

The Economist & Sun/Sun-Tribune welcomes submissions of upcoming events from community organizations. While every effort is made to include all submissions, there is no guarantee of publication. E-mail items to [newsroom@econsun.com](mailto:newsroom@econsun.com). Please avoid attachments; submit information in the body of the e-mail.

## SPECIAL EVENTS

### TODAY

Unionville Presbyterian Church hosts its community harvest dinner from 5 to 7 p.m., 600 Village Prkwy. Roast beef dinner and live entertainment by rhythm and blues band Project Phoenix. The cost is \$15 for adults and \$7 for ages six to 12. Call 905-475-6233 for information.

### SUNDAY

The Canadian Diabetes Association holds its Get Active, Get Healthy days at Longo's locations, a day devoted to children and families to promote healthy and active lifestyles. Check it out from 10 a.m. to 3 p.m., 3085 Hwy. 7, Markham. Contact Tricia Pang at [tricia.pang@diabetes.ca](mailto:tricia.pang@diabetes.ca) or call 416-408-7146.

Terry Fox Run: Registration for Stouffville's Terry Fox Run is at noon at the Stouffville Arena. The run starts at 1 p.m. Participants in either the five-kilometre or 10-kilometre route can run, bike, or rollerblade. Pledge sheets are available at Curves, Joint Venture, Schell Lumber, Scotia Bank, Bank of Montreal, Whitchurch-Stouffville Public Library, Lebovic Centre, Boyd's Sports, Town of Whitchurch-Stouffville and the Stouffville Arena. Call 905-640-4705 or visit [www.terryfoxrun.org](http://www.terryfoxrun.org)

Decoration Service: The annual cemetery decoration service at Melville United Church, 11248 Kennedy Rd. takes place at 11 a.m. The speaker is Rev. Ralph Garbe with music by The Murphys. Refreshments and fellowship follow. For more information, call 905-640-1680.

### MONDAY

The Women's Success Alliance and The Power of Women Enterprises host the first Dressing Game fashion show and mini trade show 5 p.m. at The Radisson Hotel, 50 East Valhalla Dr. in Markham. Participants strut their stuff for charity in addition to a reception and a dinner. The show focuses primarily on business and business casual clothing. All proceeds go to FACE: Family Abuse Crises Exchange, "Helping Families Help Themselves". Tickets are \$55 and can be purchased by contacting Debbie Ross at [info@womenstravelnetwork.ca](mailto:info@womenstravelnetwork.ca) or 905-771-8338.

Explorers registration: Explorers for Girls registration is at Stouffville United Church, 34 Church St. tonight. For girls aged 9, 10 and 11. Girls from all denominations are welcome. Call 905-640-6673.

### TUESDAY

Afternoon Book Club: The start-up meeting for this new afternoon book discussion group is from 1 to 3 p.m. at the Whitchurch-Stouffville Public Library. Call 905-642-7323.

Bonnie Stern, popular cookbook author and chef, will present delicious recipes for the High Holidays at a fundraising event hosted by the Beth Tikvah Sisterhood at 8 p.m. Doors open at 7 p.m. for boutiques. Tickets are \$25 in advance or \$30 at the door and can be purchased by calling 416-221-3433, ext. 353. The synagogue is at 3080 Bayview Ave.

### WEDNESDAY

YMCA employment: An open house at the YMCA Employment and Community Services Centre runs from 6 to 8 p.m. Entertainment by Jim McMillan, ribbon cutting by Mayor Sue Sherban. (behind McDonald's restaurant at the corner of Main Street and Sandiford Drive in Stouffville): Call 905-640-2856.

### THURSDAY, SEPT. 22

Women's coffee hour: EastRidge Church on 10th Line hosts a women's coffee hour at 7:30 p.m. A presentation from Whittamore's Farm with pie tasting, preserving tips and ideas with pumpkins and apples; also featur-

ing singer and speaker Kim Papadopoulos. Call 905-640-3911 for information.

