space; or find a fun fitness class at Ann Green Yoga (Studio Bliss) such as a barre class, aerial yoga, or a surf-inspired SURFset Fitness class.

Experience the arts by watching a performance at the Mady Centre, catch a movie at the Uptown Theatre, tour the MacLaren Art Centre, or listen to live music at a local pub.

Whether you're learning something about Barrie's history, finding someplace that's just opened, or reacquainting yourself with a place you haven't been in a while, there's always something to discover in Downtown Barrie.



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## LOTUS

natural living

[www.lotusnaturalliving.com](http://www.lotusnaturalliving.com)



Cold winter weather can leave your skin dry and aching for relief, but before you slather on any old moisturizer, take a peek at the ingredients. Our skin is our largest organ and what we put on it is absorbed into our blood stream. Many popular products contain chemicals linked to health and environmental concerns; even in small, cosmetic-sized doses, long-term exposure to these toxic ingredients can be dangerous.

With this in mind, in 2002

Lotus Natural Living was established by Denise Sutherland. She was inspired to create all-natural products, infused with her knowledge as a certified aromatherapist. Denise's products for body, baby and home are handcrafted in her Downtown Barrie studio space, using the purest of ingredients. They're enhanced with essential oils, which not only make them smell terrific, but also provide physical and emotional benefits.

With Lotus Natural Liv-

ing, you can soothe your dry skin without worry. Try their heavenly rich Coconut Vanilla Body Cream, made with organic coconut and pure vanilla essential oil. Outdoor enthusiasts can find protection and relief from the cold and wind with Chopped Apples Windburn Balm, made with olive oil and locally sourced beeswax, and infused with calendula, chamomile and lavender. And chapped lips find comfort with Honey Peppermint Lip Soothe, made with beeswax, sweet

almond oil, peppermint, lavender and vanilla.

Lotus products can be found at stores across Ontario and in Downtown Barrie - at Thrive Therapeutics, Nutrition Plus and Homestead Bakery. You'll also find Lotus Natural Living at the Barrie Farmers' Market (at City Hall) every Saturday.

Like us on Facebook & Instagram [@lotusnaturalliving](https://www.instagram.com/lotusnaturalliving)

### Wave & a Smile

Over the holidays I was placing our big white traditional Christmas tree up for window display at The Waterview Space on Dunlop.

As I decorated, people walking by the window often waved and smiled. I had no idea who these people were, and yet I felt and strongly understood at that moment that Barrie, by and large, is about the 'wave' and the 'smile.'

The downtown core is interconnected on many levels, complex and layered. We are all connected inside

of the family and village.

This is the beauty of Barrie - the connection through our waves and smiles or just a simple nod.



Jacqui Derbecker  
**Founder of The Heart of Barrie**  
**Intuitive Counseling Author/Speaker**  
**Meditation Teacher**  
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#### Want to contribute?

Send us your photos and inspiring stories about Downtown Barrie and community.

Contact us at: [theheartofbarrie@outlook.com](mailto:theheartofbarrie@outlook.com)



Like The Heart of Barrie on facebook to learn what is going on in Downtown Barrie!



Forgather Floral Co.

Tara-Joline Chapman  
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Forgather Floral Co., nestled in the heart of Downtown Barrie, is run by Tara-Joline Chapman from her tiny century home on Collier Street.

Inspired by nature's organic beauty in its original form, Tara-Joline's floral designs feature an emphasis on seasonal and local blooms. Forgather means to gather together, and Tara works closely with local floriculturists (flower farmers) to find the flowers and foliage for her arrangements, which she blends with foraged elements from nature.

Tara collaborates with her clients to create stunning floral motifs for weddings, special events and holiday seasons, crafting designs that are unstructured, romantic, whimsical and natural.

Brighten up your home or business with a Forgather Floral Co. monthly subscription, to receive beautiful indoor or outdoor arrangements year round and add some beauty to your every day. Find out about their upcoming pop-ups and workshops in Downtown Barrie by following them on Instagram @forgatherfloralco.



