

CALENDAR

Friday, August 19

Movies in the Park - Whitchurch-Stouffville

WHEN: 8:30 p.m. to **WHERE:** Memorial Park, Memorial Park Whitchurch-Stouffville
CONTACT: events@townofws.ca **COST:** Free
Every third and fourth Friday in June, July and August. June 17: Minions; June 24: Hotel Transylvania 2; July 15: Inside Out; July 22: Zootopia; Aug. 19: Star Wars VII; Aug. 26: The Jungle Book

Sunday, August 21

9th Annual Community BBQ

WHEN: 1 p.m. to 4 p.m. **WHERE:** Stouffville Memorial Park, 30 Burkholder St. **CONTACT:** Helena Jaczek, MPP, 905-294-4931, www.helenajaczek.onmpp.ca, hjaczek.mpp.co@liberal.ola.org **COST:** Free
Free family barbecue, with free food, entertainment and kids' activities.

Friday, August 26

Movies in the Park - Whitchurch-Stouffville

WHEN: 8:30 p.m. **WHERE:** Memorial Park, Memorial Park Whitchurch-Stouffville
CONTACT: events@townofws.ca **COST:** Free
Every third and fourth Friday in June, July and August. June 17: Minions; June 24: Hotel Transylvania 2; July 15: Inside Out;

July 22: Zootopia; Aug. 19: Star Wars VII; Aug. 26: The Jungle Book

Thursday, September 8

PROBUS Club of Stouffville

WHEN: 9:45 a.m. to 12 p.m. **WHERE:** Royal Canadian Legion., Mostar Street, Stouffville. **CONTACT:** stouffvilleprobus235@gmail.com **COST:** Free
Monthly Meeting. Coffee, chat and a speaker. Visitors welcome.

TeleStory Photography Program with Michelle Scott, MSc OT (Candidate), Peer Recovery Facilitator

WHEN: 6:30 p.m. to 7:30 p.m. **WHERE:** Whitchurch-Stouffville Public Library, 2 Park Dr. **CONTACT:** Natalia, 905-886-6632, , info@edoyr.com **COST:** Free
Each week we will engage in a photography or multi-media activity with a goal of creating a gallery of images that tells a story about strength, creativity, passion and hope. All equipment is will be provided. Tele-story support groups are hosted in a supportive environment for individuals interested in exploring the medium of photography as a means of expression and self-discovery. All are welcome - no experience necessary! Free of cost. Registration is required. To participate, you must be referred to the arts program by either Eating Disorders of York Region's Riverwalk Wellness Centres

and/or Addiction Services for York Region. *For more information and to register online visit www.edoyr.com/expressive-and-therapeutic-art *

Saturday, September 17

Stouffville Motorfest 2016

WHEN: 9:30 a.m. to 4 p.m. **WHERE:** TEVA, 5691 Main St. **CONTACT:** Paul Parsons, 416-316-5227, www.motorfest.ca, stouffville.motorfest@rogers.com **COST:** Free
Stouffville Motorfest is back for it's 18th year. This celebration of the automobile is one of the largest classic and special interest vehicle shows in the area. With over 1,000 vehicles to see, there will be something for everyone. All proceeds go to our charity, Teen Challenge. There is no charge for vehicle owners or spectators. Live music, food trucks and specialty vendors can also be expected. Join us for this special event held annually on the beautifully manicured lawns of TEVA, 5691 Main St., Stouffville and neighboring parking lots (Imperial Centre and Town Offices). For more information, visit www.motorfest.ca.

Sunday, September 18

Royal Canadian Legion Branch 459, Ladies Auxiliary Country Breakfast

WHEN: 9 a.m. to 1 p.m. **WHERE:** Royal Canadian Legion - Stouffville - Branch

A note to our readers

The yorkregion.com events calendar is a popular online feature where users can post, review and share events happening in their communities. It's free to use.

And now we're officially extending this capability to our print readers.

How are we doing this? By making sure all events submitted to the online calendar will be considered for print publication.

If you have events to share, all that's required is for you to register as a community contributor at yorkregion.com. If you haven't done so yet, it's the 'SIGNUP' button in the top right corner of the website.

