



Madison Penney is a shepherd at OVINO in Acton.

Bryan Myers/Metroland

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In the summer, the thick canvas walls on the structure are lowered to allow natural airflow for the growing flock.

In the winter, those walls are raised with heating units to keep the internal temperature optimal for the youngest of the flock.

While most of the herd is comprised of ewes (female sheep), a handful of rams (males) live a life of luxury as the few proud studs.

Those studs are carefully selected based on the

**"We love our sheep and consider them family."**

- Jay Akras

quality of their mother's milk, monitored automatically during each milking session.

Twice daily, the flock of milking sheep visit the milking parlour, a round, rotating floor, which allows the sheep to be milked

with ease. With room for 80 ewes at a time, a few motivated milkers can process up to 1,000 ewes per hour.

Once collected, the milk is cooled to 4 C before a gentle pasteurization process that maintains the beneficial qualities of the milk.

For now, OVINO products are available at the farm (7323 25 side road), on Sat. and Sun. between 9 a.m. and 12 p.m. Tours of the facility are also available if reserved through the dairy's Facebook page (fb.com/ovinofarm).

More information about OVINO is available at [www.ovino.ca](http://www.ovino.ca).

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Andy Bathgate (left) and Jake Wood  
Owners

## Next level hockey training

Hone your hockey skills and be game-ready at Top Notch Hockey Development. Owners Andy Bathgate and Jake Wood are committed to developing all levels and ages of athletes to reach their potential. The duo has played more than 300 professional hockey games, and now they want to help others sharpen their skills.



experience playing in various leagues, including: The American Hockey League, The Southern Professional Hockey League, The United States Hockey League, The National Collegiate Athletic Association and more.

Top Notch Hockey Development began offering its services this summer.

Top Notch Hockey Development offers one-on-one private sessions. On-ice training focuses on power skating and skills development, and off-ice, training focuses on speed, agility, and conditioning. Other services include weekly hockey camps, weekly junior/colleges, pro skate sessions, and college hockey showcase teams. Clients can sign up and inquire through the Top Notch Hockey Development website.



For Andy and Jake, their approach to development comes from

Already, it has gained popularity with clients who want to work on their hockey skills.

"Our interactive approach with our clients always allows us to communicate efficiencies and continue to work on strengths," explains Jake. "We make a point to work with each individual athlete by including video breakdowns and constant communication."

Helping athletes meet their goal of becoming a better hockey player and help them chase their dreams of playing in the NHL inspires Andy and Jake every day. "We are committed to helping our clients become the best players possible. We take a full hands-on approach towards our athlete's development," Andy says.

[admin@topnotchhockeydevelopment.com](mailto:admin@topnotchhockeydevelopment.com)

905-702-3535

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