## NOT SO HIDDEN TREASURES

One of the best things about shopping in Downtown Barrie is that mundane errands often become satisfying consultations with people who are experts in their respective fields.

A couple of weeks ago, my favourite Italian boots needed help: the zipper running along the inside of the left boot had deconstructed. The boots are over four years old, but the styling is classic and the craftsmanship beautiful, so I was loathe to just discard them. I took comfort in the fact that, just north of Five Points, there is a shop well known for its leather work: Golds Shoe Service.



I showed my boot to Leanne Vanderdoor at Golds, and after carefully examining it, she assured me the zipper could be replaced. My boot was ready to pick up a paltry 10 days later. The repair is almost invisible, the zipper works like a charm and I am so happy to be wearing my grey suede boots again!

Golds is located at 11 Clapperton Street. The business was founded by Bob Golds in 1937, and for the past 30 years it has been owned by Paul Duncan, who kept the name of the store as a tribute to Golds' work. Currently, Duncan employs a staff of four to carry out the more than three-hundred repairs each week. The same boot wheeler, finisher and sole-stitcher machines used in the store decades ago are still in use.

The most common request, according to Leanne, is to have the rubber lifts on

women's heels replaced. Golds also repairs purses, luggage, sports equipment, belts, coats and heirloom pieces. They even have a skate sharpening service!



Many other products are for sale: insoles, laces, belts, moccasins, used skates, shoe polish and Weather Guard sprays. My favourites are the Boulet western boots. I bought a pair at Gold thirty years ago and they are still going strong.

Around the corner from Golds, at 31 Dunlop Street East, a passion for quality is also the trademark. Terri McSorley opened the



vintage clothing boutique The Pussycat Affair in May 2016, largely to accommodate the vintage items she has been collecting since the early 1990s. Some of the merchandise is actual vintage from the 1950s through to the 1980s, including skirts, blouses, dresses, undergarments, shoes, coats, scarves, purses



and jewellery. Other pieces are vintage-inspired pin-ups, clothing newly made

yet 1940s and 1950s in style.

Pinups, Terri explains, augment her collection because old fabrics simply break down unless they are specially preserved. And vintage originals can be fabulously expensive, while pinups combine quality with affordability.



Where else could you find a purple dress with a fairy motif, or polka dot skirts and kitten sweater sets? And if you want to see the clothes in action, wander east on Dunlop Street to Bohemia and admire the barristas in their retro outfits. Fun and independent, yet elegant - that's the look you can achieve with McSorley's help. And if you love everything Chanel - McSorley will share your enthusiasm!

A few steps away, at 35 Dunlop Street East, is my favourite florist in Barrie: Joshua's Greenery, owned by John and Heather Lee. The Lees previously ran a successful flower store in



Bloor West Village, Toronto, so they have been in the flower business for a long time. This is clearly apparent. Whether you buy a single rose, a bouquet, an arrangement or a house plant, the quality at Joshua's is outstanding. My friends who receive flowers from here as a gift

are always amazed at their freshness and beauty. And everything I buy here for myself just thrives!

Heather studied flower arranging in her native Korea and later in Toronto. Her intuitive eye for harmony is apparent in the elegant floral compositions she creates. When I stopped by recently, Heather was in the process of finishing an exquisite arrangement, a cascade of delicate white tulips with whispers of fern in a slender silver vase. (The woman who ordered the flowers was thrilled with her purchase.)

I was there to look at the plants, ranging from simple ferns, edgy cacti and pretty azaleas to the most stately of orchids. Heather and John and their staff make a point of telling you how to best care for what you buy, and the results are plants that last and last.

Aristotle declared, "Quality is not an act. It is a habit." Art critic John Ruskin, 150 years ago, observed, "Quality is never an accident. It is the result of intelligent effort." These days, if you want to experience quality services and products, visit our Downtown Barrie businesses and enjoy what they can offer.

