

# Nashville sounds good to Kirstie

**M**usic can soothe the soul. Ask Stouffville's Kirstie Hembruff.



## Roaming Around with Jim Thomas

The 19-year-old former Tyndale College student is currently enrolled on a vocal music scholarship in the psychology degree program at Trevecca University in Nashville, Tenn.

However, during her time at Trevecca, she'll do more than 'beat the books'. Kirstie's joined a university-associated vocal group that will participate in events and conferences across much of the United States, including Florida, Alabama and North and South Carolina. She'll also sing at a Nashville Predators hockey game.

Kirstie, daughter of Gary and Val Hembruff, resided initially at Elgin Mills Road and the Ninth Line, south of Stouffville. She, her parents and brother Brett moved to town nine years ago.

At Stouffville District Secondary School, she was a member of both the choir, under the direction of Miriam Sellick-Smith and the band, directed by Daniel McConnachie. She was the recipient in 2007 of the Student Music Scholarship Award.

"Mrs. Sellick-Smith was a major role model," says Kirstie. "Her positive attitude and encouraging approach brought out the best in me. I'll be forever grateful."

Nor does she minimize support received from her parents, her grandparents, her brother and a wide circle of friends.

"These people are very special," she says. "I appreciate their prayers, love and support."

She describes her two years at Tyndale College as "amazing".

"It's a faith-building community with a positive Christian environment," she says. The classes, she says are challenging with high academic standards.

At the conclusion of her first college year, she participated in a mission trip to Camden, New Jersey, working in one of the country's poorest neighbourhoods.

After receiving the student music scholarship at SDSS in 2007, Kirstie's horizons broadened. She was invited to participate in several community events, including singing

the National Anthem at Stouffville Spirit games. She was also the recipient of the Miss Talent Award at the 2009 Strawberry Festival pageant.

In addition to the French horn, Kirstie's proficient in piano. For six years, she studied at the Royal Conservatory level under the tutelage of Stouffville's Sharon Wilkinson. Vocal teachers included Jaime Wagg and Jim McMillan at Stouffville, Charlene Pauls of Tyndale and Marlene Sellick-Smith at Stouffville Secondary.

One of Kirstie's greatest joys was singing with the male quartet at Springvale Baptist Church.

"It was an honour," she says. "They're a highly respected group of men."

One member is her grandfather, Herb Hoover. "We share a special bond," she notes.

She retains a similar attachment to Springvale Church where she participated in the junior and senior high programs.

Her scholarship award provided Kirstie an opportunity to perform vocal auditions at several universities across the United States including California, Virginia and Tennessee. She settled on Trevecca in Nashville.

"I knew and my family knew this was the place for me to be," she says. "Every part of my journey has been God-led."

She's a member of two vocal groups, one called Everpraise and the other Refuge. Both are associated with the university.

While music is important, an under-graduate degree and later a master's hold top priorities.

"It's a leap of faith," she admits, "but with God's help, I can do it."

Jim Thomas is a Stouffville resident who has written for area newspapers for more than 50 years.

## OUR OLD-FASHIONED CABBAGE ROLLS

Cabbage Rolls are a hot item in our store. I imagine it's because they're so time-consuming to make that few of us make them at home. Whatever the reason, they don't last long in our freezer — especially when they're on sale. So come early and get them while they last!

Reg. \$11.95  
Pkg. of 4

**25% OFF THIS WEEK**

## COUR SMOKED CHICKENS

If you have not had the pleasure of sitting down to one of these for dinner, wait no longer. There are many ways to proceed here, but what I like to do is section them just like you would a BBQ'd chicken, then eat them bit by bit, also much the same. Now, if you have any of the chicken left over, cut it into a creamy pasta sauce to serve with egg noodles, or even better, pappardelle. A little note is that the chickens are cured with curing salt, which makes the meat pink ... just like ham. They are fully cooked when you get them. You'll just need to warm them to have them at their best.

