

WHERE  
EVERYTHING  
OLD IS  
NEW  
AGAIN



STORY JUDE WAYLAND  
PHOTOGRAPHY BONNIE FOX

**THE PLACE:** Lisa Proctor has a passion for upcycling and repurposing “things.” In her previous life, she spent 15 years recycling vintage clothing. After a three-year hiatus, she discovered a passion for recycling furniture, and opened a vintage furniture studio, **Ashbury Cabin**, on Bruce Street in Thornbury. Lisa is all about finding a special piece of furniture that someone discarded, fixing it up, painting it, and making it new again in its own way. “Each piece speaks to me, and takes on a life of its own,” says Lisa, “and that’s where I have fun. I make whimsical accent pieces to make a room pop, or turn furniture into works of art for my clients.”

**THE STYLE:** Rustic elegance, with a splash of chic. Lisa has her finger on

the pulse of one of the latest décor trends: milk and chalk paint. Milk paint, a combination of clay, chalk, limestone, casein (milk protein) and pigment, is zero-VOC, non-toxic, completely natural, and biodegradable. Mix your own, purchase specific colours, and create solid, opaque or wash effects. Pre-mixed chalk paint also offers limitless possibilities. No stripping necessary! Lisa carries a full line of Miss Mustard Seed’s Milk Paint products and finishes, and will soon offer do-it-yourself chalk and milk paint workshops in her studio.

**THE WARES:** In addition to paint, Lisa also showcases products from several local, socially responsible artisans such as: upcycled barnboard furniture from



Mumba, recycled, handcrafted wood furniture by Josh Cox, Simply Rustic Furniture’s square log bed frames, refinished and antiqued décor pieces from The Rustic Tree, factory carts and reclaimed furniture from Scott A. Murray, and Megan Vanderpol’s all natural goat-milk soap made from the goats she raises. “This fall, I’m carrying a line of handmade rugs from a socially responsible company in India (Jaipur) that’s big on empowering women,” says Lisa, “and that’s very important to me.”

**WHAT’S HOT:** Sliding barnboard doors are hot, and Lisa can’t keep them in stock. Shabby chic was once all the rage, now the focus has shifted to colourful milk and chalk-painted recycled furniture. Come check it out!

**WHERE:** 21 Bruce St., Thornbury  
519.599.6078 OH



Storeowner Lisa Proctor painting a reclaimed door.