The Cutting Edge: A monthly discussion forum on cutting edge themes affecting Christianity and religion begins at 8 p.m. in the Parkview Village boardroom, 12184 Ninth Line in Stouffville. This month's topic is insights from process theology, a theology formulated in the 20th century, bringing together science and life experience with Christian theology. For a copy of the reading packet, phone Community Mennonite Church at 905-640-9730 or e-mail to [scmc@sympatico.ca](mailto:scmc@sympatico.ca)

Monitoring the Moraine: A community workshop on water quality, the health of your land and how to get involved takes place at the Lemonville Community Centre, 13453 McCowan Rd. (south of Bloomington Road) from 6:30 to 9 p.m. Hosted by Save the Oak Ridges Moraine. Refreshments and door prizes. To register, call 416-978-4144 or e-mail to [nfahey@stormco.org](mailto:nfahey@stormco.org)

### SATURDAY, SEPT. 24

Fly high during an open house at Buttonville Airport in support of United Way of York Region. Enjoy helicopter and airplane rides, skydivers, airplane displays, bouncing tents, carnival games, pony rides and much more from 10 a.m. until 3 p.m., 2833 16th Ave. (at Hwy. 404). Free admission.

### SEPT. 24 & 25

Twenty-three local artists are pleased to invite you to their second annual Markham/48 studio tour and sale from 10 a.m. to 5 p.m. Jewelry, metalwork, paintings, photography, pottery, stained glass and woodwork will be exhibited in 12 locations in Markham and the Hwy 48 area. Admission is free. A portion of all sales will be donated to the Markham Stouffville Hospital. For more information visit [www.markham48studiotour.com](http://www.markham48studiotour.com), call 905-472-1774 or e-mail [markham48studiotour@rogers.com](mailto:markham48studiotour@rogers.com)

### SUNDAY, SEPT. 25

The Heart and Stroke Foundation's annual

Cheenos Heart&Stroke Mother Daughter Walk takes place this year at Toogood Pond on Main Street Unionville. Participants will have the choice of either a 3-km or 6-km walk. Check in time at 8 a.m. Walk starts at 10 a.m. Register online (until Sept. 23) at [www.heartandstroke.ca/walk](http://www.heartandstroke.ca/walk) or by phone at 1-888-HSF-INFO. You can also register by mail, fax or in person. For more information, call the foundation office at 905-709-4899.

The DiMonte Group and Canadian Hero hold the final fall finale charity show and shine swap meet meet at the Markham Town Centre, from 11 a.m. to 4 p.m., 101 Town Centre Blvd. in Markham rain or shine. \$10 entrance fee per vehicle. Cheques payable to Canadian H.E.R.O. Contact Dino DeMonte at 905-731-8838 or fax 905-731-5843.

### MONDAY, SEPT. 26

A benefit concert for the Children's Literacy Fund takes place at 8 p.m. at Markham Theatre featuring local entertainer Brian Roman, Canadian tenor Mark Dubois and singer Cara Chisolm. Call the box office at 905-305-7469.

The Learning Disabilities Association of York Region holds its 29th annual general meeting, 7 p.m., at the Loyal True Blue & Orange Home, 11181 Yonge St., in Richmond Hill. For information, contact [info@ldayr.org](mailto:info@ldayr.org), 905-884-7933, ext. 23 or fax 905-884-9377.

## MEETINGS

### TUESDAY

Canadian Federation of University Women general meetings are held the third Tuesday of every month at 7:30 pm at the York Region Police Station on McCowan Road north of Markville Shopping Centre. For more information, call Aimee 905-475-1757.

### WEDNESDAY

The Markham Arts Council offers a free information session regarding applying for government grants at the Markham Civic Centre's Canada Room at 7 p.m. Guest speakers include representatives from Ontario Trillium

Foundation, Ontario Arts Council, Ministry of Culture & Tourism, Ontario Heritage Foundation, Human Resources Development Canada and the Canada Council for the Arts. Learn how to apply, which agencies have funding available and eligibility criteria. Seats are limited so advance registration is advised. To register, call 905-209-9911 or visit [www.markhamartscouncil.com](http://www.markhamartscouncil.com).