**9.99 EACH**

## POUR DELI PORK LOIN ROASTS

We'll be roasting a whole bunch of our Stuffed and Seasoned Pork Loin Roasts at the deli this week. They will be available sliced as a cold cut, or warm to take home for dinner. Incidentally, you might find the term 'seasoned' confusing if you are used to supermarket pork. The Canadian Food Authorities allow the term 'seasoned' to describe 'moisture enhanced' pork, which has been injected with water to make it moister — and phosphate (the seasoning) whose sole purpose is to help keep the water in the pork. We do not sell pork which is seasoned in the modern way! Ours is seasoned the old way, with spices.

Reg. 2.19/100g

**1/3 OFF THIS WEEK**

## WHAT'S COOKIN' AT THE DELI!

Since we are in the full swing of the local vegetable season, we'll be using them for our Vegetable Medley Salad. There will be cauliflower, broccoli, sweet carrots, peppers, asparagus (this is non-local), red onions, grape tomatoes and celery — all dressed-up Italian style.

Reg. \$1.29/100g

**1/2 PRICE THIS WEEK**

— AND —  
We'll be making lots of our Chicken Fingers. We use air-chilled chicken breasts that have been lightly seasoned and fried golden — just how my two kids like them (Thomas went to school).

Reg. \$16.99/lb

**25% OFF THIS WEEK**

## G ~ THE ~ GRAPES! OF SWEETNESS!

Our green grapes this week are from California, and they are particularly good. I love it when they have a slightly golden hue — a sure sign of big sweetness.

