



OOPS UMP! both baseball players in this photo appear ready to receive the pitch from the mound but the man in the iron mask, seen here with it in his

hand, seems to have been caught off guard. The player at bat is from the Russell team and the uniformed little leaguer is from Greely.

Jack McLaren

# Sports Ramblings

## Minor league softball

Once again the Russell Lions ball park is busy six evenings a week with boys and girls softball teams as well as a local mens league. Boys and girls ranging in age from 6 to 16 are competing against area teams for top honours in their respective age group. Minor league ball in the Russell area is sponsored by the Russell Lions Club a fact which I'm sure is often overlooked by the participating youngsters and parents. With approximately 10 teams operating this year, a great deal of equipment is required and this is all supplied through club funds - there is no registration fee for the child. The ball park facilities are continually being upgraded. A few years ago new lights were installed followed by new chain link fencing and last year new canteen and washroom facilities were completed. The minor league players in the area share in all of these modern facilities. Although not directly involved in minor hockey the club has made a \$30,000 pledge to the Dr. F. Kinnaird Community Centre. This club maintains a low profile and doesn't get the publicity it deserves but perhaps this is the way they prefer it. There are many area groups-organizers which benefit from the Clubs existence but no group is better looked after than the youth of the community.

## Lions fastball tournament

The weekend of 14-16 July will see the best Senior and Intermediate Fastball Teams from near and far competing in the Lions annual fastball tournament. A total of 8 Senior and 16 Intermediate Teams will be competing for top honours. The Tournament will also feature a Casino, a Beer Garden as well as a Chicken Bar-b-que on Saturday and Sunday. This is a major fund raising project for the club so be sure to attend. This Club will also be looking for volunteer workers.

## South Carleton fastball

The Embrun entry continues to play a good brand of ball. Games against top teams in the league have been decided by one or two runs. The team has solid pitching but errors at crucial stages in the game have proven very costly. Fan support at Embrun is the best in the league. The team is improving and come play-off time they could prove to be very tough competition for the leaders.

## R. A. news

### FITNESS TESTING HERE

The Russell R.A. has been fortunate enough to book the Winario Fitness testing van on Saturday, July 15.

The fitness testing station will be here to promote fitness through recreational activity.

Tests will be about one hour long for each person and will include resting heart beat, resting blood pressure, electrocardiogram under sub-maximum stress, girth and skin fold measurements, flexibility, upper body strength, as well as abdominal strength and a pulmonary function test.

In addition to receiving the

results, each person tested will receive a fitness program tailored to his or her capacity. The personal program is designed to increase the level of fitness.

The cost of this program is \$60.00. But, good news, Wintario picks up most of the tab. The cost per person is only \$12.00.

This is an excellent opportunity for each of you to have a scientific evaluation of your fitness level.

Whether you play sports, do manual labour or sit behind a desk you should know what shape you're in.

There's one catch though. We need a minimum of 18 people a day in order to book the Fitness

Van; so please call the Dr. Kinnaird Community Centre now to make an appointment — 445-2050.

### TENNIS

If there is to be a tennis program in Russell it will have to be supervised by townspeople. Some interest has been shown to date to organize a system operating on a volunteer supervision basis. If anyone is interested in helping out or participating call the community centre.

The next monthly meeting of the RA is Monday, July 10.

There will be summer playground registration July 3, 1 p.m.-4 p.m. Call the Centre.

## Russell Minor Hockey news

This is the first in a series of submissions from the Russell Minor Hockey Association designed to improve communication between area residents and the association.

We would dearly appreciate your active support in these upcoming fund raising projects:

- 1) A nostalgia dance on July 21, featuring the Russell Old Time Music Makers and the Russell Dance Band.
- 2) A second dance Aug. 18.
- 3) A summer raffle with 5 big prizes to be won.
- 4) A "Pitch and Dunk" concession to be operated in conjunction with the Russell Fair.
- 5) A Skate-a-Thon date TBA.
- 6) A turkey bingo — October 2 — Thanksgiving.
- 7) Minor Hockey Tournaments — dates TBA.

This is just a sample of what your new board of Directors has been discussing and have already set in motion for the coming year.

We intend to co-operate to the fullest with the RA which, after all, is the governing body for all recreational endeavours in our area, and is responsible to our Township Council for all phases of its operations.

Your representatives will be meeting on a weekly basis starting in September. We would welcome attendance of all members of the public because we dearly value your input into the operations of the Association.

Some positions have yet to be filled on the board but volunteers are welcome. We hope for an unparalleled year of support for our young people.

Thank you all:

Pat Flynn — President  
Chris Fleming — Immediate Past President

Ron Laframboise — 1st Vice-President

Gerry O'Reilly — 2nd Vice-President

Diane Hart — Secretary

Jeanette Rothenberger — Treasurer

Hugh Latimer — Director

Yvan Bourgeois — Referee in Chief

Earl Harrison — Convener



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