

# 2011

## Fine Art of Meat Preparation Continues at The Meat Merchant

In years past, before the rise of big-box supermarket chains and cellophane-wrapped, self-service meat, every community had a meat market where knowledgeable butchers built a tradition of service and a reputation for quality products.

Since 1990, that dedication to service continues at The Meat Merchant Inc., family-owned and operated butcher shops in Uxbridge and Stouffville. Owned and operated by Russell Allbright, a fourth-generation butcher, and his wife Kelly, the Stouffville location has already built a reputation as the "town butcher". Even snagging the **2010 Readers Choice Award for "Best Butcher Shop"** in the Stouffville Sun Tribune - during their first year open! Specializing in farm-fresh, local, all-natural meat, gourmet deli meats and nutritious, ready-to-heat-and-eat meals. Offering preservative-free, gluten-free, healthier products, many of which are made on site in Stouffville.

This month, The Meat Merchant Inc. launched a new website [www.meatmerchant.ca](http://www.meatmerchant.ca) where people can sign up for *The Butcher Block*, an online community that receives specials, recipes and tips on how to prepare meat and a whole lot more - right to your email.



Scan this code to be taken directly to The Butcher Block sign up page and join today!

The Meat Merchant Inc. is located at 6296 Main Street in Stouffville. Stop by for a taste of that good ol' fashioned butcher charm!

## Improved life skills through martial arts training

"If you've seen the Karate Kid movies, it's not about the kicks, punches and blocks. The key to martial arts training is character development," says Craig Hroncok, owner of the Stouffville Martial Arts Academy. "Martial arts is a life skill and we instill a creed in our students - modesty, courtesy, integrity, self-control, perseverance and indomitable spirit. Character does matter."

Students benefit from the training at Stouffville Martial Arts, says Craig, who began his own martial arts training at age nine and designates the academy as a 'black belt school', meaning students have the minimal goal of achieving their black belt.

"We teach two different types - Shaolin kempo and Gracie jiu jitsu," says Craig.

"It's unique, specialty training you won't find in most places. We care about our students. They work very hard to get in better shape and improve themselves. Their chores get done, adults are provided with some stress relief and they all have a positive influence in their lives."

To arrange a private interview or free introductory lesson, visit Craig at Stouffville Martial Arts, 61 Ringwood Drive, Unit 3, or call 905-640-7474

## All Natural, Locally Raised Meat

• No Hormones • No Antibiotics • Preservative Free

Check out our new website [www.themeatmerchant.ca](http://www.themeatmerchant.ca) for Weekly Specials, Recipes, Tips and more.

Scan here to sign up for our online community *The Butcher Block* for latest News, Events, and Promos.



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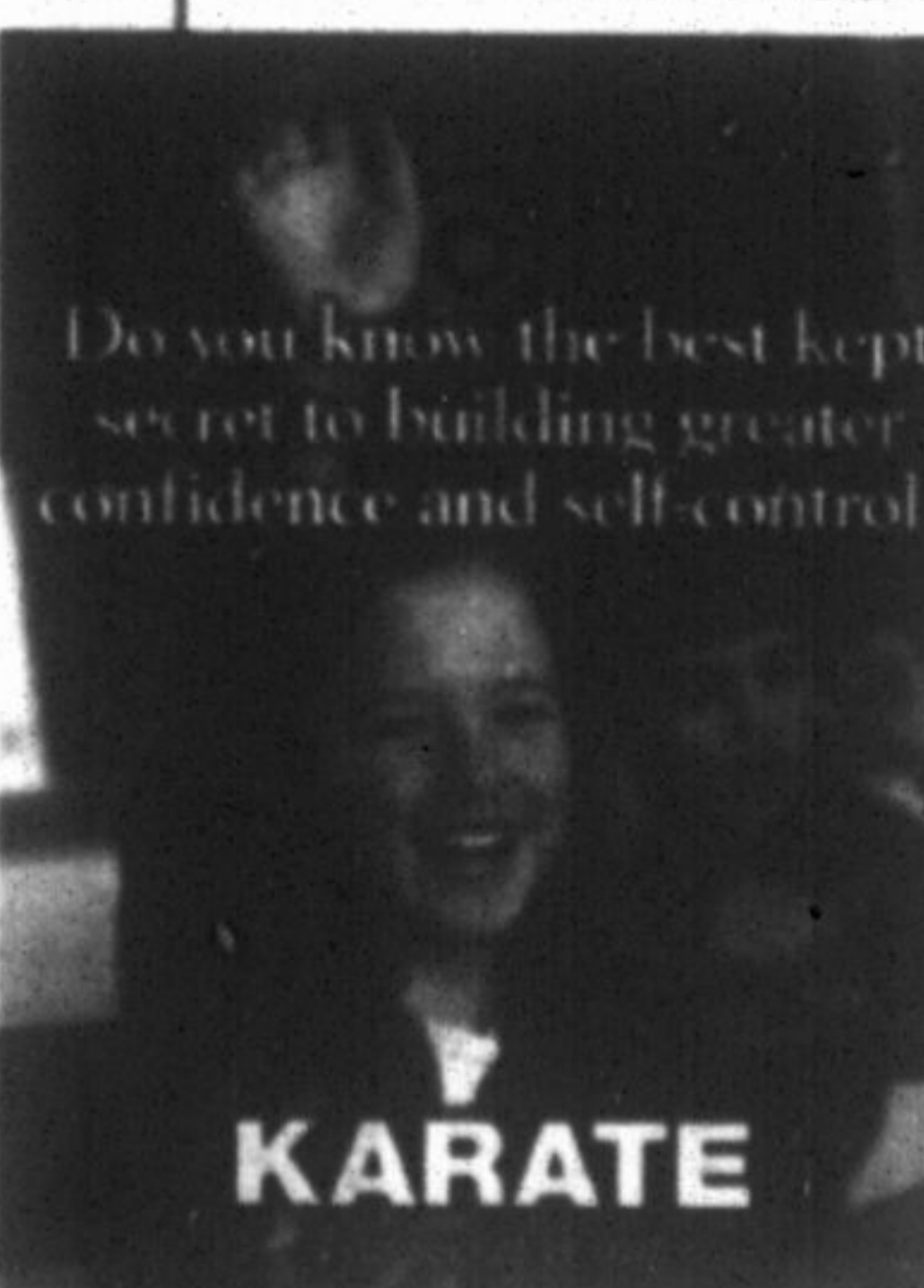
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2010  
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for Best Butcher Shop!  
Stouffville Sun Tribune

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- \* MODESTY \* PERSEVERANCE
- \* GRATITUDE \* SELF-CONTROL



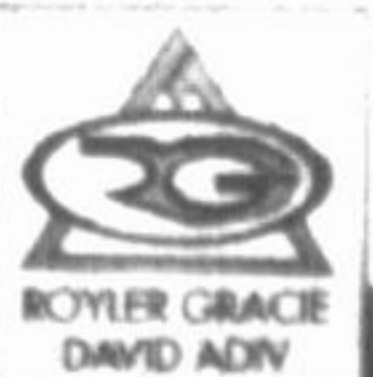
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