Markham-Unionville Chapter of Jewish Women International invites women to its 20th year of volunteer and social activities. For more details, call Gail Gotter 905-294-9706.

Thornhill Garden and Horticultural Society meets the third Wednesday of the month at 7:45 p.m. at the Thornhill Community Centre. Visit [www.members.aol.com/wdall/pages](http://www.members.aol.com/wdall/pages) or 905-762-9474.

The Markham chapter of the One-Parent Family Association holds a meeting the third Wednesday of each month at 8 p.m. New members welcome. Call 416-292-0734.

## SALES

### SATURDAY, OCT. 1

Stouffville Legion holds its yard sale and barbecue from 7 a.m. to 2 p.m. at the branch on Ninth Line in Stouffville. Donations greatly appreciated. Drop off items at the legion or call Judy at 905-642-9678 for pick-up.

## NOTICES

### VILLAGE VOICES

Calling all singers. Village Voices choir is accepting new members, particularly tenors. This year's Christmas concert will include Vivaldi's Gloria and excerpts from Messiah. Rehearsals are Wednesday evenings, 7:30 p.m. at Unionville Presbyterian Church, on Village Parkway. Call 915-881-0767 for information or come to a meeting.

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## Changing Markham Inch by Inch

Change yourself today, tomorrow and forever at Changes for Women in Markham. Changes offers the perfect total body workout for the busy woman! Membership at the club is cost and time effective - you get a full workout in the third of the time it would take at a conventional gym. With our convenient hours & location, just about anyone can find the time to fit the 30 minute workout into their day.

Owners Pam & Marita live in the area. Since opening the club last October, Marita & I love the connections we have made with our members & enjoy hearing about the positive changes working out in our club has made in their lives. stated Pam

Current members of Changes for Women often comment on what they enjoy the most about the club - a more comfortable and nurturing environment than your average fitness club. As for equipment, a series of low-impact, hydraulic machines that are specifically designed for women's bodies are set up in a circuit. Everyone is queued to move after a short period of time on each machine. They are all easy to learn, simple to use & there's no waiting. Doing circuit training is not only an excellent cardiovascular workout; there is also the added benefit of increased muscle strength. As stated by Marita, "The machines are excellent for toning & sculpting all the major muscle groups, while losing inches."

We have many Success Stories that we feature in our monthly newsletter, as more & more members reach their goals. Members can also participate in Inch-Loss Challenges, with great prizes as incentive to get moving! Goal tracking, & inch & weight loss monitoring is optional for all members,

but highly recommended. "It's always nice to see how your hard work pays off," says Laura K., member since December 2004. Laura should know well! She's one of the Success Stories, losing 72 lbs and 53 inches in 6 months - combining the circuit and the Ideal Protein Weight-Loss Method that Changes offers. Ideal Protein is available to Changes' members as well as the general public. One on one consultation is provided along with a fabulous, great tasting product. Pam ensures, "It's easy & simple to follow with terrific results. We've had great results with the program as many members, including myself, have lost 3-5 lbs in a one week period. With 21 different varieties of drinks, puddings, cakes, bars, it's hard to have a favorite."

Changes For Women encourages their members to workout as often as they like, for as long as they like. "This is the reason the club offers extended hours & the convenience of being open 7 days a week. A variety of classes are also scheduled during the week if you're looking for a bit more of a challenge. Their members love the convenience of fitting in their workout before or after doing their shopping at Sobey's or having a coffee with a friend at Second Cup, all of which is located in the same plaza, with plenty of parking.

So this Fall, why not get started & make your 'change' to a happier & healthier lifestyle. Pam & Marita would like to help get you started. For a limited time, they are offering free 7 day passes.

Call to book your appointment and hear about current specials @ 905-927-9017. Changes For Women is located at 9570 McCowan Rd. @ Bur Oak.

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