

**MGCC Ladies' Section Report**  
**Club title on the line**

by Joan Lavin

The ladies are gearing up for the club championship first round on Aug. 17.

In last Tuesday's play, low putts for 18 holes went to Betty Moss, who tied with Ruth Rowland for 32 putts. By retrogression Betty ended up winner. Third and fourth lowest putts went to Aileen Moreau & Eileen Denny.

Sixty-eight Huronia District ladies met at Golf Haven for two days' play to decide who would represent the district for the Ontario Amateur Team as well as the National Handicap Team.

Trish Logan-Gibbons from the host club was low gross winner with a 163 for two days. Last year's winner, Estelle Thibodeau from Base Borden, automatically makes the team as well as the two lowest handicaps submitted from the district.

Low net for the two days was a tie between Val Scott from Midland and Margaret Munger from Royal Downs, both with 133. In breaking the tie, Margaret Munger came out winner.

Winners from Midland were:

A Flight -- Maddy English, 5th Low Gross  
B Flight 1st L. Gross, Val Scott; 2nd L. Gross, Joan Lavin

Muriel Hillier, a former MGCC member broke 80 for her first time.

The National Handicap Team members to represent Huronia District are: Margaret Munger, Royal Downs; Val Scott, Midland; Tilly Lambrick, Orillia; Joan Lavin, Midland; Alternate, Linda Lambrick, Orillia.

The team travels to Niagara Falls to play at Willow Dell G.C.C. Sept. 14.

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Powder Blues during the game.

Action on the second diamond saw the Beige Bomberettes score a 10-7 victory over Mad Rush.

Good defensive action by third baseman Donna Thornton and short stop Honore White -- each of whom caught fly balls in the fourth inning -- helped the Bomberettes to victory.

But Mad Rush was not far behind. Dianne Ross (third base) made a good catch on a fly ball and catcher Kelly Howell put in some outstanding defensive work.

The third game was won by default by the Go-Getters when Hot Stuff failed to field enough players.



**Gymnastics Corner**

by Ken St. Amant



Occasionally, when discussing fitness, I use terms that I assume people know and understand. However, it was drawn to my attention that this is not always the case. As a result, I have decided to focus on four terms that I tend to use on a regular basis.

**Muscle Strength**

Strong muscles are important for good posture and good appearance. Flabby hips, arms, the 'pot belly' and rounded shoulders are all symptoms of weak muscles. -Even backaches can often result from un-exercised back muscles.

Exercises for muscle strength encompass a number of activities, from general calisthenics to muscle-building activities such as weight-lifting, push-ups and chin ups, to activities such as gymnastics and tumbling.

Push-ups and pull-ups are ideal for the arms and upper body. Sit-ups and leg raises firm stomach muscles. Exercises involving weights will strengthen your arms and legs

and your outer frame muscles. Climbing stairs is great to leg strength and appearance.

**Flexibility**

Flexibility or suppleness, is the ability of the joints and muscles of your body to produce a wide range of motions from toe touching to smooth and graceful walking. People with poor flexibility tend to be more accident prone and usually tire more easily.

Strangely enough, strength and endurance exercises while essential to physical fitness, act to shorten muscles and reduce flexibility. That's why it's important to include muscles stretching movements and ones that move our joints.

Muscle tears, pulls and strains occur because of a lack of flexibility. Even muscle problems which are diagnosed as rheumatism or arthritis are often the result of severely limited flexibility.

Any stretching, bending, reaching or twisting motion improves flexibility.

**Endurance or Stamina**

The most important component of physical

fitness is endurance. It refers to the ability of your heart, lungs and blood vessels to endure continuous and sustained activity and to meet sudden demands put upon your heart and blood vessels without damage. This ability to maintain the activity over a period of time is very important in order to participate in many activities that face us daily.

**Co-Ordination**

Co-ordination refers to how well we control our body movements. The alternative is clumsiness.

When the brain, nerves and muscles work together as a team we become more agile and quicker to react.

Co-ordination also involves balance which is important for activities like bike riding, skating, dancing or gymnastics.

**Gymnastics Calendar**

Sat., Aug. 7—display at Balm Beach Summerama, 1 p.m.

Mon. Aug. 9—last session of Huron's Summer Gym Camp at Corpus Christi P.S.

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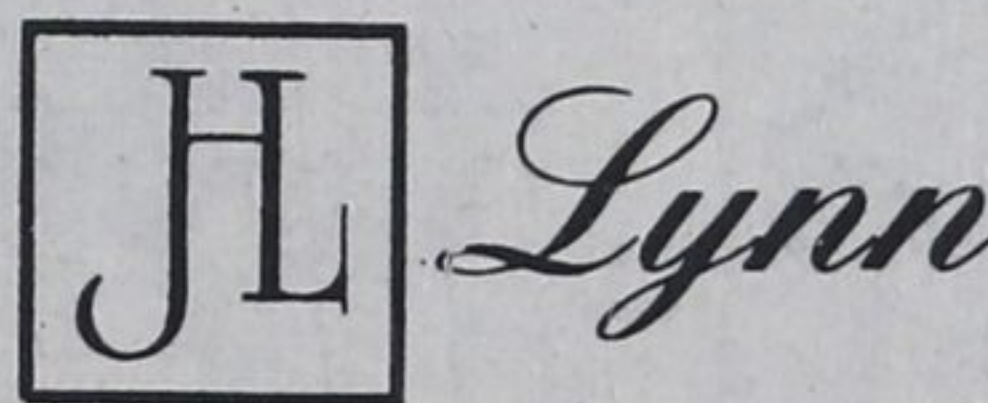
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