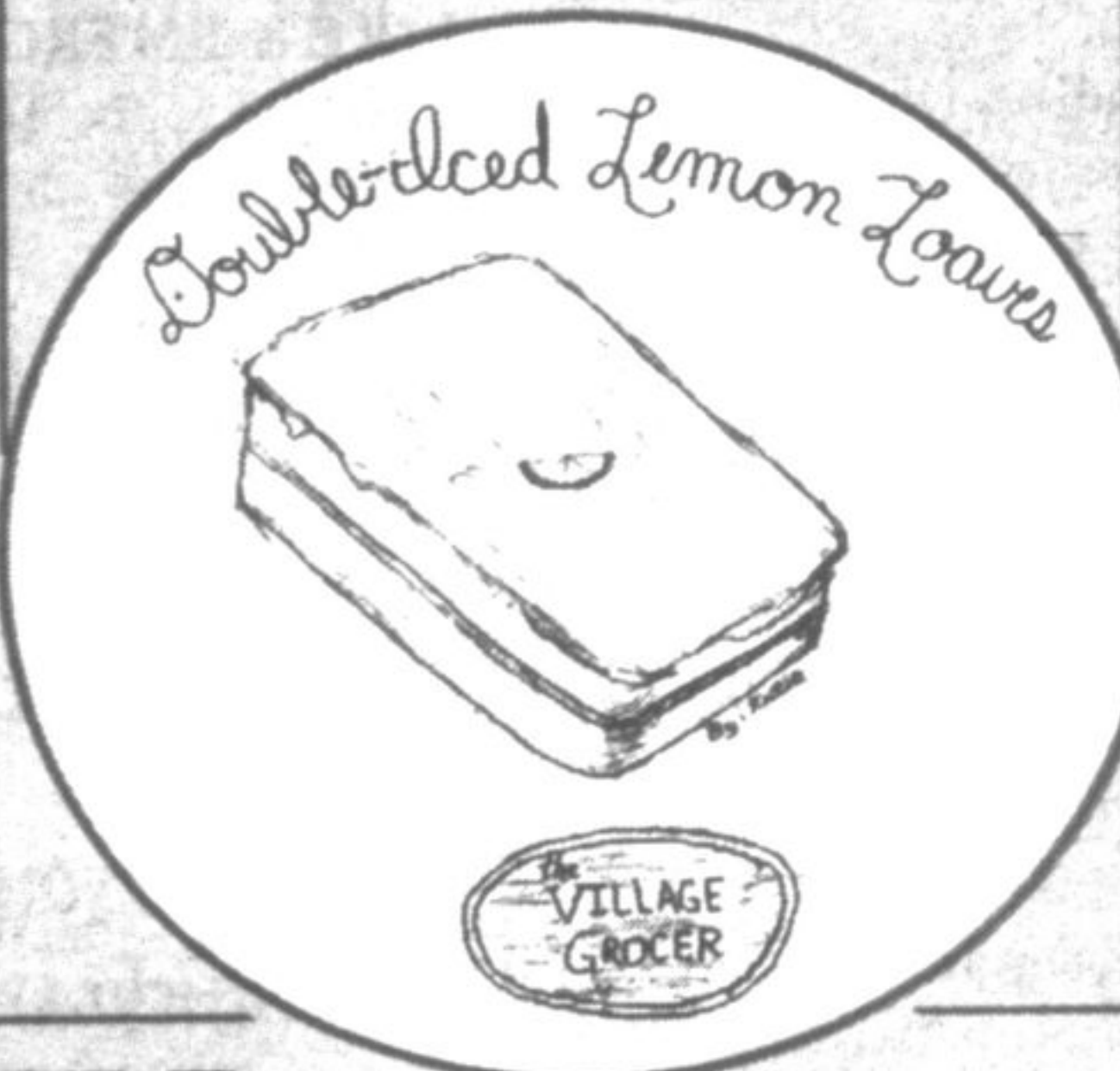
**1.99 LB. THIS WEEK**

## HONEY-GARLIC SAUSAGES

These sausages are made with fairly lean coarsely-ground fresh pork with a quite mild seasoning, rounded out with honey and jacked-up with a touch of garlic. The combo is great! And speaking of combos, everyone at the table should partake of these so that there will be no noticeable lingering after-effects of garlic.

Reg. \$4.99 lb.

**25% OFF THIS WEEK**



## FRESH SEA SCALLOPS

These are from the Atlantic in the area of Nova Scotia south to Cape Cod, but landed in New Bedford, Massachusetts. They are 'dry packed' which means they are not shucked and put in the preservative liquid that ship-shucked scallops are. What this means to us is less moisture in your pan — which is good I'm thinking. I usually pan fry these — half butter, half olive oil, and flambé them at the end with Grand Mariner (Stand back when you do the flambé part!)

Be sure to pour the remaining pan juices over the scallops as you plate them.

10-20 count ....

**17.95 LB. THIS WEEK**

## DOUBLE ICED LEMON LOAVES

Many of you who know me would also know that I eat dessert first — just in case! That has been my motto, unwavering, for many decades.

It will come as no surprise then that my favourite part of our lemon loaf is the icing. In fact, when I have a lemon loaf, I have them split it horizontally and put in another layer of icing — just to be sure!

We'll have these loaves on sale this week — they've become public for the third time!

Reg. \$6.99 ea.

**1/3 OFF THIS WEEK**

## LOCAL CANTALOUPE

We've got some nice fresh local 'lopes for this week. They are size 9's, which are big enough to cut and serve the whole family.

Product of Ontario.

**1.99 EACH THIS WEEK**

## SWEET CORN CHOWDER

No one can argue about how good the corn has been. And we get no complaints at all about our smoked salmon — so it stands to reason that a soup which combines both with a whole bunch more good stuff will be particularly scrumptious. This is the fresh-made version at the deli, and it normally serves 2-3 people.

**7.95 CONTAINER THIS WEEK**

## NEW ZEALAND KIWI

We've got the genuine article going on this week. We bought size '25' which is big, and to me, they look fuzzy and beautiful!

**2 FOR 1.00**

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY SEPTEMBER 12<sup>TH</sup>

Hours: Mon. 10:00-7:00 ~ Tues.-Thurs. 9:00-7:00 ~ Fri. 9:00-7:00

Sat. 9:00-6:00 ~ Sun. 10:00-5:00

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