Aristotle declared, "Quality is not an act. It is a habit."



**Claudia Mandler-McKnight**  
Art Warrior, Gallery 111  
gallery111.ca



Nutrition Plus Community Health Market, recently celebrating its 36th Anniversary, is a Downtown Barrie landmark with a long-standing tradition of operating as a local independent and family owned business in the downtown

core. They were recently honoured as the 2016 Canadian Health Food Association Retailer of the Year.

Nutrition Plus strives for excellence in customer service and quality health products. Their mandate is to provide a holistic support system within the community, promoting health and balance in their customers' lives.

Owners Jason Ing and Kim Gooderham have

transformed the shop into a wonderful community market, expanding to make room for their ever-growing selection of organics, gluten-free foods, vitamins, supplements, and health and beauty products, paired with personal service from their holistic health consultants.

Nutrition Plus's newest addition is Nourish Brew + Blend, their on-site cafe, which opened this past summer. The cafe was designed for the

health conscious person on-the-go. Nourish offers a variety of handcrafted smoothies and delicious organic fair trade coffee and specialty drinks, as well as organic salads, muffins and cookies with vegan and gluten-free options.

Nourish is a perfect place to pick up a handcrafted beverage before you head to work, to grab lunch on-the-go or to refuel after a day of shopping.

Nutrition Plus takes

pride in being a part of an amazing downtown community and playing an active role in keeping customers informed and healthy.

### Nutrition Plus Community Health Market

42 Maple Avenue  
www.nutritionplus.ca  
Follow us on Instagram!  
@nutritionplushealthmarket



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# HOMESTEAD

ARTISAN BAKERY + CAFE



Nestled beside St. Andrew's Church and just a short walk from the Barrie Public Library, Homestead Artisan Bakery + Cafe awaits. On a wintery day, it's a bright and cozy place to linger over a cup of coffee and a fresh pastry.

Homestead was opened last spring by friends Cait Patrick and Lise Garden, who grew up in Barrie. Their baked goods are handcrafted in small batches, using local and organic ingredients. The cafe's menu features their freshly baked bread paired with quality ingredients from local farms and producers.

Homestead opens bright and early so you can start your day with their coffee, a custom house blend created by Creemore Coffee Company. Read your morning paper over a bowl of their house-made granola with Greek yogurt from Sheldon Creek Dairy. Their artisanal bread and spread is a must-try: a baguette served with seasonal preserves and local butter. Or if you're on the

go, grab a bagel or their breakfast sandy - a fresh croissant with Farmgate ham, aged white cheddar, house aioli, spinach and tomato.

The lunch menu includes fresh deli-style sandwiches, such as The Harvest, featuring smoked turkey breast, brie, spinach and caramelized onion aioli, and The Veg, a ciabatta with roasted vegetables, goat cheese and olive tapenade, served with a side of seasonal greens. They also offer a pizza of the day, a daily soup served with a big slice of sourdough, and seasonal salads.

And for times when you just want a little nibble or something sweet to bring home, they offer daily scones and



cookies, morning buns, coconut macaroons and stone-ground rye brownies.

When warmer weather returns, the cafe spills outside, onto the front patio; it's a lovely spot to people watch, chat with a friend, or just soak up some sun. Stop by

in the meantime and while away the winter with something warm and comforting.



**Homestead Artisan Bakery + Cafe**

43 Owen Street, Downtown Barrie  
[www.homesteadartisanbakery.com](http://www.homesteadartisanbakery.com)  
 Like us on Facebook! @reallygoodbread  
 Follow us on Instagram! @homesteadbread



The cafe environment also proves to be an atmosphere conducive to productivity and creativity. The blend of sounds, the hustle and bustle of strangers, and the simple change of scenery from the routines we are accustomed to, cultivate a rich soil for our ideas to grow in.

