

Cockburn jumps to her 15th Canadian championship

For Karen Cockburn, winning Canadian trampoline titles has become somewhat of a ritual. But for the 34-year-old Stouffville resident who laid claim to an unprecedented 15th women's crown in Calgary last weekend, it's still a rewarding experience. "It's definitely cool to get a

15th national title," the three-time Olympic medallist and recent 2015 Pan American Games bronze medallist said upon returning Tuesday. Cockburn utilized the same routine she executed at the 2015 Pan American Games against another international field. She won the national title and women's open. "To have them (international competitors) there was neat and to compete against them and to win

both titles was cool," she said. Cockburn finished third at last year's nationals when she made her return to competing after giving birth to her daughter Emilie. That also brought a sense of satisfaction to Cockburn. "It definitely helped to compete at the Pan American Games," she said. "Having come off of that and then to go to Calgary where there were fewer people in the stands,

there was less pressure. I felt more relaxed." Cockburn solidified her spot on the national team that will compete in World Cup events this fall along with the World Championships in Denmark. That will enable Cockburn to continue with her quest towards competing at the 2016 Summer Olympics in Rio de Janeiro, Brazil. Her next competition is a World

Cup event in France in October. She feels she's on track after incurring a broken ankle last November just days before the start of the world championships in Daytona, Florida. "Right now everything is going well," she said. "I feel that I'm getting healthier and stronger and I'll continue to do that with more training."
 — Michael Hayakawa

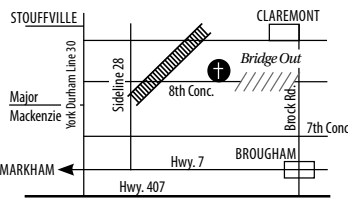
Stouffville Churches Welcome You

in2one
 Summer Break!
 See www.in2one.ca for summer event details.
 Services resume
Sunday, August 30, 2015
 19 on the Park
 416 - 898 - 4774
 Rev. Graham Clinton
 A Church Of The Christian And Missionary Alliance In Canada

springvale
 BRIDGING FAMILIES, FAITH AND COMMUNITY
 Stouffville Rd.
 at Kennedy Rd.
 905-887-5651
Sunday, August 2nd
 10:00am
 Celebration Service
 Speaker: Phil Hainaut
www.springvale.org

WELCOME TO ST. JAMES PRESBYTERIAN CHURCH
 6432 Main St., Stouffville
 905.640.3151
 Rev. Joan Masterton, minister
Sunday, August 2
 St. James will host our friends from Stouffville United Church 10 a.m.
Sunday, August 9
 Service of Worship led by Yvonne Hurst 10:00 a.m.
Sunday, August 16
 Service of Worship led by Jim & Jean Thomas 10:00 a.m.
"A friendly family church" 

Stouffville Pentecostal Church
 6853 Main St., Stouffville
 905.640.5696
 Sunday Service @ 10 am
 Sunday School for Kids!
Everyone Welcome!
Lead Pastor: Jeff Laird
Children's Pastor: Lori Attack
STUDENTS!
Check website for events coming up in the summer
www.spcfamly.ca
(Weekly programs will resume in September)

Stouffville Christian Fellowship
A Church in a Beautiful Countryside
 Pastor Walter Robbins
Sunday Service
 10:30am
 Lunch to follow

 860 Conc. 8, Claremont
 905-649-2812

St. Mark's
 ROMAN CATHOLIC CHURCH

 345 Glad Park Ave.
 Stouffville
 905-640-6954
Weekend Masses
Saturday 5:00 pm
Sunday 9:00 am, 11:00 am
High School Youth Ministry Nights
 To resume in September
www.stmarkstouffville.ca

Christ Church Stouffville

 Anglican Church of Canada
 254 Sunset Blvd., 905-640-1461
www.stouffvilleanglican.ca
Sunday, August 2nd & 9th
 10am Morning Prayer & Church School
Monday, August 3rd
 Civic Holiday - Church office closed
Wednesday, August 5th & 19th
 6:00 pm Lay Readers' Evening Prayer & BBQ
 Bring a salad or dessert to share
 *All Welcome*
COME & SEE

BLOOMINGTON GOSPEL CHURCH
 13660 Ninth Line N.
 (905) 642-4414
 Rev. Peter Pallant
Sunday, August 2, 2015
 10:00 am:
 Worship Service
 Everyone Welcome!

Stouffville Grace Baptist Church
 恩泉浸信會
 SUNDAY WORSHIP 9:45AM
 Chinese/English/Children Service
 (粵語/普通話/國語) / 英語 / 兒童崇拜
 @ Oscar Peterson Public School
 850 Hoover Park Dr., Stouffville
 CHURCH CONTACT (教會聯絡處)
 (647) 647-3618
 32 Jamesway Cres., Stouffville
admin@stouffville-gbc.org
www.stouffville-gbc.org

Stouffville United Church
Building Spirit Building Lives!
 Rev. Elizabeth Cunningham
34 Church St. N. • 905-640-1163
office@stouffvilleuc.ca
Sunday, August 2nd
 10:00 am
 We are joining our friends at St. James Presbyterian Church for Sunday Worship
 **Everyone Welcome!**
www.stouffvilleuc.ca

heisehillchurch
heisehillchurch.ca
 11760 Woodbine Avenue, Gormley ON
 (Just south of Stouffville Rd)
 Lead Pastor - Charlie Mashinter
Sunday August 2nd @10:30 AM
"Nepal" - After the Earthquakes
 (Interview with BIC Leader Shemlal Hembrom)
Sunday August 9th @10:30 AM
"Abraham" - Everybody Needs Dreamers (Bill Johnston speaking)
 Young Adults Group - Wednesday nights @7:30 PM all summer

To Advertise
Please call
905-640-2612