

Acton bids farewell to Roxy Coffee, non-profit café

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Acton is saying goodbye to a fixture of the community this month.

Acton's non-profit coffee shop is set to close at the end of May, as managers Wendy Tavender, Madeleine Attrell and Mary Ellen Stanley are retiring.

The three women have dedicated nearly a decade of their lives to transforming the building where Manny's Roadhouse, a rundown bar on Acton's main street used to sit.

"Madelein and Mary Ellen were the driving force of starting it eight years ago," said Tavender, who came on four years later.

The pair created the café with the mission of building a safe space for community to gather, to listen to music, and of course enjoy warm coffee and snacks.

For two years the building underwent construction, to rebuild the façade



Alexandra Heck/Metroland

Roxy Coffee in Acton is set to close, as from left, Madeleine Attrell, Wendy Tavender and Mary Ellen Stanley are retiring.

and build a glass room on the second floor.

As a non-profit café, the women say it was a very tough go in the beginning.

Most of the people working the café volunteered, and the Attrell and Stanley poured countless hours into the establishment.

"We never started it to make money for ourselves," said Attrell. "To give back to the community."

The café soon became the local haunt for all demographics in town, especially those who lived in the group homes in Acton.

Sometimes, those people

didn't have money for a cup of coffee, and a regular named Art started giving donations to buy cups of coffee for those less fortunate.

That was the start of the Art Fund, which snowballed into a program led by community donations that allowed one cup of coffee a

day for anyone who couldn't afford it.

"The people that get the Art Fund, they feel safe here, they feel welcome here," said Stanley. "I think they feel respected."

Now, as the days draw near to the end, Roxy Coffee has drafted a cookbook of all the community's favourite recipes, including 30 of their specialty soups and their ever-loved cinnamon buns.

"A lot of people thought that we were just a coffee shop," said Stanley. Over the years the café has evolved to offer smoothies, salads, wraps and more.

The proceeds from the café are donated to local charities like the food bank.

"It was important for us to be connected to the community," said Stanley.

As they retire, Stanley will be spending more time in Kentucky with her husband running their concrete finishing business.

Attrell is looking forward to spending more time

with her grandchildren in Georgetown, and Tavender is excited to travel.

As one of the few non-profit cafés in the area, Attrell says they receive a lot of inquiries from people looking to model businesses from Roxy Coffee.

"A lot of people want to do it," she said. "You need very, very dedicated people who aren't in it for the money. It's a labour of love."

So far, no one has come forward to carry the Roxy Coffee torch, but the board is accepting proposals to those serious about continuing its legacy.

Those with a proposal drafted are asked to mail it to the Roxy Coffee address, or email info@roxycoffee.com.

A farewell party will be held in the café on May 31, with daily specials in sales all week leading up to the closure. The cookbook will be on sale for \$20, with all proceeds being sent to Acton Foodshare.

Carolyn Dew

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The ways in which Acupuncture can enhance fertility include: reducing stress, improving circulation to the ovaries and uterus, and balancing hormones. This is evidenced in medical research that supports the incorporation of Acupuncture into IVF protocols and other assisted reproductive technology techniques.

April 23-29 represented Canadian Infertility Awareness Week; an important week for patients, families, governments and communities across Canada to reflect on the challenges many face to have children. Fertility Awareness Canada helps recognize those struggling with fertility issues by offering support, compassion, and awareness. For further information on whether Chinese Medicine can address your reproductive health needs, please contact Carolyn at cdew@healthspan.ca or check out her website at www.carolyndew.ca.

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Q: I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows does; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.