In fact, the Industrial Revolution is credited for the rise of coffeehouses and the mass consumption of coffee, which replaced mass alcohol consumption, at a time when water was not always safe to drink. Coffee and coffeehouses became alternatives to beer and the local pub: all people were welcome to enter into a discourse about history, life and dreams.

Coffee, after it usurped alcohol as a water alternative, was praised for its stimulating qualities. Lloyd's of London was established in a coffeehouse, as was the London Stock Exchange (which was birthed in the back alley of Jonathan's Coffee-House). Physicians would host their consultations in cafes, and scientists such as Sir Isaac Newton wrote, lectured and debated there. Evidently, the cafe was not exclusive to painters, poets and playwrights.

Coffee and conversation is a longstanding motto

at Bohemia, and it stems from these deep-seated coffeehouse histories. We are proud to nurture an atmosphere where all are welcome, and to maintain a platform that encourages real conversation and true human connection (which is also why we do not have WiFi). We are honoured to share in your lives, in whatever capacity you allow us; to be your third place, your go-to, your home away from home.

Just as Pruffrock's melancholic voice says, "I have measured out my life with

coffee spoons" (T.S. Eliot, The Love Song of J. Alfred Pruffrock), it is our pleasure to measure yours in the same way. So here's to you, and to cafes old and new: "the sanctuary of health, the nursery of temperance, the delight of frugality, an academy of civility and a free-school of ingenuity." Coffee-Houses Vindicated (anonymous 17th century pamphlet)

Emily Bos  
 Manager, Bohemia



**125 Dunlop Street East**  
 705-734-1683  
 Like us on Facebook & Instagram! @bohemiabarrie

Bohemia is a cafe or, as such establishments were once and sometimes still known, a coffeehouse. It is a pillar among many that upholds a certain tradition in the heart of Barrie. That tradition is the value of community: germinating relationships with our neighbours and establishing a third place (to borrow Ray Oldenburg's concept in which first place is home and second is work) where we can escape - be it briefly or for a few hours - the pressures and mundanities of our ev-

eryday lives. Historically, the coffeehouse was a place where one could come to speak freely and share ideas, regardless of status or background. At one time they were called penny universities because anyone could come and enlighten or educate themselves, either alone by reading the paper or a book, or by listening to other patrons lecture, preach or propose ideas in an open forum. Cafes are and have been nests of brilliance where

thoughts, like birds, have been hatched and developed in the form of revolution, fiction, philosophy and ingenuity. Cafes encourage an environment of community, connection, education and empowerment. For centuries, regardless of a person's status, religion or background, coffeehouses have been a romantic safe-haven for free speech, world views and maybe even a new friend. And of course, in the midst of it all, a welcoming, warming cup of coffee.

**“What you do makes a difference, and you have to decide what kind of difference you want to make.”**

- Jane Goodall

schwartz & associates



In the depths of winter, time feels like it slows down. Shorter days and frigid weather result in more time spent indoors. I like to use the extra time that winter affords to reflect inward and think about my ambitions for the year ahead.

While I've never been one for New Year's resolutions, I believe it's important for everyone to take a step back from time to time and look at the type of person we are and how that compares to whom we want to be in all facets of our life - in our relationships, our

careers and in the world.

I find that when goals are focused on others, they can be more rewarding. One of the great truths in life is that we find happiness and self-satisfaction in doing things for other people. We rise by lifting others.

If you want to be happier, don't resolve to be happier - resolve instead to do a good deed every day, with no aim of recognition or reward.

Good deeds can be small, like helping a stranger carry something from their car,

buying someone's coffee order unexpectedly, shovelling your neighbour's sidewalk, leaving a note of encouragement for someone to find, cleaning up litter at the park or bringing a snack to brighten a co-worker's morning.

A kind word, deed, or even a smile can turn someone's day around, and these simple acts can create a ripple effect. Every day brings another chance to make a difference; imagine the happiness you could spread in a lifetime.

