

Victoria Day fireworks on Woodbine Avenue

Vandorf Park will once again be the site of Whitchurch-Stouffville's Victoria Day fireworks.

Things get under way on Monday at 8 p.m. with fireworks lighting up the night sky at dusk.

Spectators are asked to bring their own lawn chairs and blankets, but no personal fireworks.

The event will take place rain or shine, however, in case of excessive winds, please call the town at 905-640-1910 ext. 323 after 1 p.m. on Monday for event status.

Fireworks are provided by Pyro Mario and music by Most Excellent Productions, both Whitchurch-Stouffville companies.

Vandorf Park is on Woodbine Avenue, north of Bloomington Road, next to the Whitchurch-Stouffville Museum, 14732 Woodbine Ave.

East meeting west at library

Tibetan herbal medicine, osteopathy, deep release breathing and conscious birthing practices are all eastern medical practices that many of us may not know much or anything about, but could potentially benefit greatly from.

Which is why the Whitchurch-Stouffville Public Library is hosting East West Health on Sunday, May 24.

"It's meant to be a way for the public to explore some practices they may have heard about, but don't want to make a commitment (to) or appointment (for) without more information," said Catherine Sword, co-ordinator of public services for the library.

Five speakers, who are experts in their fields, will spend about 20 minutes each

discussing their practices.

Deep release breathing, which will be discussed by Charlene Jones, is the act of breathing deep into your lungs by flexing the diaphragm. It's used to treat hyperventilating and anxiety disorders.

Conscious breathing is guided by a Doula and designed to shorten labour, increase pain management and reduce medical interventions. Teresa Maskery will be discussing this technique.

Lyne Bond will speak on osteopathy, which focuses on the cause of pain and dysfunction, rather than the symptoms.

Tibetan herbal medicine will be discussed by India's Dr. Jampa Yonten.

The session runs from 1 to 4 p.m. Admission is free.

For more, go to www.whitchurch-library.on.ca.

2009 OPENING CELEBRATIONS

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ON THE PARK

What's On May 16-23

- | | |
|--------|---|
| MAY 16 | NUPTIALS AT NINETEEN (PRIVATE EVENT) |
| MAY 17 | OPEN MIC – 2:00 P.M. to 5:00 P.M.
Free admission. |
| MAY 18 | YOUNG AT ART – 12:00 P.M. to 4:00 P.M.
Free admission. |
| MAY 19 | EXPERIENCE DANCE WORKSHOPS
5:30 P.M. – Contemporary Choreography & 7:00 P.M. – Broadway/Jazz
Registration \$19/session (\$5 discount for both!). |
| MAY 20 | STOUFFVILLE HORIZONS
7:30 A.M. – 9:30 A.M. – Mayor's Business Breakfast
3:30 P.M. – 5:00 P.M. – Business Networking
6:45 P.M. – 9:00 P.M. – Parent Workshop:
"Is your teen heading in the right direction?" |
| MAY 21 | BRIDGING THE GENERATIONS – 11:00 A.M. – 3:00 P.M.
Tickets \$5. Register in advance at (905) 640-2322. |
| MAY 22 | YOUTH CAFE – 7:00 P.M. – 9:30 P.M.
Free admission. |
| MAY 23 | CELEBRATION FINALE – SOLD-OUT |

For tickets & event information call 905-640-2322
or visit www.townofws.com/nineteen

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