

Local volleyball squads make an Impact at national tournament



Playing in the under-14 age category at the recent Canadian Open Volleyball Championships in Toronto, the Georgetown under-13 girls' Impact defeated the North Bay Lakers in the Division 4 gold medal game to claim a national title. Team members (front, from left) are: Sydney Ireland, Colleen Carney, Katie Abrams. Back row: Assistant coach Meghan McCracken, Beth Rohde, Sabrina Melo, Alicia Lam, Morgan McCracken, Angela Henein, Laiken Cronkright, Emily Waldrum, Georgia Bogert, coach Jamie Bogert. Absent: Thea White.

Submitted photo

Jake MacNeil (left) and libero Robbie Abrams of the Georgetown under-17 boys' Impact have this return covered during the recent Canadian Open Volleyball Championships in Toronto. The Impact won its first six matches at the nationals, held at the Direct Energy Centre, before losing to the Mississauga Pakmen in the quarterfinals. Photo by Glenn Heshka

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Because of the many benefits of gardening for seniors, we are offering the following gardening suggestions instead of answering a question this month:

- Carry a whistle or cell phone.
- Check medications for reactions to the sun.
- Garden early or late in the day to avoid the heat.
- Use faucets that enable turning water on and off easily.
- Raised or narrow beds are easier to tend.
- Try vertical planting using trellises or walls.
- Hanging baskets can be raised/lowered by using pulleys; containers are easier to move if on castors.
- Wide, level, garden paths allow for safer walking and a low use of labour saving carts.
- Buy light, large-gripped, ergonomically designed tools, & kneeling benches with sides.
- Paint the handles of tools a bright, easy-to-see colour.
- Purchase materials in smaller packages to avoid lifting heavy bags.
- Use a soaker hose, as water is heavy to carry.
- In the heat, wear lightweight, loose fitting clothes, wide-brimmed hats and of course, sunscreen.
- Take time to smell the flowers.

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"Every one of us is an athlete. The only difference is that some of us are in training and some are not."
~ George Sheehan