*Kraig Schwartz is a Real Estate Broker, whose team of sales representatives forms Schwartz & Associates. Their office is located at 114 Dunlop Street East. They invite you to pop in and discuss any and all real estate questions, or to just discuss this great city of ours!*

## Waiting for the Telegram



If the Barrie newspapers that first week of January 1917 are any indication, a fine New Year's Eve celebration was had by many: a Dalston resident lost their gold watch and fob between Hillsdale and Dalston, while a handbag, containing unfinished crochet work and belonging to a Mrs. V.A. Hart of 126 Dunlop Street, vanished between Wellington and Dunlop Streets.

No one could really blame the locals for partaking in a bit of cheer, even if alcohol was officially prohibited at the time. Life could be hard, and moments of joy and frivolity were to be seized and relished.

The Great War was entering its fourth calendar year, and the citizens of Barrie were war weary. Local papers were loaded with stories of sons overseas, of medals and injuries, loss and heroism, heartbroken families and precious but short visits home. There were daily ads for Soldiers' Aid Lunches, held at Red Cross Rooms across Barrie - Vegetable Soup, Cold Roast Beef, Scalloped Potatoes, Pie, Tea and Coffee, all for 30 cents.

At the same time, there was a growing fear among the population that the early patriotic enthusiasm and desire to be 'doing one's bit' was waning, and that the horrors of the Somme and Ypres had stopped many potential volunteers from enlisting. With that fear came the creeping realization that mandatory conscription was likely just around the corner. (Come it did in 1918, after nearly a year of

bitter debate in parliament.)

In 1917, it was common to find newspaper ads like this one, printed in the Barrie Examiner on January 18th, asking people to report neighbours who hadn't enlisted:

**Give Us His Name** You Know ONE Man! - who won't face his chums when they return from the front. - who is living snugly and safely at home while YOUR loved ones are fighting his battles for him. All we ask is: "Give us his name." He'll get his chance, now, to PLAY THE MAN!

It all reads as very underhanded business, but I suppose the local battalions were becoming desperate.

But the world didn't stop turning because of the war in Europe, and the business of keeping Barrie humming along continued. In January Police Chief King asked Town Council for pay raises for his three officers. He mentioned the 215 convictions in Barrie the previous year, including 56 desertions and 57 drunks. He also repeated his belief that local restaurants should be licensed to operate and that the sale of cigarettes should also be subject to regulation. (I'm not sure if any of his suggestions were adopted at the time.)

In that same issue of the Barrie Examiner, some Barrie folks decried the rising prices of goods. I have the feeling that this has been going on since

the invention of money. Here's an excerpt:

*We used to buy 20 pounds of sugar for a dollar: we get 12 now. Fifty cents used to buy us three dozen eggs; it buys one now... Our splendid butter maker used to deliver us two pounds of the best in Muskoka for forty cents; she leaves one pound now at forty.*

Imagine the author's shock if they could have had a look at a current grocery store flyer!

Barrie has always been known for its formidable winters. The winter of 1917 gave the townsfolk the usual challenges of getting around in the snow, suffering the cold temperatures and having enough supplies to last until spring. Temperatures in mid-January that year were sharp, with numbers as low as 19 below zero, with only one day at zero. Remember, that was the high for the day, and we are talking *Fahrenheit*, not Celsius!

The ice-cutting companies were happy, though: lake ice was already one foot thick. Their only complaint was a lack of men, many having gone off to 'do their bit.'

By February, it was the snow that got in the way of everyday life. Sunday services were cancelled when the minister couldn't get out of his house or anywhere near the church, and daily trains to outlying areas like Meaford and Penetang were sometimes as much as five hours late.

The simple life of yesteryear can sound quaint and even appealing, though I'm not sure I want to go to the store in an open cutter, dressed in long skirts when it's 20 below outside - any 20 below! But I sure do admire the wood-chopping, ice-cutting, hardy souls of 1917 wartime Barrie who went to church, school and work no matter what, all the while hoping week to week that they would not receive that telegram.



Mary Harris  
Director of History & Research  
Barrie Historical Archive

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