Registering will allow you to post, edit and share your events online.

Please note that for print publication of events, this method will replace the current method of email submission.

Questions can be emailed to newsroom@yrmg.com

459, 150 Mostar St. **CONTACT:** Ladies Auxiliary, 905-640-1714, , **COST:** Tickets at the door - Adults \$8.00; Children \$4.00

Home made breakfast includes: scrambled eggs, sausage, bacon, pancakes & syrup, toast, juice, tea & coffee

Monday, September 19

Stouffville Horticultural Society

WHEN: 7:30 p.m. to 9:30 p.m. **WHERE:** Latcham Hall, 8 Park Drive, **CONTACT:** Margaret Grant, 905-642-8608, , grammy68@live.ca **COST:** Free
What's in a Name: Geranium or Pelargonium? Our speaker this month is Andy

Cherkas, former teacher and president of the Geranium, Pelargonium and Fuchsia Society Ontario. This is also our last flower show competition of the year. Entries must be submitted between 6:30 and 7 PM.

GET LISTED IN YOUR CALENDAR

Interested in submitting events to appear in print? Email newsroom@yrmg.com to find out more and to download instructions for submitting to our online community calendar. These submissions get considered for print publication as well. For more information you can also email communities@metroland.com or newsroom@yrmg.com

Do You Suffer From

Nerve Pain

3. Sensory nerves. These nerves relay information from your skin and muscles back to your spinal cord and brain. The information is then processed to let you feel pain and other sensations.

Because nerves are essential to all you do, nerve pain and damage can seriously affect your quality of life.

What Are the Symptoms of Nerve Pain and Nerve Interference?

With nerve interference there can be an wide array of symptoms. Which ones you may have depends on the location and type of nerves that are affected. Interference can occur to nerves in your brain and spinal cord. It can also occur in the peripheral nerves, which are located throughout the rest of your body.

Autonomic nerve interference/pain may produce the following symptoms:

- Too much sweating or too little sweating
- Lightheadedness
- Dry eyes and mouth
- Constipation
- Bladder dysfunction
- Sexual dysfunction

Interference to motor nerves may produce the following symptoms:

- Weakness
- Muscle atrophy
- Twitching, also known as fasciculation
- Paralysis

Sensory nerve Interference may produce the following symptoms:

- Pain
- Sensitivity
- Numbness
- Tingling or prickling
- Burning
- Problems with positional awareness

In some instances, people with nerve interference will have symptoms that indicate interference to two, or even three, different types of nerves. For instance, you might experience weakness and burning of your legs at the same time. To further complicate matters we don't all develop the same way and different un-expected nerves can cause similar problems. This has made it very difficult to diagnose disorders caused by nerve interference based on which nerve "should" cause what.

That is, until now...

In Markham, you can get your nerves scanned/checked for nerve interference at Elite Care Chiropractic.

Your invitation for a comprehensive consultation and examination to pinpoint the cause of your nerve interference/pain.

All you have to do to receive a thorough diagnostic examination and a comprehensive easy to understand report on your state of health is call 905-554-8444.

Mention this article (CODE: NER5444) and they will happily reduce their usual consultation fee of \$167 to just \$27.

But hurry, for obvious reasons – this is a time limited offer .

Don't suffer a moment longer...

Find out what is causing your nerve pain/interference, book a consultation now by calling 905-554-8444, they are waiting to take your call today.

Over the years, they've treated thousands of patients with nerve pain/interference. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$27, the normal cost of such an exam is \$167 so you will save \$140!

Call them now on 905-554-8444 and cut out or tear off the valuable coupon below and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message. So call now on 905-554-8444 and quote this special discount code: NER5444.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

Your nerve system is involved in everything your body does, from regulating your breathing to controlling your muscles and sensing heat and cold. Because your nerve system is so critical for your health when things go wrong with it you may experience excruciating pain and/or some very strange symptoms...

There are three types of nerves in the body:

1. **Autonomic nerves.** These nerves control the involuntary or partially voluntary activities of your body, including heart rate, blood pressure, digestion, and temperature regulation.
2. **Motor nerves.** These nerves control your movements and actions by passing information from your brain and spinal cord to your muscles.